



Newsletter of the LI Paddlers

Volume 2024, Issue 1

Winter Edition

January 2024

Message from the President



Attn LI Paddlers
 Seasons Greeting to all members their families and friends. Our holiday dinner was a great event. I was happy to see the members that were able to attended. The winter is definitely here however it has not been fierce. I want to thank the members of the Executive board for another year of hard work, and also to the Committee Coordinators for their hard work as well. Without the help of these committees the club functions and activities would not exist. We had great paddles for 2023 and I expect more paddles for the coming year. (Continued on page 9)

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Voting Results for the Executive Committee 2024

All 2023 Executive Council positions were non-contested so the 2023 members will remain in their respective positions for 2024.

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

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.

Committee Coordinators 2024

Membership	Tom Auer
Programs	Diana Price
Trips	Chris Fleming
Training & Safety	Mike Matty
Public Relations	Dan and Donna DiGiovanni
Newsletter	Don Gorycki
Website	Website Committee
Special Events	Pat Tauber
Librarian	Fred Hosage
Conservation	Liz Marcellus
Big Buddy Prog.	Bob Hansen
Hospitality	Lorraine Montana and Judy Kislik
Merchandise	Gina Gruber
Photography	Alina Wilczynski

Welcome new committee coordinators

- Tom Auer for Program Coordinator
- Chris Fleming for Trip Coordinator
- Fred Hosage for Librarian
- Pat Tauber for Special Events

A big thank-you to:

Chiara Nuzzo for her past innovative service as Trip Coordinator.

Debbi Gallucci for her past loyal dual service as Membership Coordinator and Librarian.

Frank & Michelle Posillico for past service for Special Events.

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 that club trips are now managed via the Meetup service and can be accessed using the following link:

<https://www.meetup.com/meetup-group-lvwrzpdd/>

If you have any questions, please send an email to Christine Pan at duckfoot70@gmail.com or Michael Pan at m.pandemonium@gmail.com 



Money can't buy you happiness, but it can buy you a kayak and that's kind of the same thing.

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 

LIP Announcements

Hospitality

Continues to have available a variety of goodies for our members and guests to enjoy...Kudos!

Trips

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

Website


Our new club website is currently being managed by Alina Wilczynski. Our new website contains useful static (read-only) information whereas our Meetup service contains additional dynamic information.

Members of the Website committee:
Emilio Sosa, Fred Hosage, Alina Wilczynski, Mike Matty and Edwin Mangual.

Pool Sessions

The pool sessions for this year will be held at Suffolk County Community College at Brentwood on March 23 and April 6, 1:30 P.M. to 3:30 P.M. Pool can accommodate about 17 kayaks. A waiver must be completed. There will be a fee of \$10.00 for Non-ACA participants. More info to be given at our meetings etc.

CPR First Aid and Aed Classes

Our President, Ed Mangual gave the first CPR First Aid and Aed class (see more in this edition) Ed may be scheduling more sessions in the future, stay tuned. 

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).

(Continued on the next page)

Long Island Paddlers Volunteer Points Program (Cont'd)

8. The maximum number 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 meeting place

Our meeting place for the Long Island Paddlers is currently at the American Legion Hall, 22 Grove Place. Meetings are usually held in the upstairs meeting room.

An effort is under way to find another meeting place...know one? Please let us know.



Fitness and Paddling Training for over 50

Submitted by Jim Dreeben

I have always worked out since high school, but after I turned 80, my workouts have become more consistent. Most of my workouts are to prepare me for Paddle Battle SUP/Kayak Race every July.

It is put on by Long Island Aquarium in Riverhead, New York. For information: paddlebattleli.com.

Interval training is the best training to become faster at any sport. In this case we will call it Interval SUPing or Kayaking. It builds strength and stamina to help you paddle faster and farther. Paddle at a moderate pace for a few minutes, then sprint as hard as you can for ten or 20 strokes. The results of Interval training are amazing. It's not just for racers; it makes anyone fitter, and a better paddler.

Fitness and Paddling Training for over 50 (Continued)

Stand up Paddling gives you a full-body, core workout. You are constantly balancing on the SUP and stressing most muscle groups. Your legs get stronger from balancing; your arms, neck, shoulders and chest get stronger if you do a proper stroke: Rotate your body; don't pull the paddle with your arms.

For summertime, warm water, upper-body strengthening, I swim a prone board while keeping my chest and shoulders up and balancing on my stomach for as long as I can. I try to go non-stop for an hour. I also swim in the ocean almost daily. I'll swim hard into the waves and body-surf back, for an hour.

Off-season and in bad weather, I do some of the following exercises every day:

- 1) 2,000 meters (or more) or 12 minutes at moderate pace on rowing machine. That burns 100 calories.
- 2) Whip battle rope 100 times thrice daily (except when it's frozen). It's okay if it's wet, just heavier.
- 3) Fast – walk around the block 2X daily. It's 6/10 of a mile. On the way, I do 20 pushups on planter in the children's park or on guard rail by the beach. Since I had both rotator cuffs repaired, regular push-ups are too stressful on my old body. (Regular pushups: you lift 75% of your body weight.)
- 5) "Swim" a 25" diameter exercise ball 100 to 200 strokes. Use breast strokes and crawl strokes.
- 6) Shake a 4' Classic Bodyblade in different positions for ½ hour. Use a 5' Bodyblade to get stronger.
- 7) Do 100 squats while holding a 10-pound weight or kettlebell or while shaking a Bodyblade.
- 8) Do the plank in high (pushup) position or low (forearm) position at least ten minutes a week.
- 9) Balance on your butt in the V-Sit position as long as you can. Do it 45 degrees left and 45 right, also. 10) Stand back to a wall. Sit down on imaginary chair. Hold for 30 seconds. Stand up and do it again.

(Continued on the next page)

Fitness and Paddling Training for over 50 (Continued)


11) Do bird dog exercise, alternating sides every 15 seconds, from two to 10 minutes.

12) Bear Crawl. Best on soft sand at the beach but it can be done on grass or rug also. Super workout.

13) CrossFit on Wednesdays for a tough, sweat-pouring, workout. Does anyone want to try it with me?

If serious exercise is not enjoyable for you, just walk. Walk a little farther and faster every day. 10% of your walk should be backwards especially if you are walking up the Ponquogue Bridge. A perfect walk for advanced walkers: Park by Old Ponquogue Bridge. Walk to the ocean and back. Do it once a week. (Serious: Battle rope at my house, walk to ocean, run in, swim hard (15 minutes), back to battle rope.)

"I walk the bridge once or twice a week.

Jim Dreeben, Retired CPO of Peconic Paddler (53 years), SUPS, Prone Paddler, Paddling Instructor. 631-834-2525 or jim@longislandpaddling.com. 



DIG INTO A SWEET AND TRADITIONAL NOODLE DISH

When preparing meals for Chanukah celebrations, some families may want to serve kugel. Kugel is a Jewish dish that is similar to a casserole or pudding. Kugel originated more than 800 years ago in southern Germany. Kugel soon became a staple within Jewish households throughout eastern Europe and eventually the United States.

There are many ways to make kugel. Some recipes feature potatoes, bread or rice as the main starchy ingredient. Kugel also can be sweet or savory. "Lokshen" (noodle) kugel is perhaps the most traditional. It blends light and airy egg noodles with moist and creamy dairy ingredients. Chanukah celebrants can try this recipe for "Noodle Kugel," courtesy of Taste of Home.

Noodle Kugel

Serves 15

- 1 package (1 pound) egg noodles
- 1/2 cup butter, melted
- 8 large eggs
- 2 cups sugar
- 2 cups sour cream
- 2 cups 4 percent cottage cheese

Topping

- 3/4 cup cinnamon graham cracker crumbs (about 4 whole crackers)
- 3 tablespoons butter, melted

1. Cook noodles according to package directions; drain. Toss with butter; set aside. In a large bowl, beat the eggs, sugar, sour cream and cottage cheese until well blended. Stir in noodles.
2. Transfer to a greased 13 x 9-inch baking dish. Combine the cracker crumbs and butter; sprinkle over top.
3. Bake, uncovered, at 350 F until a thermometer reads 160 F, 50 to 55 minutes. Let stand for 10 minutes before cutting. Serve warm or cold.

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, no general meeting) a guest speaker. These guest speakers present a wealth of diverse and interesting topics.

October 2023



In August of this year seven of our Club Members went on a kayak/camping adventure in the Johnstone Strait and Blackfish Sound area of British Columbia. Our own Emilio Sosa led a presentation of the sights, sounds and experiences of the 6-day kayaking adventure.

November 2023 – Social Event

The November 2023 meeting of the Long Island Paddlers is the last meeting of the year (there was no December meeting). It was decided that, instead of a scheduled speaker, to have a pot luck social event.

It was a great time to meet and greet members and to share stories of past paddling trips. There was a copious amount of various and delicious food items. Who knows? Maybe this will be a repeated event!

Message from the President (Cont'd)

The Long Island Paddlers Inc. continues to be the club that it is because of its members. We have great individuals who care and have the passion for the outdoors and paddling with other members. So, I encourage members to keep doing what they know best. I want to thank Nack and its members who are also members of the Long Island Paddlers Inc. for helping during the season with skill sessions. Members Happy New Year and fun paddling in 2024. Thank you, Edwin Mangual

LIP November Social Event



LIP November Social Event

(Cont'd)



← Do You Recognize This?

Answer on page 29. 🗨️

Rescue, Recovery and Re-warm – The Maritime 3 R's

Article borrowed from "On The Sea" by Vincent Pica, Commodore

The South Shore Press, November 22, 2023

Presented for your reading pleasure and information

When we were kids, it was all about readin', ritin' and 'rithmatic. On the sea, especially in cold water environments, it is all about rescue, recovery and re-warming. I don't expect that there are many boaters out there on our bays, creeks and littoral areas of the ocean now. But some are out there. And the waters are cold now and will still be cold once April 1 comes around and the moorings go back in. This column is about that.

He Fell In And Can't Get Out- Rescue

We've written about the new NYS law that requires PFDs on all boaters in boats under 21' between November 1 and May 1 of the following year and about hypothermia. When I wrote about hypothermia, I suggested that you conduct a little experiment with the kids (or yourself!) to demonstrate the power of water to draw heat out of you - 25x faster than air of the same temperature. To prove it, try this experiment with the kids... get a glass of water to room temperature and drop an ice cube in it; at the same time, lay an ice cube on a napkin next to the glass

of water. When the ice cube in the glass has melted away, there will still only be a small amount of dampness around the ice cube sitting on the napkin... But, upon further research conducted by cold-water specialists in Canada (where the water is cold all the time, when it isn't frozen), exertion - such as thrashing or swimming - can increase that heat-stealing mechanism up to 10x - that's 250x now!

So, if someone falls in, it is critical to get them out ASAP.

When Rescue Become Recovery

By USCG standards, a rescue becomes a recovery when the victim has died from the circumstances. So, if someone just falls in, it is still a rescue, right? Well, hopefully, but there are circumstances when death can come almost unbelievably quickly. As has been pointed out here before, cold water - sudden cold water - can be a killer long before hypothermia gets to you:

1. A splash of cold water in your face can cause you to involuntarily inhale water, which is a killer. Not swallowing it down your throat

Rescue, Recovery and Re-warm – The Maritime 3 R's (Cont'd)

into your stomach but inhaling it into your lungs. This is the "gasp reflex."

2. In some people, the reaction doesn't get that far into their bodies. They hit the cold water and, as soon as it touches the back of their throat, it closes up. The spasm stops the water from getting into the body, which is the biological intent, but it also stops air from getting to the lungs. The person bobs back to the surface (their lungs are full of air) and they suffocate in the open water, unable to breathe due to a blocked air passageway. This is what is now called "dry drowning." There is no water in the lungs. Nor is there any oxygen. I've seen a BoatUS report that stated that 15-20% of all drowning are "dry drownings."

3. When the difference between your body temperature and the water temperature is greater than 30-degrees, the chance of a heart attack from the sudden immersion goes up dramatically.

4. Even something as simple as a racing heart from shock and fear can create hyperventilating on the part of the victim. Dizziness

followed by unconsciousness results as the ratio of oxygen/carbon dioxide changes in the victim's blood system.

If you are the victim, remember this: an initial deep and sudden gasp followed by hyperventilation that can be as much as 600-1000% greater than normal breathing can be deadly. You must keep your airway clear or run the risk of drowning. Cold Shock will pass in about one minute. During that time concentrate on avoiding panic and getting control of your breathing. Wearing a lifejacket during this phase is critically important to keep you afloat and breathing.

OK- We Have Them In the Boat – Now What? – Re-Warm!

Believe it or not, if you apply heat directly to the arms and legs of a hypothermic person you just pulled from the sea, you can kill them. It is called the "After Drop" – you force cold blood that has pooled in the arms and legs (constricted blood vessels) back toward the heart and brain and that lowers their body temperature. Apply heat (hot water bottle, towels that have been

Rescue, Recovery and Re-warm – The Maritime 3 R's (Cont'd)

microwaved, heating pads, your warm, dry hands) to the head, neck, chest and groin. Of course, you need to get them into a warm or at least dry environment as part of the rescue. Lie them on their back or side (not face down.) This person is dying so there is no time to be squeamish or bashful. Lie on top of them and wrap a blanket around you both. There are two schools of thought on getting them out of the wet clothes. Some believe that the little bit of water than you can warm with your body can aid in their recovery. My own experiences lead me to believe that, if the alternative is wet clothes or just a blanket

around a naked body, go with the wet clothes and cover them up with blankets and your warm body. If they are conscious, give them warm – not hot – liquids. Add sugar for energy. No alcohol and avoid caffeine if possible.

Bring 'em back alive, captain.

BTW, if you are interested in being part of USCG Forces, email me at JoinUSCGAux@aol.com or go direct to the D1SR Human Resources department, who are in charge of new member matters, at DSO-HR and we will help you "get in this thing..."




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. 

Carmans River - I've paddled there.

By Chris Fleming

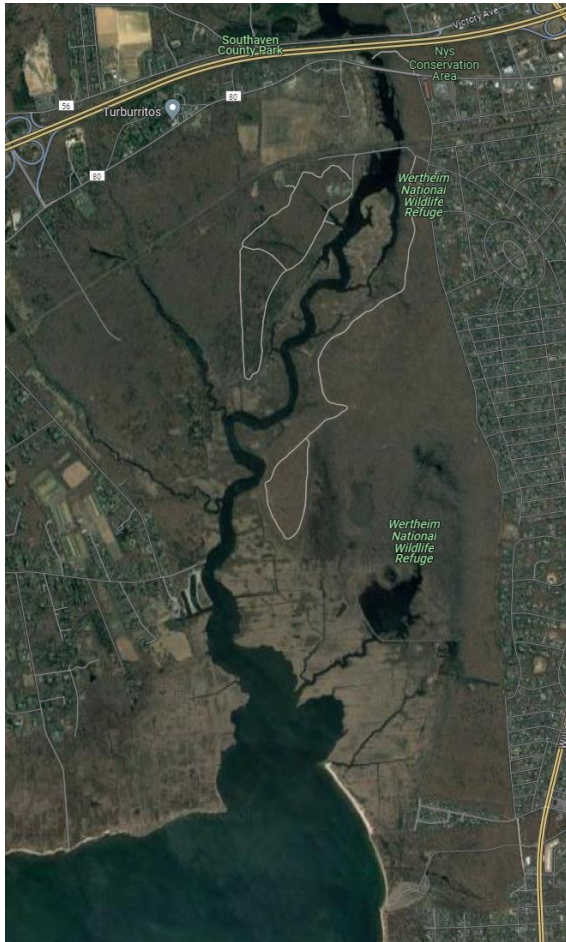
Every time I kayak on Carmans River I'm amazed at how beautiful and remote it is. And then I sort of forget about it and don't paddle there again for a year or more. It's nice and all, but maybe it doesn't feel adventurous enough. Sort of like paddling on the Nissequogue River.



But Carmans River really is a special place and after this past trip, I'm definitely going back a few times a year.

8 Long Island Paddlers embarked on an 11-mile tour of the Lower Carmans River on November 19th, with Gina as trip leader. It was a lovely fall day with bright sun and temperatures in the mid-50's. The wind was out of the west at nearly 15 mph, but the tall reeds towering over the edges of the river blocked out all but the faintest breeze. (Continued on the next page)

Carmans River - I've paddled there. (Cont'd)



Carmans River is one of the four largest rivers on Long Island and is similar to other Long Island rivers in that it is totally groundwater generated (e.g., no lakes). Almost all of the river is specifically protected by the Central Long Island Pine Barrens.

The river has its source in Cathedral Pines County Park, near Middle Island, and it flows southward till it reaches the eastern end of the Great South Bay.

It is fresh water for the first eight miles (13 km) and then becomes an estuary for the last two, as it encounters the tidal effects of Great South Bay.

Our trip was an exploration of the lower section of Carmans River – the area below Sunrise Highway.

(Continued on the next page)



Carmans River - I've paddled there. (Cont'd)

We accessed the river from a small floating dock behind Carmen's River Canoe and Kayak rental, on Montauk Highway. The put in is just south of the final of the four dams that control the water levels of the river. In season, it costs \$5 to launch; off season it's free (as a trade-off, the bathrooms are closed off-season). There are other places along the river to launch a small boat, but this one is by far the easiest.



Lower Carmans is situated almost entirely within the boundaries of the Wertheim National Wildlife Refuge. The refuge is a 2,500-acre sanctuary that is home to more than 200 species of migratory birds as well as other local fauna, such as foxes, deer and muskrat.

Plants, fish, birds and mammals flourish here, depending on the river and adjacent lands for survival amidst the encroaching urbanization.

(Continued on the next

Carmans River - I've paddled there. (Cont'd)



To protect the land for future generations, owner Maurice Wertheim left it to the federal government to become the Wertheim National Wildlife Refuge in 1947. Lucille Wellington donated another area of wetland at the mouth of the river.



In 1974, thanks to the dedication of members of the community and Students for Environmental Quality—a local high school group—the Carmans River became the first to be protected under New York State's Wild and Scenic River Act.

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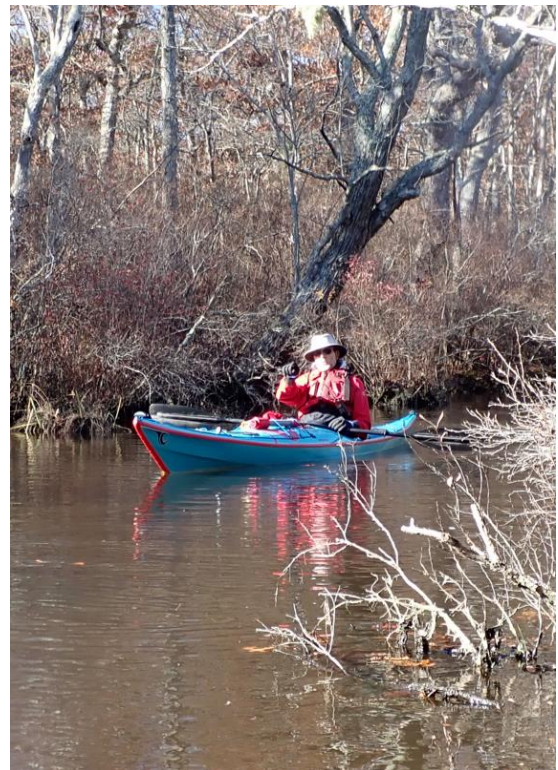
Carmans River - I've paddled there. (Cont'd)



We paddled down the river, continuing south around several bends. We came to Steve Barto's Creek (also called Yaphank Creek) where fragrant wildflowers bloom.



We paddled up the creek. A deer was spotted off to our west, munching on some grass, as we quietly made our way north. After about a ½ mile, the surrounding vegetation crept in closer to the water's edge, making it impossible to go any further. We turned our long boats around, with some difficulty, and headed back out into the river. (we only



then realized the creek was off limits – sorry).

We noticed some splashing in the reeds. It was a muskrat wrestling with what appeared to be a fish. Muskrats are common along the river. They live in families consisting of a male and female pair and their young. They build nests along the banks of the river, usually with an underwater entrance. They feed mostly on cattails and other aquatic vegetation, but also eat small animals (and in this case, what looked like a fish). (Continued on the next page)

Carmans River - I've paddled there. (Cont'd)



We started to get hungry after over two hours of paddling and headed over to Indian Landing for a break.

Indian Landing is on river's east side and was apparently an important meeting place for the Unkechaugs, the first Native Americans to inhabit this section of the Carmans River. The White Oak hiking trail runs

Wertheim National Wildlife Refuge for a 1.5-mile loop, with several nice overlooks. As usual, peanut butter and jelly was the preferred lunch choice amongst the paddlers. After 20 minutes or so, we were back on the water.

(Continued on the next page)

Carmans River - I've paddled there. (Cont'd)



We headed further south out into Bellport Bay and the east end of the Great South Bay. We now experienced the gusty winds as we were in unprotected water.



We turned around, not wanting to ruin a perfectly beautiful day. We ventured northwest into another creek, this time up Big Fish Creek. There were tons of little fish, specifically bunker (or Menhaden), that battled in the water below us as we made our way to the dam at the entrance to the pond.



The sun was getting lower in the sky, and it was time to head back. With the wind and current at our backs we raced upstream.

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Carmans River - I've paddled there. (Cont'd)



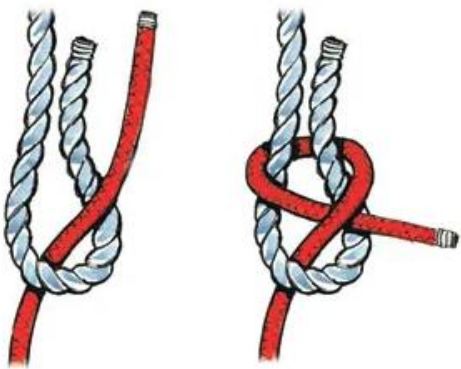
We passed the Wildlife Refuge but didn't stop. (There's a dock there, but apparently kayakers are not supposed to land there). The tide had come in all the way while we were touring around, and we were barely able to fit under the railroad bridge. Who planned this trip anyhow!

It was a fun day. Thanks to the nice people who shared it. 🌊

Do You Know Your Knots?

This topic has run for several newsletter editions. Each newsletter edition had a useful knot that we can become familiar with and perhaps will find useful as we paddle away our many trips.

This last installment of "Do You Know Your Knots" will feature the "Sheet Bend".



Many sailors use a square knot when tying two lines together, but these often come loose when not under load. The sheet bend is more secure, is easy to untie and works much better when tow lines of unequal diameter need to be tied together. As you can see in the illustration, its final form is only slightly different from a square knot, though it is tied quite differently.

Form a bight in the end of one line. Pass the end of the other line through the bight from beneath and around behind both parts of the first line. Finish the knot by passing the working end of the second line under itself, then pull the knot tight. 🌊

See the Seals of Shinnecock Bay

by Paul Conlon

Shinnecock Hills, between Hampton Bays and Bridgehampton, sits around 75 miles east of NYC on the south shore of Long Island. Heading south on Little Neck Road, just past the Southampton Yacht Club, there is a parking area, a patch of concrete and grass. The parking area fronts on a boat ramp and a short sandy beach and gives access to Old Fort Pond and Shinnecock Bay.

The Fish Guy, an expert on all things Shinnecock Bay and a local photographer, had recently shared photos on Facebook of the arrival of the seals who will now spend the winter in the local waters. Emilio jumped on the news and posted a trip on MeetUp aptly called, *See the Seals of Shinnecock Bay*. So, on Sunday November 12, 2023, fourteen Long Paddlers met at the parking area in Shinnecock Hills for a trip into Shinnecock Bay to search for seals.

The forecast was for sunny skies with the temperature around 42 degrees and



the wind at 5 to 10 mph out of the NNE. The water was also close to 50 degrees, so Emilio advised those participating to dress for immersion; a Dry Suit, Semi Dry Suit, or a wet suit at the least. He rated the paddle at 2B since we'd be in our boats for over two hours and go approximately five miles before stopping for lunch. Along with Emilio the following members who joined the trip were Scott,

Gina, Chiara, George, Marian, John F, Andy B, Troy, Alan M, Paul, Tom, Gavril, and Mike M.

The plan was to be on the water at 10:00 AM, and somehow, by 10:15 all fourteen paddlers were in our kayaks and ready to go—a remarkable feat. We began to head south and soon enough we were paddling alongside the Shinnecock Indian Reservation. On the Shinnecock Nation website it explains how the Shinnecock People have been living on Long Island for over 10,000 years. The Shinnecock

Nation stretched from present day Mastic in the west to East Hampton in the east. The area was rich in natural resources, and the Shinnecock fished and hunted and farmed the land, thriving for thousands of years. They were also experts at whaling, sometimes using canoes that held up to 100 members for the hunt.

European settlers began arriving in the 1600's and the Shinnecock shared their traditional methods for survival with them. As time went by conflicts arose and little by little, year after year, the settlers pushed further eastward and finally the Shinnecock people could no longer support themselves on the decreasing amounts of land left to them. Today the Shinnecock Reservation is approximately 1.3 square miles in all, with around 800 members living on the reservation, and another 800 or so living off the reservation. Each Labor Day weekend the Shinnecock Indian Pow Wow is held, one of the largest Native American gatherings on the East Coast, and this year marked the 77th Annual get-together. After paddling about 20 minutes, we had passed what was left of the Shinnecock Nation.



We continued paddling into Shinnecock Bay, towards the barrier island in the distance. We were hoping to find some seals swimming in the bay or, if we were really lucky, hauled out on one of the sand bars or small islands in the area. It's known that seals might spend up to half the day on dry land. They do so for many reasons, including to warm up in the sun and to rest, to give birth and nurse their young, or to molt. Many of those on the trip had seen the seals laying on the beach on past trips. We continued paddling until we neared the shore, then headed west.

Although we hadn't spotted any seals yet, it was a beautiful day for a paddle.

As often happens, the fourteen of us had broken up into groups of two and



three and four, all absorbing the serenity of being the only craft on the water. Paddling in the colder months certainly has its challenges, but the lack of boat traffic and the clean water more than make up for any inconveniences offered by the elements. We were so enjoying paddling that the depth of the water, and the fact that it was getting progressively shallower, wasn't really

given much notice—until we found ourselves with just barely enough water to continue to float.

Alan stopped to set up his drone as the rest of the group climbed out of their kayaks in the middle of Shinnecock Bay and began to walk. The walking was easy, and we pulled our kayaks along behind us, and in short order, just as quickly as we had grounded, we were afloat again.



Once we started paddling, we headed the Shinnecock Commercial Fishing Dock, Shinnecock Inlet, to the area that Emilio had lunch. Just west of the dock was a wide sandy plenty of room for all fourteen kayaks. It was a spot.



towards alongside picked for beach with perfect



We settled down on the shore as Troy set up his oversized thermos filled with a rich vegetable tortellini soup. One by one the group made their way to him as he ladled out cups of the hot soup. The boats of the fishing fleet were tied up and idle, gently rocking on the water in the light breeze as we ate our lunch. The sun gleamed down on Shinnecock

settled Bay which in the the coffee and company. nearby, right

lay out before us with the Ponquogue Bridge distance to the west. Along with Troy’s soup, group ate their sandwiches and drank tea and water, and just generally enjoyed each other’s. The word was there was even a Port-A-Potty which for a kayak trip would offer a down-luxurious bio break.





After lunch we began to paddle north back across Shinnecock Bay for our trip home. Bunny Bay Island was to our right, and with low tide at 2:55 PM, we gave the island and the shallows around it wide berth, to avoid the necessity to do any more walking in the bay. Once clear of the island, we turned to the east and back towards the launch that was about four miles away. Somewhere along our return trip one member lost the ability to control the rudder of their kayak—a cable may have come loose. Tom noticed that something was wrong, and he offered to help, and even towed the kayak for a little while. Which might serve as a good example of a common characteristic, or maybe even a hallmark of our paddling community, how everyone is always ready to lend everyone else a hand if needed. A good quality shared by good people.

As we continued to paddle, we kept a sharp eye out for seals, but, as we were once again passing the Shinnecock Reservation, getting close to our put in on Little Neck Road, we still hadn't spotted any. For this trip, at least, it wasn't meant to be. We are all aware that when we paddle, we are at the mercy of mother nature, and that seeing seals just isn't something that's guaranteed.

Either way, it was a great day for a paddle.



waters of Long Island home in the winter.

We'd all like to thank Emilio for putting the trip together and getting us back home safe and sound. For that matter, we'd like to thank all the Trip Leaders of the Long Island Paddlers who take the time and make the effort to give the rest of us such beautiful kayaking adventures. Hopefully, one day soon, we'll get out again to search for the seals that call the

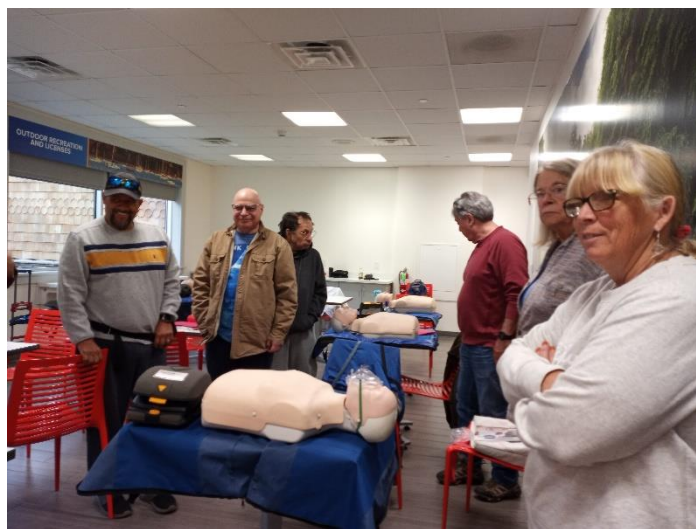
Article by Paul Conlon. Photos by Gina Gruba and Paul. 

Video by Alan M:

<https://youtu.be/FQUikqt-sxk?feature=shared>

Photo Gallery – CPR/Aed class

LIP Club President gave a class on CPR/Aed on Sunday Oct 29.
Here are some photos thanks to Judy Kislik



Continued on the next page.

Photo Gallery – CPR/Aed class (Cont'd)



Answer to “Do You Recognize This?”

It's not very often that you can find a hero right on Main Street but Stony Brook has its own Hercules!

[Historical Fact](#): Located on Main Street in Stony Brook- is the Hercules figurehead and anchor from the prestigious U.S.S. Ohio, the first ship launched from the Brooklyn Navy Yard in 1820. Toward the end of the century, the U.S.S. Ohio was decommissioned, destroyed and sunk in Greenport, Long Island; however, the figurehead was saved. 🌐

Kayak For Sale!

This is an excellent boat to begin your kayak adventures.

16' Stable, easy in and out. Has a skeg! Super clean boat. You will not be disappointed. Includes a harmony paddle, spray skirt, cockpit cover and a folding frame for storage.

Come check it out! Located in West Islip

Offered at \$650

Any questions...

Call/text Gina 516 885-1469 🌐



Every time you get
into your kayak...

ALWAYS →



LIP Trip Leaders Lending Library

Our club has in its possession several categories of safety equipment that can be loaned (on a temporary basis) to accredited trip leaders. Planning commenced in 2023; Implementation will begin in 2024.

- Equipment categories include but not limited to:
- 6 VHF radios
- 4 first aid kits (200 Piece SuccorWare soft pack)
- 2 waist belt tow lines (NRS Basic Kayak Tow Line)
- 2 contact tow lines (North Water Contact Tow)

Please note the following:

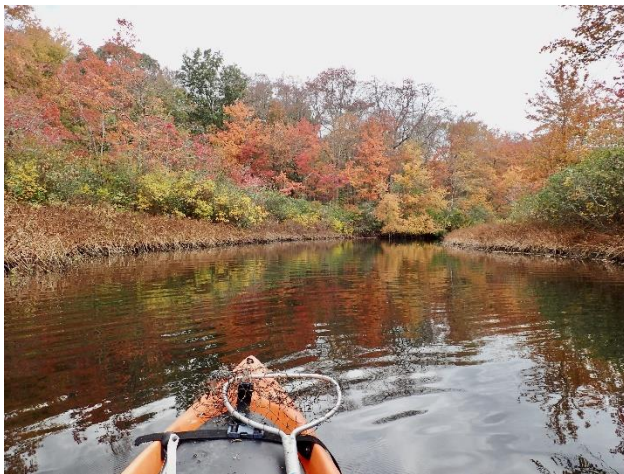
- The Trips Coordinator is responsible for the purchase, storage, and tracking of all Club-owned safety equipment intended for loan to trip leaders for use on Club paddles.
- An equipment tracking document is on the Club's Google Drive and is managed by the Trips Coordinator.
- Normal wear and tear of equipment is expected.
- However, if a trip leader loses or badly damages an item borrowed from the Lending Library, they must replace it at their cost.

Please contact our trip coordinator, Chris Fleming for more information. 

Photo Gallery

Courtesy of our Conservation Coordinator, Liz Marcellus

South Side of Caleb Smith state park River Clean Up October 18th,2023



The following photos are from a late summer river cleanup of the Carmans River in Southhaven Park.



Photo Gallery (Cont'd)

By Liz Marcellus



Why I Use a Greenland Paddle

Submitted by Steve Berner



While leading trips, I am often asked, “What’s the deal?” with the stick I use to paddle. I enjoy retelling the story of the first time I encountered a Greenland paddle (GP). I was paddling with ConnYak, the largest Connecticut kayaking club, around the Thimble Islands in 2000. By chance I found myself paddling next to someone using a GP on the way back to the mainland. It was the very first time I had ever heard of a GP, let alone seen one. Looking at the paddle, I had to ask him if he had any trouble keeping up with kayakers using a European paddle (EP). I’ll never forget the look he gave me when he said, “I’m keeping up you, aren’t I?” The look said, “Are you stupid?” Of course, if I had just thought about it, I would have realized he wasn’t having any trouble paddling alongside me. Soon after, on a kayaking trip to Maine, I bought my first Greenland paddle, back when Malone was making paddles.


(Continued on the next page)

Why I Use a Greenland Paddle (Cont'd)

In the beginning, I continued using my Euro paddle alongside my Greenland paddle. It just depended on how I was feeling that day. Several years later, I went on a multi-day trip on the Erie Canal with two friends. My thinking was that I would alternate between the two paddles. The first day, I used my GP, mainly because it was easier to store my EP on the deck since it broke into two shorter pieces. The second day, I switched to my EP. I immediately noticed that there was more of a strain on my body. At lunchtime, I switched back to the GP and have not used my EP in the fifteen years since.

At first, I believed that the thinner blade explained the reduced strain on my muscles. But upon closer examination, I realized that the surface area of my Greenland paddle was about the same as the European paddle. It had more to do with the design of the GP. Similar to the EP, the spine of the GP is the highest part of the blade. But since the blade is longer and narrower, the water rolls off the blade quicker than an EP during a forward stroke providing less resistance. It 'catches' less water. The experts explain it differently: "using a canted stroke . . . allows water vortices shed from one edge of the blade, and allows the stick to work more like a propeller giving lift and resistance which, you can gain propulsion." I don't fully understand that explanation, but I do know that I am less fatigued using a Greenland paddle.

There are two other advantages to a Greenland paddle I need to mention. The narrow blade creates less resistance in the air, which is especially helpful on windy days without having to feather it. The other advantage to a long narrow paddle is that it allows you to use a sliding stroke in which you walk your hands back and forth on the paddle to dig deeper and leave less material in the air. Sliding your hands from one side of the paddle to the other also creates additional leverage when making a powerful extended sweep strokes to turn quickly or more easily in windy conditions and during rolling.

Maybe the best thing about a Greenland paddle is that almost anyone with a modicum of carpentry skills can make one. There is a myriad of websites on the internet, as well as YouTube videos, which explain how to construct one from a common 2" x 4". I was lucky enough to be friends with a former member of the Long Island Paddlers, Jahzeel, who became an expert at making Greenland paddles using red cedar. He was kind enough to make one for me. Later, I won another one of his works of art in a club raffle (pictured above). But, if you have no woodworking skills or have no friends who do, you can buy one made of wood for less than \$200 or you can go big and buy a carbon model that breaks down into two pieces for \$350. Whatever you decide, you owe it to yourself to try one the next time you are on a paddling trip and someone in the group is using a GP. Switch with that person for a little while. You just might find yourself falling in love with the oldest way of paddling a kayak. 

A Foggy Adventure – 12/26/2024

Submitted by Gina Gruber

The fog will clear they say. Or maybe not.

We put in at Timber point along the Connetquot river. Such an easy sandy launch. Instead of heading north, we went east and quickly disappeared into the fog. Kudos to our fearless leader Emilio. He was out in front, keen on identifying the location of the duck hunters. Guess we're willing to sacrifice one for the team. We made our way to Ludlow creek. I had never been to Bourne Mansion pond. Such a nice area to explore. Onward, just before Green point, we made our way up to West Oak. It's a summer community of little cottages. We kept winding around and came upon a sandy area that separated us from the Bay. We could have portaged. But the fog was still dense and decided to make our back way through the creek.

Our trip was just shy of 12 miles. This is definitely one I would love to do again. 🔄



I hit 65 this year...

Submitted by Gina Gruber

That would be days of paddling, NOT yet years in my life.

Love the adventure paddling has brought to me. I've always enjoyed exploring and challenging myself.

A few years ago, I started keeping a kayak log. I love to keep track of places I've paddled. Taking pictures also helps to remember locations and what type of put ins to deal with. I've never been a fan of slippery boat ramps. Will not do a dock entry in a dry suit for fear of getting caught with a nail. Printing out google maps for the area we're going to paddle is great for reference. I'm new to "app tracking" it's fun to see how many miles you did, average speed, along with a record of your path. I use Strava, but it gets glitchy and at times it looks like I've kayaked straight across land. Need to try some other apps.

(Continued on the next page)

I hit 65 this year... (Cont'd)

It been a great year kayaking. I am thankful to the core group that consistently joins up with me to explore new areas. Oh, on those cold winter paddles, it's wonderful having "soup man" aka Troy on board.

Wishing everyone a wonderful healthy 2024. Let's keep our life adventures going. Paddle on! 🚣



LIP Holiday Party 2023

By Don Gorycki, Pat Tauber and Pat Burnside

The LIP 2022 Holiday Party was unfortunately cancelled, but, no so for 2023! Holiday Party 2023 was again held at Butterfield's.

Fellowship, music, dancing and gastronomic delights were the highlights of the party. For three hours (5 PM to 8 PM) 40+ people all had a great time.

The following section was submitted by Pat Tauber, our Special Events Coordinator.

Continued on the next few pages.

LIP Holiday Party 2023 (Cont'd)**Holiday Party Happenings**

Unfortunately, I was not able to attend the Holiday Party, but I have heard that everything went well, and Pat Burnside's photos are a testament to that.

I would like to congratulate **Award Winners:**

Emilio Sosa - Alan Mindlin Award - This award recognizes the member who has led the most paddles in the past year - in this instance it's the most paddles in the year before last, ie 2022.

Since we didn't have a Holiday Party last year, Emilio's award has been a long time coming. To say he's fastidious in planning his trips is an understatement. Emilio definitely adheres to the proverb "Time and tide wait for no man," getting us under those Nissequogue River overpasses safely every time!

Chiara Nuzzo - Ray Smith Award - This award recognizes a member who has significantly contributed to the club in the past 12 months.

Having been our Trips Coordinator for the past 36 months —

(not to mention Chiara's attention to problem solving, as well as her dedication to the continuing education of trip leaders through semiannual learning lunches)

— Chiara is a more than well-qualified recipient of this award.

Chris Scalisi - Alan Mindlin Award - This award recognizes the member who has led the most paddles in the past year.

Aside from the fact that Chris led the most trips, he is a well-prepared and knowledgeable trip leader. He knows the characteristics of the waters, as well as the history of the area, and is happy to share this information with the group. Also, Chris loves to share his knowledge of paddling techniques and gives great constructive criticism.

I would like to express my gratitude for those who assured the party went well when, at the last minute, I was unable to fulfill my obligations:

Logistics re Butterfields' Fee:

Ann Moreno - For getting to the bank and later delivering the funds to Emilio, despite the fact that she was home sick at the time.

Emilio Sosa - For coordinating with Ann to receive funds and later handling payments to the DJ and Butterfields.

Auction:

Edwin Mangual - I was going to skip the auction. It just didn't seem worth the effort. But Edwin, knowing guests enjoyed it, stepped up and coordinated with Gina Gruber to make it happen. He also announced the winning numbers.

Gina Gruber - Most notably, Gina donated beautiful stained-glass kayaks which she had made. She also brought items from the club store.

Christine and Michael Pan - Donated 2 headlamps.

Pat Burnside - Sold raffle tickets (I know how persuasive she can be :)

At raffle award time Pat - knowing group participation adds to the fun factor - had someone from each table pick a winning ticket.

LIP Holiday Party 2023 (Cont'd)

Although the auction has been a break-even event in the past, thanks to the donations of Gina, Christine and Michael, and the efforts of Edwin and Pat, along with the 50/50 raffle (won by Pat Burnside), the club actually made a profit this year.

Photography:

Pat Burnside - Pat is one of many members who are excellent photographers. Before even getting home from the party, she sent me her photos, which put a smile on my face. I think Pat did an excellent job of capturing the wonderful time everyone was having.

Best wishes to all for a happy and healthy year ahead!



The sumptuous buffet included Salad, Stuffed Shells, Chicken Marsala, Salmon, Beef Burgundy, Holiday Cake, Coffee, Tea and Soda. Photos on this page by Don Gorycki. Photos on following pages by Pat Burnside.



LIP Holiday Party 2023 (Cont'd)



LIP Holiday Party 2023 (Cont'd)



At left is a photo of Pat Tauber and friend who attended the 2023 Adirondack Trip. See the complete article by Chris Scalisi in the Fall 2023 newsletter edition.



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

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.

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

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Next Long Island Paddlers Publication Date:

April 15, 2024
Spring 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

Mailing Address:


P.O. Box 1783
Miller Place



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 to right): George Golab, Chi Chi Gibney.

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...

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