



Blazing Paddles

Newsletter of the LI Paddlers

Volume 2024, Issue 2

Spring Edition

April 2024

Message from the President



Our Paddling season is nearing very soon so I am sure that all our members are getting anxious to start paddling, however the

winter was somewhat mild. Some of our members paddled during those nice winter days. I look forward to our 2024 season and I'm sure the membership does too.

Our membership is growing nicely, so for members that join in 2023/2024 welcome aboard to a great club and enjoy the same interests that will all share. I would like to mention that our March meeting was a good turnout with the change of our location to the 'Tap Room' in Bayshore. The atmosphere was a cozy feel where members were able to socialize and have food and drinks and enjoy a great presentation by two of our members Fran and Paul "An Antarctica Adventure". (See next page)

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Executive Committee 2024

The Executive Council consists of seven members who are voted into office every November and the 2024 officers 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

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

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.

Upcoming Programs:

April: Monarch butterflies

May: South Shore Audubon Society

June: The Fish Guy

Please note that these events are subject to change.

Message from the President

I would like to thank the Executive board and the Committees for their commitment and work. I also would like to thank the membership for attending meetings and for participating in our club. I always said that our members are the important bulk of the club we are pretty much recognized throughout the island.

So SAFE paddling and have a great 2024 season.

Thank you
Edwin Mangual. 🌊


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 

Do You Recognize This?



Answer on page 20.

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 

Yay!, you don't have to pack a lunch this year!!!

As ion the past, there will be several paddles. Chris Fleming is diligently working on that aspect of the day. Look for the Spring Picnic sign-up on Meetup. 

LIP Announcements

Hospitality

Lorraine Montana and Judy Kislik continue to present 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

Two pool sessions have been completed thus far at Suffolk County Community College, Brentwood Campus:

1. March 23
2. April 6

See article on page 36.

LIP Spring Picnic – Saturday - June 1, 2024 by Pat Tauber, Special Events Coordinator

Please save the date for our annual Ray Smith Memorial Picnic at beautiful Centerport Beach.

Carl's Main Street Deli of Huntington will be Catering the event. There will be trays of assorted salads and wraps. \$15 members/\$18 non-members.

←

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 🗣️

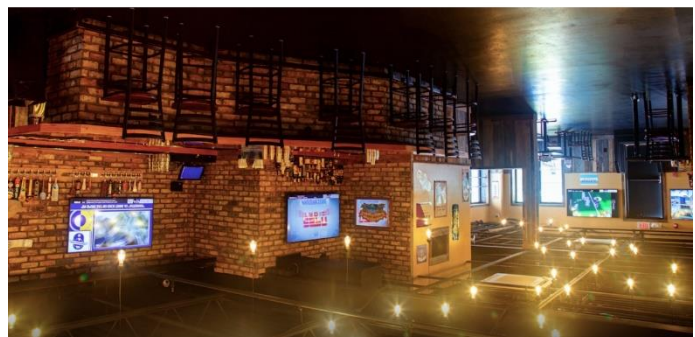
Our new meeting place?

Over the past few years, the LI Paddlers have been using the American Legion Hall at 22 Grove Place for our executive and general membership meetings. Of late, we had to conduct our business at the upstairs meeting hall; smaller and more difficult to get to. The use of using this facility costs our club \$100 per meeting.

Several of our members have been looking for an alternate place to hold our meetings. Our March meeting was held in the “Tap Room” located in Bayshore (44-46 East Main Street) on a trial basis. Time will tell if the “Tap Room” will host future meetings



← Current meeting place



Could this be our next meeting place?

Physical Fitness Training for over 50, I mean over 80

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

The following exercises are for anyone who wants to get into, and stay in, shape for any reason.

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 paddlers or racers; it makes anyone fitter for any sport.

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 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 daily, and I drink lots of water.

- 1) 2,000 meters on a rowing machine at moderate pace (and interval). That burns many calories.
- 2) Whip battle rope 100 times thrice daily (except when it's frozen). It's okay if it's wet, but it's heavier.
- 3) Fast – walk around the block 2X daily. It's 6/10 of a mile. On the way, I do 20 push-ups on planter in the children's park or on the guard rail by the beach. Since I had both rotator cuffs repaired, regular push-ups are too stressful on my old body. (Regular push-ups: you lift 75% of your body weight.)
- 4) "Swim" a 25" diameter exercise ball 100 to 200 strokes. Use breast strokes and crawl strokes.

(Continued on the next page)

Physical Fitness Training for over 50, I mean over 80 (Cont'd)

- 5) Shake a 4' Classic Bodyblade in different positions for ½ hour. Use a 5' Bodyblade to get stronger.
- 6) Do 100 squats while holding a 10 or 20 pound weight or kettlebell or while shaking a Bodyblade and sometimes while standing on a balance board or the flat side of a Bosu Ball. It's a very good exercise.
- 7) Do the plank in high (push-up) position or low (forearm) position, or both, ten to 15 minutes a week.
- 8) Balance on your butt in the V-Sit position as long as you can. Do it 45 degrees left and 45 right, also.
- 9) Stand back to a wall. Sit down on imaginary chair. Hold for 30 seconds. Stand up and do it again.
- 10) Do bird dog exercise, alternating sides every 15 seconds, from two to 10 minutes.
- 11) I just started using an elliptical exercise machine. It is tiring at first but it gives a full-body workout.
- 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?
- 14) Bike ride the 10 mile trail inside the Riverhead/Grumman property. It usually takes about one hour.
- 15) Take a hot shower changing to cold water 2 to 4 times a day depending on how much I sweat.
- 16) 50-yard farmer's carry with two 25-, 30- or 40-pound dumbbells. Occasionally stop and do 10 shrugs.
- 17) On short walks, I carry an 18-pound splitting maul alternating shoulders every five minutes.

If you don't like serious exercise then just walk. Go a little farther and faster every day. 10% of your walk should be backwards especially walking uphill. It fires up, and strengthens, your glutes and quads. A perfect walk: Park by Old Ponquogue Bridge. Walk over the Ponquogue Bridge to the ocean and back.

A serious walk: Battle rope at my house, walk to ocean, run in, swim for 15 minutes, back to the rope.

Jim Dreeben, Retired CPO of Peconic Paddler (53 years). SUPS. Paddling Instructor.
Kayak Racer.

631-834-2525 or jim@longislandpaddling.co 



In the Kitchen

Tomato-Tortellini Soup

When the weather is frightfully cold and you need something quick to warm you up, try this recipe for Tomato-Tortellini soup.

With only 4 ingredients, you'll be warm and cozy in no time.

For more comfort food ideas, go to www.culinary.net.



Tomato-Tortellini Soup

- 2-14 ounce cans reduced-sodium chicken broth
- 1 9 ounce package of refrigerated tortellini
- 1 8 ounce tub cream cheese spread with chive and onion
- 1 can tomato soup
- Fresh chives (optional)

Check out video at PENNYSAVER.COM



1. In a medium sauce pan bring broth to a boil. Add tortellini then reduce heat to simmer uncovered for 5 minutes.
2. In a bowl whisk 1/3 cup of hot broth into the cream cheese spread. Whisk until smooth. Pour contents into sauce pan.
3. Stir in tomato soup and heat through.
4. Serve with fresh chives, if desired.

Recipe adapted from Better Homes and Garden

Lessons from Noah's Ark

Submitted by Joe (Bud) Coleman

Almost everything you need to know about life, you can learn from Noah's Ark:

1. Don't miss the boat.
2. Remember that we are all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the Ark.
4. Stay fit. When you're 600 years old, someone may ask you to do something really big.
5. Don't listen to critics; just get on with the job that needs to be done.
6. Build you future on high ground.
7. Speed isn't always an advantage; the snails also made it to safety.
8. For safety's sake, travel in pairs.
9. When you're stressed, float a while.
10. Remember, the ark was built by amateurs; the Titanic by professionals.
11. No matter the storm, there's always a rainbow waiting. 🌈



Anything better than this?

Naa!

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.

January 2024

The January General Membership Meeting was cancelled due to inclement weather, therefore there was no monthly guest speaker.

February 2024

Operation Deep Blue as presented by Marshall Seddon

Each year, Operation Deep Blue plans and organizes "The Expedition to Honor Our Fallen." Over an eight-day period, the Operation Deep Blue team paddles approximately 225 miles from Fort Mott State Park in Pennsville, NJ to Washington, DC.

In addition to honoring all law enforcement officers, other first responders and military service members who died in the line of duty, each Operation Deep Blue team member selects an individual hero, who made the ultimate sacrifice, to honor throughout the expedition.

Marshall is the founder, lead instructor and operator of The River Connection, Inc. which just celebrated their 20th year in business.

In addition to instructing, Marshall is also an avid sea kayak and surf ski race competitor. In 2019 this experience in adventure races was put to help found something new - **Operation Deep Blue**

(Continued on the next page)



February 2024 Monthly Guest Speaker (Cont'd)

In addition to Marshall's presentation, he displayed the Stellar S14 G2 modular kayak.



March 2024

Our fellow members Fran and Paul present us with the sights, sounds and stories from their recent Antarctic Voyage



Unkechaug Nation: 10,000 Years of History

Article taken from the South Shore Press and is presented here for your reading pleasure.

After an ill-fated tenure as mayor of Tangier, Col. William Smith came to America in 1686 and amassed more than 81,000 acres of property, much of it from the Unkechaug Indians, in what would later become the Town of Brookhaven. He carved out 175 acres off Forge River in Mastic for what he called the "Beach Indians," and the land, known as the Poospatuck Reservation, belongs to them still today.

The Unkechaug's ancestry on Long Island dates back at least 10,000 years following the last Ice Age, which left evidence of its retreat in the bays, lakes, and streams the indigenous people would come to inhabit. It was this glacial event that froze a vast part of the globe, enabling the native Americans to cross over a frozen bridge from Asia into a vast new world.

Settling on a virgin Long Island, the Unkechaugs were renowned for their agricultural practices and use of wampum, carved jewelry from mollusk shells, which was used for trade and communication.

A pillar of the Unkechaug Nation is its government and politics. They operate on a democratic model, with a council comprised of chiefs and elders who make decisions that affect the

tribe, according to NativeTribe.info. "Their governance model is also intertwined with their traditional way of life, where respect, cooperation, and harmony with nature are fundamental principles."

Like many native American tribes, their language has been on the verge of extinction. Recent programs, however, such as an immersion school, have helped to revive the native tongue and promote a sense of belonging. "The tribe is profoundly rooted in their culture that includes art, storytelling, music, and dance. Their culture reflects a deep connection with nature and spiritual beliefs," the Native Tribe site notes.

Their current chief, Harry Wallace, has been instrumental in reaffirming traditional culture for the Unkechaugs with an emphasis on education in reviving their heritage. Scholastic pursuits have also aided members in pursuing careers and making positive contributions to the community.

Chief Wallace has also helped establish Algonquian Revitalization classes in conjunction with Tina Tarrant of the Shinnecock Nation, another ancient Long Island tribe, Stephanie Fielding of the Mohegans, and Stony Brook University.

Unkechaug Nation: 10,000 Years of History (Cont'd)

"We walk three paths—that of modern society, with its progressive education; that of the Christian spiritual world; and that of the Native American World with its ancient spirituality," said Chief Lone Otter (Donald Treadwell) in John A. Strong's book, *The Unkechaug Indians of Eastern Long Island*. "One goal remains the same: to maintain our identity as Native Americans."

Thanks to its status as a sovereign nation, businesses on the now 55-acre Poospatuck Reservation can offer products to the community tax-free, and they're doing a vibrant trade in gasoline, marine fuel, cigarettes, and cannabis. Among the

community's successes is Montauk Native Gas, the reservation's first gas station, which is operated by Dashawn Morton and his dad. Dashawn was a standout William Floyd High School football player and is involved in various civic activities.

Through the centuries, the

Unkechaugs have faced many challenges, especially after their interactions with the European settlers. The outside colonization led to diseases, conflicts, and loss of ancestral land. Their ancient spirit perseveres nevertheless with resilience, persistence, and unity, and they live on as an essential part of the Long Island community.



From the Vault

Confessions of a 3-season paddler

This article first appeared in the Spring 2021 newsletter edition.

Submitted by Don Gorycki – Member-at-Large, Editor

OK, I admit it, I'm a summer person.

Don't get me wrong, I also like the spring and the fall seasons.

Spring, with the melting of the snow, the temperatures rising, landscapes turning green.

Fall, the air might be getting cold but the water is still comfortable; leaves showing their magnificent rainbow color.

That's when I do all of my paddling – winter is just too cold for me. I hear stories from my fellow paddlers who do paddle in winter. Open water with no boat traffic, serenity, peace.

(Continued on the next page)

Confessions of a 3-season paddler (Cont'd)

This is way too cold for me

It certainly sounds great, but alas, I am a three-season paddler.

My own paddling season spans the months of April through October. After that, I inspect my boat, make any necessary repairs/improvements, and store it in my shed where it ‘hibernates’ for 5 long months.

During that time, while I am remembering and delighting in past trips, my body is slowly adapting to a land environment and forgetting the movements and feel of the water.

During the height of the winter, as I look across the snow-covered yard at my shed, I can’t help but fantasize about the activities of the upcoming paddling season. When will I take my first trip? Where will it be? What will the Club’s activities be?

...the time has finally arrived.

(Continued on the next page)

Confessions of a 3-season paddler (Cont'd)

First trip of the year, solo (I know solo kayaking is frowned upon, but that's another article), leaving from Smith Point Marina, paddling east.

I carry my boat (Tracer 165) to the water's edge, load my equipment, and slide into the cockpit.

Five months of aquatic inactivity creates a sense of apprehension as I push off into the waves.

The hip movements needed to counter the waves and maintain stability are familiar to me yet remain distant.

The shoreline slowly recedes as I continue to refine my paddling strokes and hope I don't capsize.

I lift up my face towards the blue sky and feel the warmth of the sun (sunscreen liberally applied, of course).



Put-in at Smith Point Marine (Continued on the next page)

Confessions of a 3-season paddler (Cont'd)

I inhale through my nostrils and delight in the fragrance of the salt water. The stabilizing swaying of my body is channeled to my kayak as it glides through the mild chop of Narrow Bay.

I feel my confidence returning.

The focused look on my face is replaced by an ever increasing smile....I am born again! I paddle with a renewed vigor as my kayak cuts through the waves. My destination? It's always around the next bend.

The only regret I have about paddling is that I started late in life, a condition I plan to make up in my retirement years.


OBTW: Can anyone recommend a good dry-suit? 

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. 



Ahh
This is the life!

Help Wanted – Trip Leaders

Submitted by Chris Fleming – our Trip Coordinator



The success of our kayaking club depends in large part on our ability to provide safe and satisfying paddles to our members. And to accomplish that goal, we need a full complement of trip leaders.

The Long Island Paddlers relies on volunteers to lead paddling trips, and thankfully, we have many dedicated members who do so.

But we need more. Make this the year you become a trip leader.

The first step in the process is to contact **Chris Fleming, Trip Coordinator** (chrisfleming212@gmail.com). He will pair you up with an experienced trip leader who will work with you on where and when to lead your first paddle. You will then be invited to a new trip leaders' workshop, where you will learn - step by step – how to plan and execute a safe and exciting paddle. You will also participate in an on-the-water skills session to learn such skills as assisting in the rescue of a capsized paddler and how to communicate with and manage a group when on the water.

And as a thank you for your efforts, the club awards points for your contributions to the club and invites you to participate in trip leader only events. But the biggest reward is the thank you you'll get from your fellow paddlers after you've led a trip. And remember, you don't have to be the world's greatest paddler to lead trips. You need to be a competent kayaker, but most importantly, is the ability to make decisions for the group. ☺

Kayak Mistakes – Top 10 Mistakes and how to Improve Them

Snippets of this article was borrowed from:

[Kayaking Mistakes: Top 10 Mistakes & How To Improve Them - John Low \(jhl-outdoor-recreation.com\)](http://www.jhl-outdoor-recreation.com).

A summary of mistakes is presented here. Refer to the website listed above for the entire article.

Kayaking is a straightforward water activity. You grab a paddle. You hop onto the kayak. You start to paddle..... As a beginner, little do we know that actually we might make THOUSANDS of kayaking mistakes without we even notice!

Kayaking is a fun outdoor recreational activity. Imagine paddling on the lake or river on a sunny day, this moment cleanses our mind and soul, let ourselves forget about our stress and anxiety related to our daily lives.

Because of this, don't be discouraged and don't avoid kayaking because of those kayaking mistakes. In fact, most of the kayaking mistakes are quite easy to fix.

So, let's see the top 10 common kayaking mistakes for beginners and how to fix them.

1. Not wearing a PFD

PFD is the most fundamental safety equipment for outdoor water activity. Not only we need to wear while kayaking, we should also wear while canoeing, paddling dragon boat, rowing, etc.

2. Paddling too Far Away

“Too far away” means the kayaker can't see the shore / dock while paddling and the person on the shore / dock can't see the kayaker either.

3. Get in and out of the kayak incorrectly

Although entering and exiting may look simple, BALANCING and SAFETY should be concerned.

(Continued on the next page)

Kayak Mistakes (Cont'd)

4. Improper clothing

It is a common mistake for beginner to wear for the weather, rather than for the water.

5. Non-straight line paddling

Arguably this is the most common encounter for beginners when they start kayaking. We try to paddle like those professional kayakers. But we end up navigating the kayak tilt to one-side or in a zig-zag pattern.

6. "Locked" paddling

We use both hands to paddle, so technically kayaking is an arm-dominant water sport. So, we should try our best to "pull" the stroke as hard as we can in order to paddle fast.

7. Rush paddling

Again, look at the professional kayakers sprint paddling. Their pace is darn fast.

We want to paddle like professional kayakers. We think the faster we paddle, the faster the kayak moves through the water. So, we want to mimic their pace and try to paddle as fast as we can.


8. Wobbling kayak

Have you ever experienced where your kayak wobbles when you are paddling? You don't know how to control it and you even may feel like on the edge of capsizing.

9. Leaning back

For beginners, it is intuitive for us to lean our back while sitting on the kayak and paddling. But, even for recreational kayaking, leaning back while paddling is actually not a good posture because it is a **LAZY** kayaking posture. There is no torso engagement at all, meaning the torso muscles are not activated when paddling.

10. Never hydrate yourself

Since it is a rigorous exercise, we sweat while paddling. And, we need to hydrate ourselves while paddling. If otherwise, we might have **DEHYDRATION**, which might increase our heart rate and body temperature. 

Answer to “Do You Recognize This?”

The Vanderbilts are known as one of the wealthiest and most powerful families to ever live in the United States, as demonstrated by their beyond lavish and world-famous summer homes such as The Breakers in [Newport, Rhode Island](#) or Biltmore House in [Asheville, North Carolina](#). Long Island is no exception to architectural displays of Vanderbilt wealth, which the public can now enjoy at the Eagle's Nest mansion and museum in Suffolk County. Built by William K. Vanderbilt II – a descendent of Cornelius Vanderbilt – in 1910, it was used as a summer residence until 1936. Not typical of these Jazz Age mansions is the on-site Reichert Planetarium, which began welcoming the public in 1971. The building also still houses thousands of artifacts from his many overseas expeditions.

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.

Equipment categories include:

- 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 Trip Coordinator is responsible for the 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 Trip 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 on how to obtain the equipment. 

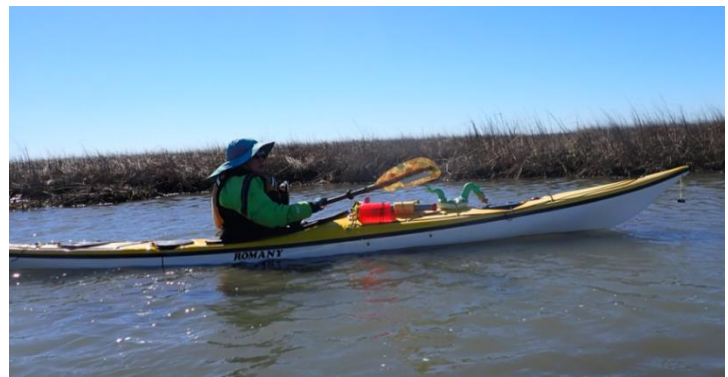
Jones Beach Meander

By Chris Fleming – Trip Coordinator

The unseasonably warm winter weather of 2024 continued into March and allowed for several pleasant days of paddling. One of the most pleasant, and rewarding days, was a recent trip a group of LIP members participated in, titled the Jones Beach Winter Meander.

The March 3rd paddle was organized by Trip Leader and club Vice President, Emilio Sosa. As he wrote on Meetup, “the plan is to put in at Field 10 at Jones Beach then cross north across the channel and immerse ourselves in the various creeks and channels of the marsh islands in the area where we will also cruise past several bay houses and if we are lucky maybe catch a glimpse of some seals.”

So, 10 of us met not too early on a Sunday morning at Jones Beach. Field10, the put-in spot, is located on the bay side of Jones Beach State Park. It’s one of the easiest, and for me, one of the most convenient kayak launches on Long Island. There’s unlimited parking and the beach put-in is only about 40 feet from the parked cars. And there’s no fee in the off-season.



By 11:00 am the temperature was already over 50 degrees and the sun was shining brightly. It can be difficult to know how many layers of clothes to wear under a dry suit on a day such as this. (LIP winter paddling trips generally require a dry suit).

A recent mishap with a paddler at Moriches Inlet highlighted the importance of dressing for immersion in water and not the air temperature. The paddler capsized

(Continued on the next page)

Jones Beach Meander (Cont'd)

right in the middle of the inlet with an outgoing current. He lost contact with his boat and floated about ¼ mile out to sea. He had on a life preserver and was wearing a dry suit. However, by the time he was rescued 40 minutes or so after his capsize, he was suffering the effects of hypothermia. He was unable to climb into the rescue vessel and several responders had to go into the water to lift him in the rescue boat. He was then transported to a waiting Suffolk County police helicopter and airlifted to Stony Brook University Hospital for medical care. So just having a drysuit on is not enough – you should also have on a few layers of insulating clothing.



After a quick briefing, we eased into our boats and made our way across the channel. The current was still flowing in a bit from the Jones Inlet, but not at such a speed to be impactful.

During the summer, extreme caution is needed to cross this channel, due to the high volume of power boats. On this day, however, there was barely a power boat in sight. Pleasure boats, fishing boats, personal watercraft – nearly all watercraft for that matter – were safely stored or happily tucked into their slips for the winter. It was one less concern for us - plus, it's quiet.

We entered Deep Creek Meadow Island and began our meander through the grasses. If you've ever been on an Emilio led trip, you know they'll be lots of turning. We zig-zagged north through the shallow trail until we finally emerged at the foot of one of the areas bay houses.

(Continued on the next page)

Jones Beach Meander (Cont'd)



More than half a century ago, hundreds of bay houses dotted the South Shore marshlands. Now only a few dozen remain, mostly just south of the towns of Merrick, Baldwin and Freeport, survivors of storms, vandalism and arson. They may not look like much, but they are treasured by their owners, and they make a great destination for a kayak trip.

This area, between the Meadowbrook and Wantagh Parkways, boasts 13 historic houses. The earliest homes were built with driftwood or mainland lumber by fisherman, hunters and other who made their livings off the natural resources of the bay. More recently, as those career options dwindled, the homes have become more recreational in use.



We paddled around the dwelling and looked across Haunts Creek to Middle Island. In the distance we could see the faint rounded outlines of gray bodies on top of the marsh grass. A haul out of several dozen seals was witnessed at this spot about a month earlier, so this must be a favorite resting spot.

(Continued on the next page)

Jones Beach Meander (Cont'd)



We slowly made our way towards them, while being very careful to keep a respectable distance. We kept quiet so as not to alarm the shy pinnipeds. Wildlife guidelines suggest keeping a distance of about 150 feet from the seals, but we stayed even further away.

Oddly enough, a large pleasure boat, one of only three boats seen all day, passed within about 20 yards of the seals, but they barely reacted.

As we inched our way closer, Emilio whipped out his camera with its massive lens, and began firing away. We floated around for about 10 minutes, but despite our best intentions, the seals slowly began to leave the marsh grass, and swim off.



Harbor seals are the most common seal species to visit the waters around Long Island. They migrate south in the winter and then return north to New England and Canada in the warmer months. On Long Island, the seals usually arrive in November and remain through late April.

Male Harbor seals can grow to over 5 feet long and weigh over 300 pounds. Females tend to be slightly smaller at around 4 feet and closer to 200 pounds. They are believed to live for over 30 years of age and many of the same seals visit the harbors and inlets of Long Island year after year. (Continued on the next page)

Jones Beach Meander (Cont'd)

With the success of the trip assured, we relaxed and decided to get in a few miles of paddling before lunch. We passed several more bay houses and meandered through various islands, enjoying the beautiful day.

Finally, it was lunch time and we headed to a nice beach by the Great Sandy Creek. Troy was on this trip, so we were told to bring cups and spoons. This time it was Cheddar Broccoli. Delicious as always.

We relaxed for half an hour, enjoying the unseasonably warm winter weather. We decided to head back towards Haunts Creek to see if the seals had gathered again.




(Continued on the next page)

Jones Beach Meander (Cont'd)

The seals were gone, except for one or two swimming around our boats. But they were replaced by a variety of waterfowl, visiting our area before heading back to their summer homes.

It was a nice day on the water.

Photos by Chris Fleming and Emilio Sosa 



Creek Defender Program

Submitted by Liz Marcellus, Conservation Coordinator

The Great South Bay will only be as healthy as the 50 creeks that flow into it. The mainland is sick. The bay is but the symptom. For generations, they have been dammed and culverted, built over, clogged with silt and muck, become trash filled, polluted by runoff and groundwater. The Creek Defender Program calls upon people in every community on The South Shore to become good local stewards, healing our creeks as we heal the bay.

Please email us at creekdefender@savethegreatsouthbay.org if you wish to work with the Creek Defender in your community. We have Creek Defenders in Massapequa (Tom Dempsey), Amityville (Todd Brice), Lindenhurst (Dave Schrader), West Babylon (Christina Galante), Babylon (Todd Shaw), West Islip (Andy Mirchel), Bayshore (Tom Kain), Sayville (James Bertsch), Bayport (Bob Draffin), Blue Point (Jason Borowski), Patchogue (James Acierno), Bellport (Mike Busch), and Mastic Beach (Walt Meshenberg).

(Continued on the next page)

Creek Defender Program (Cont'd)

We are still seeking to establish programs in Copiague & Islip. April 13th is Creek Defender Day 12-4 in each South Shore community. We cleaned up of course, but also planted native “swamp forests” to restore habitat and filter the ground water before it reaches the creek and the bay. We have found that marinas make an ideal base of operations, and are reaching out to all marina owners on The Great South Bay to help their local creek defenders in bringing our bay back to health. We welcome the participation of every school, boy scout and girl scout troop, every local civic association and local business group. We are each part of the solution! 🌊

William Floyd's Roots Run Deep

Article borrowed from the South Shore Press, February 2024.

Editor's Note: I decided to add this article as a slice of history since Smith Point Marina and Shirley Beach are popular kayak launch sites. Travelling there one passes the William Floyd Estate as described below.

The local signer of the Declaration of Independence, William Floyd, was not the family's original settler on the Mastic Peninsula. That honor falls to his grandfather, Richard Floyd, who bought 4,400 acres from Col. William Tangier Smith, another historic figure in the founding of our country.

In 1718, Richard gave the property to his youngest son, Nicoll Floyd I, who built the first part of the estate known as “The Old Mastic Home.” He was married to Tabitha Smith and had William, along with his siblings Ruth, Charity, and Charles. At the age of 20, William inherited the land and started on a course of life that helped change history.

Taking time out from running a thriving plantation, Floyd joined the Suffolk County Militia and rose to the rank of Major General. He married Hannah Jones in 1769 and had three children. Following her



death, he married Joanna Strong and expanded his family to five. In 1776, he risked everything in putting his name to the document that declared that “these United Colonies are, and of Right ought to be, Free and Independent States.”

The Revolution behind them, the Floyd family branched out and established some of the magnificent estates that are central parts of the area's heritage. William's son, Nicoll Floyd II, built a mansion known as

William Floyd's Roots Run Deep (Cont'd)

"Taupeonk" on what is now known as the Dana Estate. The editor-in-chief of Vogue Magazine, Anna Wintour, famously uses the stately home as a country retreat.

A cousin to William, Richard Floyd IV, sided with the King of England as a Tory during the conflict. He owned a vast estate known as "Pattersquas," 3,000 acres containing a considerable part of the Mastic Peninsula. As Britain began losing the war, Richard fled to Canada's New Brunswick, living out his life in exile. His land was taken over by the "Commission of Fortified Estates" and eventually bought by his brother, Benjamin Floyd. The property changed hands a few more times, with a portion of it going to Dr. Frank Calabro, Sr. He operated Bayview Hospital out of a large home there, and after many years, it was donated by the Calabro Family to Brookhaven Town for

the creation of Bayview Park. (A previous South Shore Press story had the land donated by Dr. Erol Caypinar, which is incorrect.)

The extensive Taupeonk Estate was distributed among the Floyd family members in an arrangement brokered by William "Buck" Dana, the husband of William Floyd's great-granddaughter, Katherine "Kitty" Floyd Dana. They built what is called "Moss Lots" on the estate that bears their name, where Kitty, an accomplished artist, created early scenes of the area under the pseudonym "Olive A. Wadsworth."

A great-grandson of William Floyd, Augustus Floyd, built a mansion and farm on his share of the estate bordered by Lons Creek and Home Creek. He gained considerable wealth trading in the

stock market and was one of the founders of the Suffolk County Historical Society. John Floyd Gelston, another descendant, was a judge and served as a state senator and congressman from Suffolk County. Passing away in 1881, he is buried in the family cemetery at the William Floyd Estate, a national heritage site managed by the U.S. Park Service.

The William Floyd Estate was deeded to the people of the United States by its last inhabitant, Cornelia Floyd Nichols, a direct descendant of the famous Patriot. She wed John Treadwell Nichols at the estate and passed away in 1977. The parks service is under local pressure to revitalize the estate and open the home again to the public. It will be featured in an effort by the Tri-Hamlet Committee to publicize the area's rich historical history.

With information from "A Who's Who of Tri-Hamlet History,"

presented by the Mastic Peninsula Historical Society made possible through a grant from Legislator James Mazzarella.



← I'm Ready to go when you are!



← I just flip over paddling

Harmful Algal Blooms (HABs) Background

Submitted by Liz Marcellus, Conservation Coordinator

Harmful algal blooms (HABs) in freshwater (lakes, ponds, rivers, and streams) generally consist of visible patches of cyanobacteria, also called blue-green algae. Cyanobacteria are naturally present in low numbers in most aquatic (freshwater and/ or marine) systems. Under certain conditions, including adequate nutrient (e.g., phosphorus) availability, warm temperatures, and calm winds, cyanobacteria may multiply rapidly and form blooms that are visible on the surface of the affected waterbody. Several types of cyanobacteria can produce toxins and other harmful compounds that can pose health risks to people and animals through ingestion, skin contact, or inhalation.

DEC has routinely documented the occurrence of HABs in New York State since 2012 and has produced resources to inform the public of the occurrence of HABs and strategies to avoid them. In addition, through data collection, development of lake and river surveillance programs, and research, the DEC is working to identify the primary factors triggering HAB events and facilitate decision-making to minimize the frequency, intensity, and duration of HABs as well as the effects that HABs have on both people and aquatic life which rely on clean water.

Be Prepared

Be Prepared Before you go in the water, check which waterbodies have blooms or have had them in the past. DEC maintains a HABs Notifications page of waterbodies that currently have blooms. Please note that if a waterbody is not listed, it does not mean that it does not have a bloom. It may have one that was not reported. Find out which waterbodies have had blooms in the past. For additional information, please see the DEC Program Guide (PDF, updated in 2020) or sign up for weekly HAB notifications through DEC Making Waves email listserv.

The NYS Office of Parks and Recreation, County officials or local Department of Health has the authority to close swimming beaches. Beach operators close beaches as needed to assure public health and safety. This can happen under a number of circumstances, including when excessive algal blooms are detected. DEC does not have the authority to close a lake in the event of a bloom, but can close beaches that are operated by DEC (limited to a small number of beaches within the Adirondack and Catskill Parks).

(Continued on the next page)

Harmful Algal Blooms (Cont'd)

Know it, Avoid it, Report it!

Because it is hard to tell a HAB from non-harmful algal blooms, it is best to avoid swimming, boating, otherwise recreating in, or drinking water with a bloom.

Know it

Most algae are harmless and are an important part of the food web. Certain types of algae can grow quickly and form blooms, which can cover all or portions of a lake. Even large blooms are not necessarily harmful. However, some species of algae can produce toxins that can be harmful to people and animals. Blooms of algal species that can produce toxins are referred to as harmful algal blooms (HABs).

HABs are likely triggered by a combination of water and environmental conditions such as:

- excess nutrients (phosphorus and nitrogen);
- lots of sunlight;
- low-water or low-flow conditions;
- calm water; and
- warm temperatures.

Depending on the weather and the characteristics of the lake, HABs may be short-lived (appearing and disappearing in hours) or long-lived (persisting for several weeks or more).

Avoid it


- People, pets, and livestock should avoid contact with any floating mats, scums, or discolored water. Colors can include shades of green, blue-green, yellow, brown or red.
- Never drink, prepare food, cook, or make ice with untreated surface water, whether or not algae blooms are present. In addition to toxins, untreated surface water may contain bacteria, parasites, or viruses that could cause illness if consumed.

(Continued On the next page)

Harmful Algal Blooms (Cont'd)

- People not on public water supplies should not drink surface water during an algal bloom, even if it is treated, because in-home treatments such as boiling, disinfecting water with chlorine or ultraviolet (UV), and water filtration units do not protect people from HABs toxins.

Report it

- If you suspect that you have seen a HAB, please report the HAB to DEC. Fill out and submit a Suspicious Algal Bloom Report Form(link is external).
 - If possible, attach digital photos (close-up and landscape to show extent and location) of the suspected HAB in the web form.
 - Email HABsInfo@dec.ny.gov(link sends email) if you are not able to complete the form.
- Please report any health symptoms to NYS Health Department at harmfulalgae@health.ny.gov(link sends email) and your local health department. 



Hey Newsletter Editor! Will there always be a newsletter?

The newsletter is just one of many comprehensive committees that comprise the “Committee of Coordinators” as defined in the club’s by-laws.


Its purpose is to inform, amuse, delight, provide reading pleasure to LIP members and to some degree provide education on selected topics.

In the past the newsletter was published monthly but was changed to once a season by then club president Steve Berner.

The newsletter editor is responsible for soliciting various articles and photos from the club membership and assembling them into the final format.

In addition, the editor tries to add additional topics of interest, including but not limited to cartoons, puzzles, jokes etc.

To some degree, the newsletter competes with various social media platforms that provide “instant access” to club activities but so far has achieved détente.

So, to finally answer your question, as long as the club membership supports the newsletter by submitting relevant articles and photos, we can continue to enjoy the newsletter for many years to come. 

Paddler's Paradise: Eastern Long Island

Submitted by Jim Dreeben

"Paddle to Lunch at Rumba" attracts a dozen paddlers every time we plan it. Put in at the end of Shinnecock Road or Penny Lane in Hampton Bays and paddle north to Rumba (or Cowfish) for a tasty seafood lunch. Rumba has a car parking problem so they love us to come by kayak or SUP. Or, you could paddle to Edgewater.

Canoe or kayak the Peconic River from Connecticut Avenue in Manorville to the headwaters in Riverhead. It takes about 4 hours. It's peaceful, fishing is good and the scenery is beautiful. Good restaurants abound along the 7-mile trip. You can get pizza, BBQ ribs, mac 'n cheese, burgers and ice cream cones with sprinkles.

Carry your craft across Peconic Ave. and paddle on the Peconic Bay and into the bird sanctuary by 105 Bridge. Paddle farther east and explore the creeks behind Iron Point and by Indian Island County Park. Stop and swim at 3 nice beaches.

Lobster for lunch or dinner: Park one car at Manna on Inlet Road, Southampton. Drive to Riverhead to the Peconic Avenue put-in. Paddle to Manna for scallops, clams, oyster, lobster and a margarita while gazing out at a beautiful water view.

Good food and beautiful sunsets at Docker's. Park by Library Avenue Marina in Westhampton Beach and paddle east to Docker's. Bring dry clothes in a waterproof bag. Check tides before this trip. Paddling in Quogue Canal against the current can be challenging. Hundreds of birds nest in the wetlands west of the restaurant.

At the beach, you see adult and "teenage" seagulls. Have you ever seen baby seagulls? You can see them from day-one on the east side of Warner Island 100 yards east of Ponquogue Bridge starting around June 20. Please use binoculars.

Circumnavigate Shinnecock Bay counterclockwise by kayak. Start by old bridge. Be careful of whirlpools left by fishing trawlers leaving the marina and currents by Shinnecock Inlet. Many clams live in that water. Stop for early dinner at Edgewater.

Pizza/beer challenge: Paddle from Orient Point to Riverhead in less than ten hours and I will buy you pizza and beer and drive you back to Orient Point. As far as we know only three people have ever done this trip. It took me 8 1/2 hours.

(Continued on the next page)


Paddler's Paradise: Eastern Long Island (Cont'd)

Red Creek Pond off Red Creek Road is beautiful. It's a good place to practice paddling skills, especially stand-up paddling. It's usually not windy. The water is clean and shallow. You can circumnavigate it in less than an hour. There is access to Peconic Bay if you desire. It's fun to paddle from Red Creek Pond to Riverhead.

Put in at Cedar Point Avenue in Noyack. Explore Morton Wildlife Refuge. Paddle along Long Beach and into Sag Harbor. See a beautiful sunset from Long Beach.

Mattituck Creek is fun to paddle. It has many branches. Park at DEC launch site/parking lot. Paddle the whole shoreline from Long Island Sound to Route 48.

Please, always wear a PFD. Use a leash while SUPing or prone paddling. SUP blades should be bent forward. Rotate upper body when paddling. Don't pull paddle with your arms. Use interval paddling to increase stamina and speed. Practice kayak rescue skills. Contact me for paddling tips and best paddling locations.

Jim Dreeben. jim@longislandpaddling.com or 631-834-2525. Have fun. 




Put-in Alert

By Liz Marcellus

Carman's River access is closed to paddlers. Work is beginning to add fish passage to, and rehabilitation of, the C - Gate Dam. Beginning immediately, paddling along the Carman's within Southaven, from the canoe/kayak access south of Lower Lake to the rowboat limit north of the boathouse, will be prohibited. This closure will continue until project completion, approximately 15 July 2024. We understand this is a significant recreational impact. However, the regulatory permits require construction during explicit environmental windows in order to protect sensitive natural resources. The completed project will address the →



I don't need therapy. I just need to go kayaking

last remaining impediment to native brook trout migration within the Carman's, potentially restoring a run severed over 200 years ago. 



Calling LIP Members!


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 be returned as an 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 |
| | ☺ Classifieds  |

Long Island Paddlers Pool Sessions

March 23 and April 6th Submitted by Chris Fleming – Trip Coordinator

There's no better way to get ready for the paddling season than attending one of the sessions. LIP members who attended the March 23rd and April 6th pool sessions had a great time and brushed up on their skills. Mike Matty, LIP's Training and Safety Coordinator organized the instruction and members were able to work on improving paddling skills of their choosing. Some of LIP's most seasoned paddlers were on hand to assist and lend their expertise.



This year's pool events were held at the Suffolk Community College Campus in Brentwood, a very nice facility with two pools – one deep and one shallow. Each of the sessions lasted two hours - plenty of time to shake off the winter cobwebs and see what the last four dormant months have done to your kayaking fitness and flexibility.



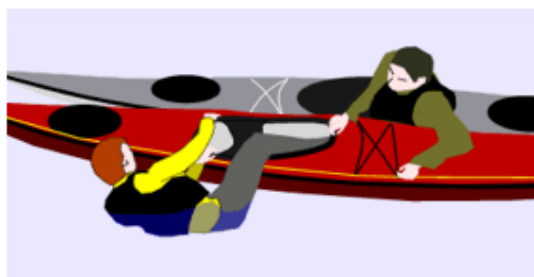
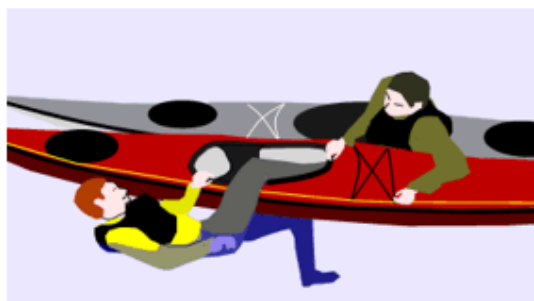
The warm and calm waters of the pool enable the paddlers to concentrate on learning new techniques without having to also focus on comfort and threatening situations. Pool sessions are a classroom platform for learning in very controlled conditions.



This reduced anxiety can make all the difference when learning or improving any paddling skill from bracing to rolling to paddle position. Mastering a skill through mental and muscular repetition makes it much easier to perform in a more chaotic situation.



Pool sessions are also valuable for enabling you to test out a new boat or associated gear, gauge your level of proficiency at procedures you may not yet fully master, or simply further hone those skills you do have.



The T-Rescue is probably the most popular and efficient way to perform an assisted rescue. Start by raising one end of the kayak and then the other to get the water out and put it back in the water alongside your own. An athletic kayaker will probably have no difficulty scrambling back into the kayak while the rescuer holds them together in a raft. But for the rest of us, another variation is to do the heel hook. With your chest against the side of the kayak cockpit, you swing your forward leg up, hooking the heel inside the cockpit and then wriggling forward as you spin into your seat.



It's important to be introduced to, and then practice skills in a boat that is most similar to your own. Practicing in a boat that is the same style, length, beam and weight of what you'll ultimately be paddling will give you a more realistic 'feel' throughout your learning sessions - as well as your developed response to the actions of a familiar boat.



Be careful not to get too ambitious if you are a beginner. There's a lot to take in at first: newly introduced skills you may not have even considered, and perhaps more importantly, "un"learning some bad habits you may have brought to the pool session with you. For some, just becoming comfortable with one's boat is a critical goal for early on-water kayak work.



Controlled capsizing exercises can help a reluctant paddler experience how easy it is to escape from an overturned boat. It also can show how using a spray skirt can keep more water out of your boat.

Attending a pool session can expose you to a wealth of knowledge and experience. In

addition to the possibility of hearing tricks and techniques from kayak experts, you can also develop new friendships.



Thanks to the lifeguards.
So maybe next year you'll come!

Chris F 

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Next Long Island Paddlers Publication Date:

July 15, 2024

Summer 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. 🔄

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DISCLAIMER:

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

Editor's Note:

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

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



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