



Blazing Paddles

Newsletter of the LI Paddlers

Volume 2023, Issue 3

Summer Edition

July 2023

Message from the President



Summer is here and it's definitely a hot one. I hope that all members have celebrated a happy 4th of July with traditional barbecues and nice gathering with family and friends catching the night's fireworks. And I'm going to guess that maybe some members got to see fireworks from their kayaks. I am happy to say that our membership is

is growing and that's great thing for our club.

I want to say thanks to the membership for attending the meetings on the 3rd Tuesday of the month. Our programs have been outstanding and I am glad that the membership has enjoyed them. Our trip leaders are also doing an outstanding job in posting trips. The website is progressing very nicely, that's a main artery to our club and it has not been an easy task. The committee is working hard in giving the membership a working website.

(Continued on page 5)

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Executive Committee 2023


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:	Ann Moreno
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
Don Gorycki dgorycki6@gmail.com 

Committee Coordinators 2023

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	Lorraine Montana
Merchandise	Tony Pellot/Gina Gruber
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 Meetup service and not through the Facebook group. If you have any questions, please send an email to Christine Pan at duckfoot70@gmail.com or Michael Pan at m.pandemonium@gmail.com 

LIP Announcements

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.

Trips

Please visit our Meetup service to see and join our latest trips.

Website

Don't forget to visit our new website that has containing useful static (read-only) information.

Members of the Website committee:

Emilio Sosa, Fred Hosage, Alina Wilczynski, Mike Matty and Edwin Mangual.

Paddle Battle

Our Race begins on the beautiful Peconic River in Riverhead NY! This is an excellent location for our two racecourses designed for all skill levels. The not-for-profit organization, The New York Marine Rescue Center, is hosting this fun-filled day of races to help them raise money to save the Sea Turtles. For more info see:

<https://events.elitefeats.com/23paddlebattle#info>

Fall Picnic

This year's fall picnic will be held on September 9 at Indian Island County Park and will be catered by Maple Tree BBQ (yummy!)

Holiday Party

Our holiday party will be at Butterfields in Hauppauge. Cost is \$45 pp with a minimum of 30 and maximum of 70 party-goers. More info to follow.

Every time you get into your kayak...

ALWAYS →



Life Jacket Statistics

World War II brought us the inflatable life jacket, as worn by sailors, pilots and Submariners. The fabric, which looked like rubber, dried out easily. Talcum powder was used to keep the fabric pliable. Later on, military technology was applied to making consumer life jackets. These have developed through the years to the various styles we see today. But any life jacket, inflatable or otherwise, must be worn to work. Here are the stats: 16 people go in the water with life-jackets on and 15 come out. 16 people go in the water without life jackets on – and one comes out...

Is It Working?

Well, in 1973, when the US population was 211.9 million, 1,754 people died on our waters. In 2022, with the US population at 333,287,557, 636 perished, (and that's a 3.3% decrease from 2021.)

Do the math.

And don't be a statistic!

See page 12 for more.

Article taken from "On The Sea", South Shore Press, July 7, 2023 and presented for your information.

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
kayakchris@optimum.net

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

Submitted by Mike Matty

Our new meeting location

Our new meeting place for the Long Island Paddlers, the American Legion Hall, 22 Grove Place, Babylon, has been serving us well.



Hospitality Snack Table



Have you contributed to the newsletter lately?



Have you contributed to the newsletter lately?



Library - books, DVDs and more!

Message from the President (Cont'd)

The Executive Board along with the Club committees are doing a great job in dealing with issues that the club faces. So members - any ideas or anything that you want to address please see the members at large at the meeting and voice what you have to say. I hope that all members have a great summer enjoy all your paddles and most importantly be safe on land and on the water.

Thank you, Edwin Mangual 🌊

Greetings from our Club Store

Submitted by Gina Gruber (Merchandise Coordinator)

Hi you great group of paddlers!

Check out some of the items we have at our club store.

Did you know there is NO mark up on the items we sell? That's right!

We hand pick to fulfill your kayaking needs. Always up for suggestions you may have. Last month we sold out of over a dozen "floatable sunglass straps!" Time to order more. I've been getting requests for the Long Island Paddlers heavyweight hoodies. Hope to have orders filled as the weather gets cooler.

Please take a free "if found" sticker for your boat.

Stop by to browse or just to say hi!



More on next page!

Greetings from our Club Store



247 years and still going strong!

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's Holiday Party) a guest speaker. These guest speakers present a wealth of diverse and interesting topics.

April 2023

How to have a harbor-healthy home

Our April guest speaker was Heather Johnson, who is the Executive Director of Friends of the Bay who offered tips on how to have a harbor-healthy home from the outside to the inside. This included yard maintenance, septic improvement, and environmentally-friendly products to use in the home.



May 2023 Camera Gear and Photography basics

Our May guest speaker was our very own Alina Wilczynski who presented a very interesting Demonstration of:

- A 20-30 minute presentation on Camera Gear and Photography basics to include:
- Beginner to Advanced Camera options, Point and Shoot to DSLR, Mirrorless and Phones, GoPro, 360, Drones, etc.
- Lens options, polarizing filters, loupes, etc.
- Automatic to Manual settings, focusing modes, burst mode, etc.
- Lighting, camera angles, composition, etc.
- Storage options including dry bags/boxes, deck bags (Emilio did you ever get that waterproof deck bag?!), etc.



Then, Emilio Sosa and Pat Burnside took turns showing a small selection of photos, sharing info on the equipment used, settings (including automatic, no stress) for each shot, gear tips, tips for using cameras while kayaking, great wildlife-spotting locations per season.

LIP Monthly Meeting Guest Speakers

June 2023

Our next guest speaker for June was the Fish Guy, Christopher Paparo, who presented "Whales Watching with Fish Guy Photos". Through his many pictures and videos, 'go' whale watching with the Fish Guy. Learn about the many species of whales and dolphins that can be found in the waters of Long



LIP Monthly Meeting Guest Speakers June 2023 (Cont'd)


Photos by Alina Wilczynski



←Cartoon by Helen Horton

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. 

Here are some future tentative presentations:

- George Barnes of the U.S. Coast Guard – boat safety checks.


Others to follow.

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. 

Get your Kayak ID stickers

Don't forget to pick up your free "If Found – Contact" identification sticker (Club Store). Place it inside your kayak where it can be readily noticed. It can help you to recover your kayak if it gets lost. 



"Life Jacket Statistics" and "Is It Working" taken from the South Shore Press/On the Sea, June 7, 2023. 

PFD Statistics

temperature of water: expected survival time

70–80° F (21–27° C): 3 hours – indefinitely

60–70° F (16–21° C): 2–40 hours

50–60° F (10–16° C): 1–6 hours

40–50° F (4–10° C): 1–3 hours

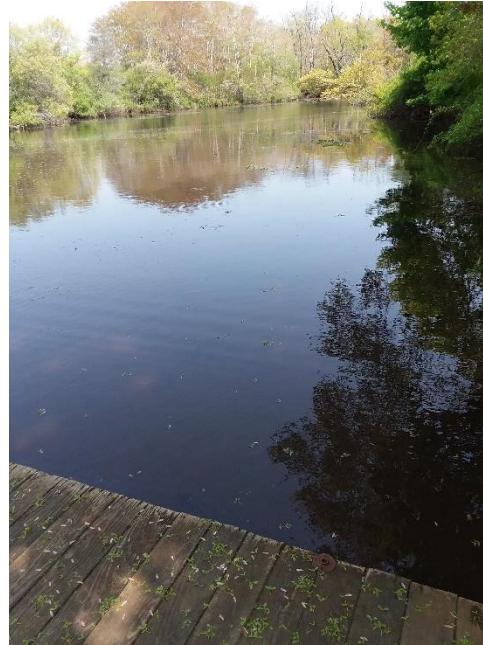
32.5–40° F (0–4° C): 30–90 minutes

<32° F (<0° C): Under 15–45 minutes

If you're smaller, less time. If you're larger, more time. And have a good meal before you make way. It will warm your body from the inside as the fires of digestion do their work.

Do You Recognize This?

[Answer on page 22]

**Let's think about this...**

- ☺ 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. 🚤



Homemade spam is made with ground pork, sugar, rock salt, pepper, corn starch, salt, pink salt, garlic powder, onion powder, and cayenne, and is a great budget friendly alternative to canned spam that we are buying from market. Make it your own while following this short and simple guide on how to make a homemade spam.

Spam has been a popular canned food for 80 years. Created during the Great Depression, Spam was founded by Jay Hormel who pioneered canned good since the late 1920's. the name came from the word 'Spiced ham' shortened to SPAM. The Spam ads were aimed at housewives who wanted a cheap quick meal that required less time preparing and cooking, and a ingredient that didn't need to be refrigerated. it became globally known in World war II and made for a filling meal for US troops, adding them into aid packages in Europe and Russia. These days Spam can be found all over the world, some even celebrating Spam inspired dishes especially in Hawaii where the Spam musubi is quite popular.

This delicious recipe can be found here:

<https://yummykitchentv.com/homemade-spam/>

In the immortal words of Monty Python...

"Spam spam spam spam. Lovely spam! Wonderful spam!" 



Summer is finally here!

Migratory Bird Day Event at Wertheim Refuge

May 13, 2023
By Don Gorycki

The Long Island Paddlers were asked to assist with on water boats as safety escorts for the public. Visitors use park boats to paddle from the preserve. This is the only day people are permitted to launch from inside the park. We generally get there a little early and drive to the opposite side of the Carmen's River to set up a promotion table and to size visitors for PFDs.

We had volunteers to help both on land and on the water. On-water volunteers acting as safety boats, had to definitely be able to paddle. Sometimes guests are not great paddlers so you may be doing a tow or calling for assistance if someone gets into trouble. There is usually a small ranger boat that can go out quickly too.

Much thanks to the Public Relations committee members, Dan and donna DiGiovanni for their dedication and work in coordinating this event and many others.

Assisting Dan and Donna (from our club) were Kim Janicek and Don Gorycki.

It was a beautiful day for paddling – warm sun, slight breeze and the water calm.

We helped a lot of people including smiling-faced children who enjoyed paddling in a reserved area of the Carmans River.

People had a choice of paddling a kayak or canoe.

After signing a waiver and donning a PFD, they were given some basic instructions.

We then pushed them off then continued keeping an eagle eye on them.

They all returned safe and sound with smiles on their faces.

Several potential paddlers were interested in joining our club. 🌊



Migratory Bird Day Event at Wertheim Refuge (Continued)



Ahhh...one with nature



Photo Gallery

Nissequogue River Cleanup April 26, 2023

Connetquot River Cleanup May 1, 2023

By Liz Marcellus



Nissequogue River



Connetquot River



Connetquot River



Connetquot River

Hunkering Down – Hurricanes – NOAA Calls for "Near Normal" Season

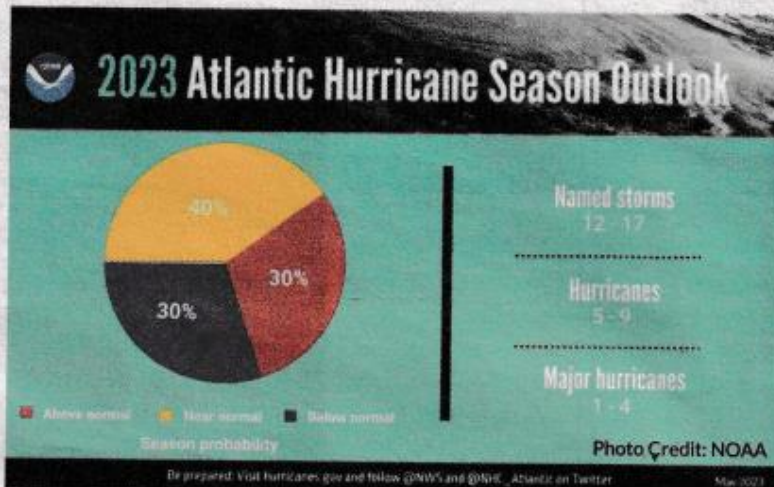
As of June 1, hurricane season is upon us. Almost without exception, we get the tail, shoulder or rump of one or two of the dozen or so that form up in the Atlantic between the Caribbean and Africa and bring so much destruction and misery with them as they thunder west and north...

Many of us live on an island. And now an "average" season is worse than ever. This column is about that.

NOAA predicts a near-normal 2023 Atlantic Hurricane Season

NOAA forecasters with the Climate Prediction Center, a division of the National Weather Service, predict near-normal hurricane activity in the Atlantic this year. NOAA's outlook for the 2023 Atlantic hurricane season, which goes from June 1 to November 30, predicts a 40% chance of a near-normal season, a 30% chance of an above-normal season and a 30% chance of a below-normal season.

NOAA is forecasting a range



of 12 to 17 total named storms (winds of 39 mph or higher). Of those, 5 to 9 could become hurricanes (winds of 74 mph or higher), including 1 to 4 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher). NOAA has a 70% confidence in these ranges.

"Major hurricanes" are defined as Category 3, 4 or 5 based on the Saffir-Simpson Hurricane Wind Scale (see table below.) Hurricanes that fall in these categories have sustained winds above 111 miles per hour, which can cause catastrophic damage that could result

in power outages and leave residential areas uninhabitable for several days to months.

Categories of Hurricanes

We've all heard the weather reporter state that "Hurricane 'x' is now a Category 3 hurricane and headed for _____." What does that mean?

Want to put some names on the numbers?

- Irene, 1999, CAT-1
- Sandy, 2012, CAT-1
- Floyd, 1999, CAT-2
- Georges, 1998, CAT-2
- Betsy, 1965, CAT-3

Hurricanes (Continued)



- Alicia, 1983, CAT-3
- Hugo, 1989, CAT-4
- Andrew, 1992, CAT-5
- Katrina, 2005, CAT-5
- Dorian, 2019, CAT-5

USCG hurricane aircraft reported Andrew, Katrina and Dorian had generated winds over 200mph at various times of the storms. Another term for CAT-5's is "Wrath of God."

When looking at CAT-5s', no one is saying that there is no difference between a storm that brings 160-mile-per-hour winds and one that reaches 190. The force of the wind goes up with the square of the velocity.

In layman's terms, that means a hurricane with 200-mile-per-hour winds has four times — not just double — the force of one with 100-mile-per-hour winds.

The official hurricane season runs from June 1 through Nov. 30, but storms can form before and after.

We'll write more about this in the weeks ahead.

This article was borrowed from the South Shore Press, "On the Sea" by Commodore Vincent Pica and presented for your reading pleasure. 🌊




Do You Know Your Knots?

This new topic will run for the next few newsletter editions. Each newsletter edition will highlight a useful knot that we can become familiar with and perhaps will find useful as we paddle away our many trips.

This second installment of “Do You Know Your Knots” will feature the “Stopper Knot”.

To keep a line from pulling through a block or rope clutch, a knot should be tied in the end of it. The most secure knot for doing this is the double overhand stopper knot, known as the stopper knot for short. Unlike a simple overhand knot or a figure eight knot, this knot does not come loose easily.

The easiest way to tie a true stopper knot is by using your hand as a form. Just loop the end of the line twice around the palm of your hand, tuck the working end under the two loops, and then pull the loops off your hand. Once you try it, you’ll never use a figure eight again. Working back to front, pass the working end twice around the palm of your open hand. After you’ve got two full wraps, pass the working end under the wraps on your palm away from your thumb. Then use the end to pull the knot tight as it slips off your hand. 

Long Island Paddlers Spring Picnic

By Don Gorycki

This year’s spring picnic was held at Centerport Park. It was a beautiful day for both paddling and socializing with fellow club members. This was a “brown-bag” event however many members brought additional goodies for all to share.



Long Island Paddlers Spring Picnic (Cont'd)

There were morning and afternoon paddles led by the following:

Morning trips

Spring Picnic Morning Paddle to Bird Island

Gavril Ismailov

Go west "young" man

Tom Stirnweis

Afternoon trips

Paddle to Huntington Harbor Lighthouse

Tom Stirnweis

Afternoon Photography Workshop & Paddle

Alina Wilczynski



Members slowly assembling



Plenty of goodies for everybody



sunlight feels good!



Vice-Pres Emilio Sosa speaking to members

Answer to “Do You Recognize This?”

Yes, this is the floating dock at the Carmans River Canoe and Kayak II located on the Carmans River in Brookhaven, Long Island. We offer hourly rentals of today’s more popular water sports of kayaking, canoeing and stand-up paddle boards. No experience necessary and our friendly staff will give you an orientation of the boats and personal safety equipment.

We offer guided fishing tours, guided river tours, guided kayak photography tours.

Carmans River Adventure Day Camp is different than the typical summer day camp. We offer canoeing, kayaking, stand up paddle boarding, archery, yoga, rock wall climbing, fly fishing, nature walks and paddleboard yoga. Join us for these outdoor fun-filled activities with an educational setting. 🌊



Hey Newsletter Editor!

How does our newsletter get published?

By your newsletter editor – Don Gorycki

There are several steps by your newsletter editor to get our newsletter to you:

1) Establish the next newsletter baseline

This involves:

- creating the standard directory structure on the computer
- creating a standard Excel spreadsheet to manage evolving newsletter status
- establishing the standard starting outline of the newsletter

2) Seek out articles

Advertise the need for newsletter articles from club members via club meetings and the meetup service/emails

Collect and organize newsletter articles from club members

Update newsletter Excel spreadsheet status

(Continued on the next page)

Hey Newsletter Editor! (Cont'd)

How does our newsletter get published?

3) Find additional articles

These secondary articles fill any white space left in the newsletter (cartoons, jokes, puzzles, etc.)

4) Assemble newsletter

Transfer articles into the newsletter using Microsoft Word®

5) Perform internal review

Correct typos, grammar etc.

6) Send review copy to president for additional review

7) Correct any deficiencies noted by president

8) Send final copy to president

9) President sends final copy to Alina (manages website) who adds the newsletter to the website.

10) Alina sends president the link to newsletter on website

11) Club president issues email containing newsletter link to club members

12) Club members access the newsletter then thoroughly enjoy reading the newsletter! 🌐

Ray Smith Memorial Scholarship Fund

10/11/2022

Submitted by Mike Matty

“We meet in a spirit of fellowship and to pass on to others the skills and knowledge we’ve gained. We exchange information on safety, education, paddling experiences, and other paddling related subjects.”

I. **The Ray Smith Memorial Scholarship Fund** was created to honor the memory of Ray Smith, a dedicated kayaker and longtime member of the Long Island Paddlers Inc. Its intent is to foster the development of paddling skills within the club membership and to maintain a significant teaching presence in the community.

II. **Eligibility + Qualifications**

A. Any individual who is a paid member of the Long Island Paddlers Inc. for at least a full year is eligible for the Scholarship Grant.

B. This Scholarship Grant does not discriminate against members on the basis of race, sex, or national or ethnic origin.

C. The candidate must be at least 18 years old.

D. The candidate must demonstrate basic skill proficiency prior to attending the workshop, program, or certification.

(Continued on the next page)

Ray Smith Memorial Scholarship Fund (Cont'd)

E. A three-member committee will determine eligibility of the member and evaluate the course, workshop, or certification before recommending to the Council for approval of reimbursement.

III. Restrictions

A. The grant will be an amount equal to one-half of the tuition cost of the course, workshop, training, or certification.

B. An individual is limited to \$400 total reimbursement per calendar year. This amount can be used on one or multiple courses, workshops, or certifications.

C. A maximum of \$2,000 will be awarded to individuals each calendar year. The club will not reimburse hourly lessons.


IV. Commitments

The candidate must make a clear commitment to share this knowledge. Examples include but are not limited to giving in skills sessions (minimum of 2 is recommended), a PowerPoint presentation at a general meeting or a land class. It is recommended that this commitment be fulfilled within a year.

V. Application Procedure

A. A copy of the description of the course from the organizers is needed. It should include a summary of the course, where, when, and who is giving it, and the cost. The application must be made in advance of taking the course including a statement from the applicant as to how this will benefit the club.

B. E-mail the application to the 3 members of the Ray Smith Scholarship Committee

- Steve Berner - stevenberner7@gmail.com
- Ed McMullin - ed@aemcmullin.com
- Pat Tauber - pattauber@yahoo.com 

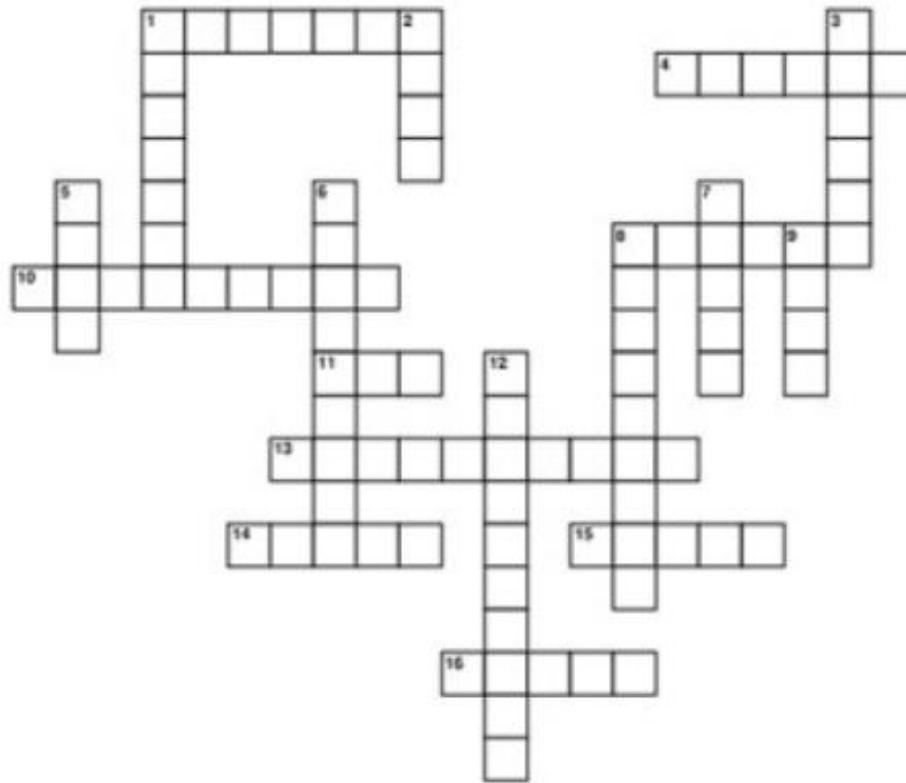


Kayaking is a smart thing to do!

Kayak Cross-word Puzzle

For all you cross-word aficionados, try this one.

Kayaking



Across

- [1] Rolling the kayak over
- [4] Waterproof bag
- [8] A variety of movements of the paddle
- [10] Buoyancy to keep from sinking
- [11] Front of the kayak
- [13] Reverse stroke slowing or reversing direction
- [14] A fitting for tying lines
- [15] The rear of the kayak
- [16] A sharp turn

Down

- [1] Where the paddler sits
- [2] Water flowing in reverse
- [3] A device used to propel kayak
- [5] Bottom of the kayak
- [6] Pedal-like foot rest
- [7] A stroke to stabilize
- [8] A measure of how difficult to capsize the kayak
- [9] Center line of the kayak
- [12] To move at an angle to the wave or wind

Answers on page 29

Huntington Spring Paddles

By Chris Scalisi

Each spring I try to put up a few paddles in Huntington beaches before the beaches are closed to nonresidents. Last year the three paddles I proposed were all cancelled due to bad weather. Fortunately, this year was not the case. I managed to pull off all three with fair weather for all. I always try to do the Crab Meadow paddle first as it is the most protected of the three. It is a long walk from the car to the beach going through a shelter and maneuvering on the ramps then a short stretch of sand to the water. We paddle around the Ambrose Wetlands, through the channeled water ways. With my trip assistant Pat auber we first went west toward the road and golf course came out and explored the channels toward the east as far as we could go and returned back to the take out. On the way some thought they saw a Bald Eagle, but I believe it was an Osprey.

Up to a week before the paddle there were 30 people on the trip list so I asked Chiara and Gina if they would help, and I would split the group into two with Pat leading one and I leading the other. As it turned out, by the day of the trip only 16 came so I kept us as one group, just wanted to give thanks to my extra help. I am happy to say for the first season paddle we had only one late comer and George helped her get unloaded and to the beach. It did hold up the group by about 15-20 minutes.

After paddling we loaded the boats, then we went to the shelter on the sound side and had lunch and chatted for a while before all heading home.

The second paddle was West Neck Beach to Caumsett Lagoon. Once again there were 26 on the list and by paddle day, we left the beach with 12 boats. I was really pleased that all the paddlers I was unsure of their abilities handling the trip dropped out. I did try to make known that we do go out almost to the sound and after the second mile it could get bumpy, I think I scared some away. I was left with 12 paddlers and 6 were trip leaders, you could not of had a better group! Again, we had one show up 5 minutes before the start, but he moved fast and only a 10-minute delay for the start. No one needed help getting in and out of boats, everyone pretty out of boats, everyone pretty much stayed as a loose group, and I only had Ed McMullen (today's assistant leader) stop once at the Barge Buoy for a

(Continue on the next page)

Huntington Spring Paddles (Cont'd)

hydration stop and a few to catch up the few hundred feet. When we reached the entrance to the lagoon it was almost high tide so the rock jetty was not a problem and the current going in was not threatening, which can it be at certain tides which have big enough waves to be able to surf all the way in. We paddled the one mile into the lagoon, had a short break and returned to the takeout. On the way back everyone was so comfortable, with flat seas, we kind of meandered back, not really staying as close to each other as we should but all had the confidence to do so, and all reached the beach about the same time.

A few years back “before covid”, this same trip was my disaster trip with 4 or 5 people not able to make it back with two-foot broad side waves and 15-20mph wind with gusts. We had to ask permission to cross a private property and he allowed us to bring the cars near the water and drove back to the takeout. One person had to leave his boat against a bulkhead, and he and I returned the next day to retrieve it. If you lead enough trips this can very well happen any time you get caught in heavy wind and all the group is not up to handling big water. This year’s group would have done just fine in those same conditions.

The third of my Huntington trips was Gold Star Beach, Lloyd Harbor and Target Rock. The day was sunny as could be, not a cloud in the sky. Water was about 55, air was also only about 55. Made for a cool paddle with a 5 to 9 knot wind. This trip could be a little difficult just for the fact that we are in the boats for 6 miles without getting out. We do stop at the causeway for a break but stay in the boats. Once again, (I was stopped a few times last summer) the Coast Guard boat stopped and asked for our names and addresses and just asked a few questions, they could see we had all the required gear and did not hold us up very long. Gina Gruber led the group out to the lighthouse, past the rocks and made the left into Lloyd harbor. We went all the way to the causeway, then went into the wetlands a little, spooked the poor Ospreys, “sorry”, and followed the Caumsett shore all the way to the old lighthouse to Target Rock, so we returned to the takeout.

(Continued on the next page)

Huntington Spring Paddles (Cont'd)

Heading back into the harbor we were against the wind and the current, so it was a little slow going but we made it back in a total of 4 and ½ hours which is about a slow level one, 2 mph. We hit the beach, loaded the boats and said our goodbyes for this season's Huntington trips. Maybe we will get to do some more in the fall after Labor Day. Of course, we will have a chance to paddle Huntington for the Ray Smith Picnic! 🌊

The following photos were submitted by Andy Burtzell.



The following photos were submitted by Chris Fleming.



Westneck to Caumsett Paddle

Submitted by Paul Conlon



Photo of Bob



Photo of Chris



Photo of Gavril



Photo of Michael Ach



← Photo of Pat Tauber

The top photos show the big black thing we call the Barge Buoy

Answer to the Kayak Cross-word Puzzle

foot brace: Pedal-like foot rest

quartering: To move at an angle to the wave or wind

cockpit: Where the paddler sits

stability: A measure of how difficult to capsize the kayak

eddy: Water flowing in reverse

bow: Front of the kayak

stroke: A variety of movements of the paddle

pivot: A sharp turn

paddle: A device used to propel kayak

flotation: Buoyancy to keep from sinking

keel: Center line of the kayak

back paddle: Reverse stroke slowing or reversing direction

dry bag: Waterproof bag

hull: Bottom of the kayak

brace: A stroke to stabilize

stern: The rear of the kayak

cleat: A fitting for tying lines

capsize: Rolling the kayak over



Here is another viewpoint of West Neck Beach to Caumsett Lagoon Trip**West Neck Beach to Caumsett Lagoon (the Sand Hole)**

Submitted by Paul Conlon

Chris Scalisi planned three trips this spring to help us reacclimate to the world of kayaking after taking a break during the winter. On May 5th there was the Crab Meadow Beach into Ambrose Wetlands paddle at around six miles, on May 9th West Neck Beach to Caumsett Lagoon, the Sand Hole, around seven miles, and on June 2nd the Oyster Bay to Center Island Little Lighthouse trip, with a total distance of about eight miles.

Ten Long Island Paddlers decided to join Chris for the West Neck Beach paddle on Tuesday May 9th. The plan was to launch from West Neck Beach in Lloyd Harbor. We would head north and follow the shore in Oyster Bay until the bay opens into Long Island Sound. Once in the Sound, we would turn right and in a little while paddle into the Sand Hole.

It was a sunny day, with a light wind out of the Northeast. Along with Chris, Ed McMullin assisted on the trip, and Robert H, Michael A, Andy B, Gavril, Tom A, Pat T, Gina, and Paul C also joined.

We would be paddling along a small section of the Gold Coast on the North Shore of Long Island. The term Gold Coast might conjure images of the Great Gatsby, East Egg and West Egg, or Billy Joel's house, or influential names from America's past, Frick, du Pont, Guggenheim, or Vanderbilt. Very near where we launched, in Caumsett State Park, the estate of Marshall Field III, the department store heir, still stands. They say that from the 1890's through the 1930's over 1,200 mansions were built on Long Island's North Shore. But long before the mansions, the geology of the area might be considered the real origin of the term Gold Coast, the dramatic rock formations and cliffs and woods.

The trip had a posted launch time of noon, and we were on the water by about 12:15 PM, not bad for a group of ten paddlers. Ed McMullin took the lead, paddling north,

(Continued on the next page)

West Neck Beach to Caumsett Lagoon (the Sand Hole) (Cont'd)

setting a fast pace, and Chris was the sweep, keeping an eye on the group. But just by luck, there were a total of six trip leaders on the water, so we were in good hands.

The familiar kayak expression, 'we're all between swims,' and the understanding that we need to dress for immersion, seemed especially relevant on a day like this, with the air temperature in the upper 60's and the water temperature in the mid 50's. The ACA guidance says, "if the water is 60 degrees or colder, a wetsuit is a must and a drysuit is highly recommended. This is also the case if the combined air and water temperatures are below 120 degrees." The ten of us reflected that we were in that middle zone as to what to wear, with some folks wearing dry suits, others full farmer John wetsuits, and still others with a combination of wet suit pants and paddle jackets or wet suit tops and swimsuits. Being experienced Long Island Paddlers, everyone wore hats and PFD's and carried whistles with many VHF radios in the group.

After paddling a half hour or so Ed was over a ¼ mile ahead of us approaching the Barge Buoy, near entrance of Oyster Bay, and Chris called him on the radio and asked him to wait for the group. When we caught up, we all stopped for a short water break before continuing into the Long Island Sound.

With the light winds and high tide at 3:00 PM the Sound was relatively calm. We headed east along the shore and slowly began to see the submerged rocks that at anything other than high tide block access to the Sand Hole. Chris advised that even though it looked possible to paddle between the rocks, it's always best to head to the far shore then turn into the Caumsett Lagoon where the channel is assured. Water was still flooding into the lagoon as we entered, and we stayed just off the



steep sandy sides that mark the entrance. Once inside the Sand Hole, the water was like glass. With the sun beating down and the calm conditions we quickly warmed up as we paddled to the far end to find a place to land and to have lunch.

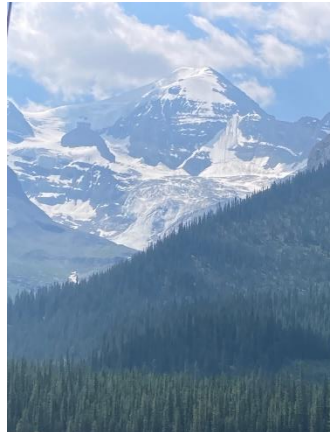
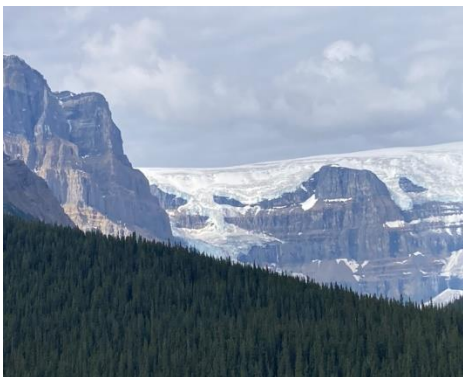
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West Neck Beach to Caumsett Lagoon (the Sand Hole) (Cont'd)

We pulled the kayaks up on the shore, steep, but not as steep as the entrance, and settled in to have a bite to eat and to stretch a bit. Sitting deep within the lagoon, the birds flying in the foreground and the Long Island Sound in the distance, on a beautiful day at the beginning of May, we enjoyed the peace and serenity that might only be afforded to a group of kayakers—unless you happen to be a member of the Gold Coast set.

The experts tell us that during the last ice age the glaciers of the Wisconsin ice sheet reached as far south as NYC and Long Island around 20,000 years ago. As the glaciers melted, they left behind rocky debris on the North Shore, and crisp clear outwash sand on the South Shore. The receding glaciers also carved out a huge depression, which soon filled with water—the Long Island Sound. The Sound is 21 miles wide at its widest point and around 110 miles long but has nearly 600 miles of coastline due to the numerous bays and inlets. The central sound is about 65 feet deep dropping to about 300 feet deep at The Race, with a bottom consisting mostly of rocks, some the size of houses, pushed in place by the glaciers.

We finished lunch and began to head back into the lagoon, paddling back out of the entrance, out through the opening in the rocks, and heading west back towards Oyster Bay. Ed continued to lead the way and soon enough we were in Oyster Bay and continued paddling south close to the shore on our left. We pulled back into West Neck Beach, the entire trip taking maybe three hours, a perfect warm up for the paddling season ahead. We all thanked Chris and Ed for a great day on the water. Hopefully we'll get another chance to explore some more of the Gold Coast and the North Shore. After all, it's been ready and waiting for thousands of years. 🌊



Glaciers in the Canadian Rockies in June 2023—still carving and shaping the landscape as they retreat.

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9am - Kids / Family Heat
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Awards to follow.



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Poster submitted by Alina Wilczynski – Photography Coordinator

Calling All Paddlers!



There’s plenty of room in our next Newsletter for your paddling adventure stories. A new paddling season is starting so why not make a resolution to support our newsletter by your article


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. A thank-you email is returned as a receipt acknowledgement.

The following list of topics is presented to show you the wide variety of subjects you can add to your newsletter. Questions? Just contact your friendly newsletter editor.

- ☺ Member match-up
- ☺ Paddle trip stories
- ☺ Spotlight on
- ☺ Favorite put-ins
- ☺ Honorable mention
- ☺ Put-in news
- ☺ DIY projects
- ☺ Recipes
- ☺ Equipment reviews
- ☺ Kayak jokes
- ☺ Upcoming events
- ☺ Kayak puzzles
- ☺ Announcements
- ☺ Do you recognize this?
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Next Long Island Paddlers Publication Date:

October 15, 2023

Fall Edition

Deadline for article submission is several days prior to publication date (to be announced) leaving time for final editing, review and distribution. 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. 🚣

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
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Photo Credits: Top Row (left to right): Alina Wilczynski, Alan Mayors, Christine & Michael Pan. Bottom Row (left to right): George Golab, Chi Chi Gibney.

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