



Blazing Paddles

Newsletter - Winter Edition

Volume 2020, Issue 5

January 2020

Message from the President

To Long Island Paddlers: Hope all members family and friends are doing well. We had a great season. Winter is officially here, so members stay warm near a nice fireplace relaxing thinking about next spring and summer, but don't despair, it will be here before you know it. Our Holiday Dinner at Butterfields was a great turn out with great people good food and music. I want to thank the Executive council and the Committee Coordinators, for a great job throughout the 2019 season. It is a pleasure to work with all of you, and I most definitely look forward in working with everyone in 2020. To the entire body of the Long Island Paddlers thank you for supporting me as President. I must say that we are a great club comprised of the finest people. So members, families and friends I want to wish you all Merry Christmas , Feliz Navidad, Happy Hanukkah, Happy Kwanzaa and Festivus. A safe and prosperous New Year to all and see you in 2020.



Ed Mangual, Club President



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10 tips for group paddling (Part 2)

Paddling group dynamics are very interesting and they vary from group to group. I thought I'd compile a bunch of tips that have worked for me in the past as I discovered how each group got along and how each group enjoyed being on the water.

This is part two (sections 6 through 10)

6. Delegating Responsibilities

This next tip is going to trickle down into the next couple that are going to all roll up to the same one, and that's delegating responsibilities. When we were getting trained to become instructors we did this all the time because when you are a group leader and you have to take care of a group of people you can't be everywhere at once. You can't remember to do every single thing, and I've been actually applying this idea of delegating anytime I'm on the water either with a group or with just friends because that way you can have a lot more coverage on what's happening in the group without having one person having to do it all.

7. Headcount

This is the one that is very important, I do this one no matter what and that's headcount. It's very, very easy to misplace a paddler or two or three when you are in a big group. It's so quick, especially if they're swell and people are coming in and out of view, or if there's waves, or if there's a lot of wind and you're just pushing to try to get through, it's very easy to not look back for a little while or not to look to the sides or someone goes behind that some kind of obstruction and then you don't see them anymore.

Headcount is really important and it's always good to have someone in the group, whether it's you or someone else ahead of time to say "alright who's going to keep track of headcount today? Alright, great" and then get out on the water, make sure the numbers are kept the entire time.

8. Timekeeping

The next tip is also good to be delegated and that's timekeeping. Whether if it's for safety, or just if there's a certain time everybody needs to get back, or just to keep track of tides and currents because you know that there's certain areas that you can only cross, or you can only use certain types of currents in your favor. The easiest way to keep an eye on the time is by having someone in the group that's going to be taking care of that all day.

That's great if you're navigating somewhere and you have certain times that you need to get to certain places, but that also spills into common courtesy where if you're planning a paddle and you say "okay, let's go out on the water for two hours" and then you're not keeping track of the time but people have to go, it's nice if paddlers have those kinds of limitations for that day to have someone that's keeping an eye on the clock so that it's a little bit easier for people to speak up within a group. "Hey guys, we really should wrap up this lunch and get going because some of us need to be back in time."

9. Bring Extra Gear/Supplies

The next one could also fall into delegation, but it might just depend on the group that you paddle with. That is bringing extra stuff to a group. So be it food, water, gear, clothing, etc. With my group, we kind of know who's going

10 tips for group paddling (Part 2) (cont'd)

to be bringing extra stuff because they just always bring extra all the time. My buddy Felix, he always shows up with extra everything. He'll always have a nice big thermos of warm tea and he'll bring stuff to make coffee on the spot all the time.

That's just who Felix is.

I don't care what group I'm paddling with, I always bring extra clothes in extra-large size just in case someone goes in the water, I know that I have something to put on them.


Another thing that I think is very important to bring is extra water, especially on hot sunny days. Same thing goes for food. I always bring a little bit of extra food. It's very easy to forget our lunch or breakfast packed in the car. Not only is it something nice to do, you need to keep the group's energy up.

Also, within group paddling dynamics, a lot of times people will just shrug it off and say "no, it's okay I'll wait till later" or "no, it's okay, I'm not really that hungry" because maybe they were embarrassed that they forgot their food or they forgot their water, and so we want to make sure that you're hydrated and you're fed. You're part of the group and we don't want someone to not feel well and not be able to paddle because they forgot something back at the car or back home. Here. Everybody eat up, everybody refreshed? Great, let's go.

10. Ability to Check-In

The last one for this list is very important to me and that is if people within your group need to turn back early, having some kind of system so they can check in and let you know that they're safe. Whether it is through a text, whether it is the moment they're back, they're going to send a note or an email or they're going to check in with the VHF radio if they're still in distance to let you

you know that they're back safe. Always knowing if people are indeed going to turn around and head back. Not just to turn around and head back without letting the rest of the group know. We always have to have that information so we know exactly what's happening to everybody within the group. Headcount, right? The last thing you need is for a couple of people within the group to have just turned around, and went back without the rest of the group knowing that's happening. This is to be sorted out beforehand so that everybody knows what's going on, and then of course, having some way to check in.

So those are ten tips that have helped me when paddling with different groups. All of these things come into play in group dynamics. So if you have anything to add, do you do something different with your group? Please comment below, I'd love to hear it. If you have any questions, please comment as well. Subscribe if you'd like, I'm always trying to put these videos out. I hope that was helpful, as always, Luke Rovner for Kayak Hipster, thank you for watching and see you next time. 

Submitted by Jim Dreebin

Club Trips

Yes I know that it's in the middle of winter and there's probably snow everywhere, so paddling trips are virtually non-existent, but...

just as a friendly reminder:

Don't forget to check the Club website for posted trips and events; you may be surprised!
lipaddlers.org

Trips -> Paddles & Events

(You can even view past trips) 



Stuffed Pepper Soup

This is easy to put together, hearty & warming- especially on a winter day. It's particularly good on a long canoe trip when you are many days out in the wilderness & you crave something hot, filling & homemade.

Ingredients

- 2 pounds ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 quarts beef stock
- 1 can (28 ounces) tomato sauce or marinara
- 1 can (28 ounces) diced tomatoes with jalapeño, undrained
- 2 cups chopped green peppers
- 1/4 cup packed brown sugar
- 2 teaspoons salt
- 2 teaspoons beef bouillon granules
- 1 teaspoon pepper
- 2 cups cooked long grain rice (can reserve & add as served)
- Parmesan cheese to taste

Instructions

In a Dutch oven, cook beef, onion & garlic over medium heat until no longer pink; drain. Stir in the remaining ingredients; bring to a boil. Reduce heat; cover and simmer for 30-40 minutes or until peppers are tender. Top with Parmesan cheese just before serving. Yield: 10 servings (2-1/2 quarts).

If you like stuffed peppers, you will love this hearty soup, I don't make regular stuffed peppers anymore after finding this recipe. Great even without the rice as a meat & veggie sauce over pasta.

If you are going to serve this at home & will have leftovers, leave the rice out of the recipe and add it to

the individual bowls right before serving. This way the rice doesn't absorb all of the moisture.

For long term canoe/kayak camping-add the rice as directed. Divide into serving portions & dehydrate it on high on solid style Nesco trays. Flip & crumble every couple of hours while drying until thoroughly dry. Be careful not to over dry, use a lamp style timer if your unit doesn't have one. Place each dehydrated portion into vacuum seal bags, seal & mark with the month & year. Store in freezer until needed and keeps for 1 year.

To rehydrate cold, in a sealed container add cold water to cover around breakfast time.

To rehydrate hot, in a sealed container add boiling water to cover & let steep 20/30 minutes at dinner time.

To serve, add water if needed & bring to a boil.

Add grated Parmesan cheese.

Enjoy! ☺

Submitted by Kara Dell'Aquila





Put-In Alert



Long Island has been blessed with a cornucopia of put-ins for launching kayaks.

From Queens in the west to Montauk in the east, from the North Shore to the South Shore, there are many locations to choose from.

From my own experience, I have spent many hours poring over and examining maps looking not only for unexplored put-ins, but for potential Club paddling trips.

Two books that I have that are great reference sources are "Paddling Long Island and New York City" by Kevin Stiegelmaier and "Exploring East end Waters" by Mike Bottini. Both of these books can either be bought at our Club Store or signed out of our Club Library which also has an extensive collection of books, CDs etc. It's definitely worth checking out while you are at the next Club meeting.

One of my favorite put-ins is at the Carmans River Canoe and Kayak Shop in Brookhaven.

One day while I was there preparing to launch onto the Carmans river, I was talking to Danny, one of the owners, who informed me of a little known put-in for launching onto Narrow Bay (Narrow Bay is located between Bellport Bay and Moriches Bay).

(GPS 40/45/14.18W, 72/50/11.24W)

So, one day I decided to check it out. Driving south on Willian Floyd Parkway past Montauk Highway to Neighborhood Road east. I continued to Jefferson Avenue south to the end, where the road dead-ends at the bay. As you can see from the photo, this is an isolated area with just a few houses in the distance. The road is narrow which makes performing a u-turn not an easy task. However, this put-in does provide another access point to Narrow Bay, with Osprey Park and Great Gun Marina to the east, Creeks of Narrow Bay to the west, and Pattersquash Island and 'Beaver Beach' to the south.

So, I will add this put-in to my list and one day will give it a try. 🚣

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submitted by Don Gorycki



Looking East



Put-In Alert (Cont'd)



Looking West



Looking North



HOW NOT TO STORE A KAYAK



1

DON'T LEAVE YOUR KAYAK EXPOSED IN THE SUN

This is probably the most damaging thing you can do to your kayak. UV Rays have a damaging effect on plastic and can fade and break it down over time. After a While the Plastic will become Brittle and can possibly break if you thump it against something (especially not ideal when in the water)



2

DON'T HANG YOUR KAYAK FROM THE CEILING UP RIGHT

Gravity puts unwanted pressure on the bottom of your kayak and can start to make the kayak sag in its pressure points

3

DON'T LEAVE THE COCKPIT UNCOVERED

This is important especially you live in an area with a lot of critters. An open Kayak seems like perfect real estate for Mrs. Raccoon and Family to hide out. Even if your Kayak is stored in the garage you still want to make sure no spiders or mice get inside. Rodents especially have a reputation of chewing plastic and rubber away to nothing so better to be safe than sorry.



4

DON'T LAY YOUR KAYAK ON A HARD SURFACE

As with my mentioned experience the plastic of a kayak tends to start caving under its own pressure, so as a result it develops a flat bottom that affects it's on water performance and the yak's longevity.

5

DON'T HANG YOUR KAYAK FROM IT'S HANDLES

This not only puts extended pressure on the handles but also starts turning your kayak into a banana. No not literally, but it starts making the kayaks bottom sag so as a result you have a slightly concave shaped kayak.



An Inexpensive Kayak Pole Light



Kayak lights are mandatory for night-time paddles with the Club. Red/Green bow light and omnidirectional white stern lights are required.

Complete instructions can be found here:

<https://www.youtube.com/watch?v=kMEzsGWAuJE>



Spring is just around the corner

[Continued on next page]

6

DON'T KEEP YOUR KAYAK UNLOCKED WHEN OUTSIDE

People can be awful and sometimes thieves can steal your kayak and sell it on craigslist for some quick money. Be Wary

7

DON'T STRAP YOUR KAYAK DOWN TIGHTLY

When you are transporting your kayak you will want to do this but not when storing it. The Pressure from the kayak being strapped down too tightly can re shape your kayak and cause the plastic to be more brittle.

**Did You Know?**

The governing body of LI Paddlers is the Executive Committee which meets once a month along with the Committee of Coordinators. Anyone can attend this meeting but only as silent observers. Suggestions go through Members-at-Large.

Knots and Physical Fitness

Hood Loops: The best invention since the Smart Phone. Get them from Shoreline, Malone or Seattle Sport. Or, you can make them yourself with a stopper knot on ¼" diameter, braided nylon rope. 6 ½ decades ago, and before we had a television, the Boy Scouts taught me how to tie knots, including the bowline, square knot, Prusik Knot, half hitch, stopper knot and slip knot. In 1980, Grumman Canoe Company taught me how to tie the **Trucker's Hitch Knot** when we overloaded 16 canoes on my truck and trailer and drove 300 miles from Marathon, New York, back to Riverhead. Although I have strapped over 15,000 canoes and kayaks on cars, and I have sold thousands of blue straps, I use rope when I tie kayaks and canoes on my own cars. Rope is faster and cheaper than straps. I use horizontal saddles to carry up to 5 kayaks. Canoes: I put 2 or 3, upside down on 78" bars.

The main ropes should be 93" long. That length lets you tie the rope around 2X4s, 4X4s, most car racks and Thule and Yakima Racks. If you use the rope on kayaks on narrow bars only, you can cut it to 80".

Secure one end of the rope with a bowline or slip knot, throw the other end over the "boat" and use a trucker's hitch knot. Tie the rear to your bumper or trailer hitch with a single rope using the same knots. The bow should be tied with a double rope, and a Prusik Knot, to the front bumper or "S" hooks using 2 truckers hitch knots. Or, you can use hood loops or stopper knots inside the hood or trunk. If you prefer to use straps, please lubricate the buckle springs periodically with WD-40, silicone spray or extra virgin olive oil, and, if the ends fray, cut them off at an angle with a sharp razor blade.

The best exercises to become a stronger paddler: Arm Bicycle for strength and stamina. A 25- pound Kettlebell for core strength

and body rotation for paddling. Do the breaststroke while laying on a 30" beach ball for upper body strength. The Plank Exercise is the best for core strength. Do a one-minute high plank and a 2-minute forearm plank. Start with 15 seconds and increase by 5 or 10 seconds a week. Jumping Jacks, Jumping Rope and Squat Thrusts are great to increase stamina. Do as many as you can.

Interval training (paddling) works very well. Paddle at a steady, moderate pace for 15 minutes, then "**sprint paddle**" as hard as you can for 20 strokes. Then do it again, up to 4 sets or just over an hour. If you train this way for a few months, you might be able to sprint for an hour. That is helpful if you plan to race or to get home in time for dinner. Always drink lots of water and some Gatorade. ☺

Submitted by Jim Dreeben
Retired CPO of Peconic Paddler
(52 years), CP, SUPS, KP, Prone Paddler.



Spotlight on...

This edition of "Spotlight on" features Helen Horton.

Helen has been a member of Long Island Paddlers since 2000 when the Club met at the Dix Hills library when Ed Luke was president, before NACK was formed.

As a trip leader and assistant trip leader has led many trips, mostly in the Riverhead area.

She is also a member of the Beach Harbor Civic Association comprising 20 lots of houses, all non-waterfront property. The members meet once a year at one of the member's home. I've owned this house for 20 years, hence a member of BHCA for same.

BHCA owns the strip of property from the road to the beach at the high tide line.

During the lower tides, the beach is public property.

Helen is delighted to have her home and beach across the street as a put-in and/or stop-by location for LIP members and their guests. Example: Any trip leader planning a paddle in the Riverhead or Flanders Bay area has the choice of including my home and beach as part of their plan. It's been a pleasure to have my home and beach included in the " Flanders Bay Grand Tour" Club Paddle Trip each summer. I'm glad for other trip leaders to do the same.



Path to put-in
Overlooking
Flanders Bay



Tables and chairs
at rest area
overlooking
Flanders Bay



Helen's house &
driveway; room for
6 cars



House number -
easily visible

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Spotlight on...

(continued)

Of course, they should check with me on dates, weekday or weekend.

When asked what brought you to join the LI Paddlers?

Helen responded, "A love of the water and boats.

Friends tell me: 'To keep Helen happy just throw her on the water in anything that floats'.

A highlight of my month is our LI Paddlers meetings.

Guest speakers, pool sessions, camaraderie of others.

The opportunity to join any paddle, within your ability, with the comfort that we all help each other with equipment, safety, knowledge of paddling skills; plus often eating out together afterwards.

The utmost thanks to our board members for making their meetings before club meetings open to all members.

More thanks to former president Steve Berner for his control of running the club meetings and his sense of humor. Edwin Mangual has had big shoes to fill, (Steve, you're a tall guy, what's your shoe size?).

Following a long standing respectable president can be a challenge.

But, Ed has conquered that challenge with being another excellent president.

Many thanks to him also."

Helen's other interests include sailing since I grew up on the South shore of Long Island sailing 8 feet wooden dinghies. Now I've graduated to 10 feet and over. 🌊

Submitted by Helen Horton (hahbreeze@gmail.com)

Editor's note:

The "Spotlight on..." topic is basically a human interest story describing the paddling interests of the contributing person.

Items can include: how you came to join the Club, what types of kayak/equipment you have, your favorite paddling areas, and anything else you would like to share with the Club. Photos are especially welcome. Participation is on a volunteer basis.

The goal is to have at least one "Spotlight on" article for each edition of the Newsletter.

Interested volunteers can contact the Newsletter Editor for more information (see page 20).



Hear Ye, Hear Ye!

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

It's so easy; just send an email to dgorycki6@gmail.com. A thank-you email is returned as a receipt acknowledgement. 🌊

Kiptopeke Sea Kayaking Symposium September 26, 27, 28, 2019

It all started in the fall of 2014 when Tom Auer and I went to Ocean City Maryland to take an ACA L3 Instructor Update Course given by Rick Wiebush (ACA L4 Instructor, L3 Instructor Trainer, BC Sea Leader). The ACA requires instructors to take an update course (among other things) once during every 4-year cycle in order to maintain their certification. During that weekend we heard rave reviews about the Kiptopeke Sea Kayaking Symposium organized by Rick in Virginia. Since then we have been on Rick's email list, receiving "Cross Currents" his newsletter, so Kiptopeke kept coming up in conversation over the years.



Fast forward to spring 2019, Troy Siegal said *"let's do Kiptopeke this year"*. Tom and I thought it was a good idea, so we looked at the catalogue of courses, picked what we wanted to take, received pre-approval for our selections, paid our fees and we were in. The symposium is centered at Kiptopeke State Park in Cape Charles, Virginia a mere 6 ½ hour drive from New York (provided you don't miss an exit). Accommodations are in the "cabins" located in the state park. Our "cabin" had 6 bedrooms, 3 full bathrooms and a full kitchen. There was about 12 people in our cabin. I shared a room with Troy (he doesn't snore). All in all, there was about 50-60 people attending the symposium including instructors.

We drove down on Thursday, September 25th, checked in to the symposium, settled into our rooms and proceeded to make new friends, re-acquaint with some old friends we had met back in 2014 or elsewhere down the road.

The symposium includes three full days of instruction from the top instructors on the east coast and one was even flown in from the west coast. The courses are conducted in either flat water or open water, 4-hour courses or all-day courses from novice to advanced level. It truly has something for everyone.

See next page for the catalog of course selections.

All three of us took Open Water Incident Management on Friday and Intermediate Surfing on Saturday. Sunday Tom and I took BC3* Training while Troy took Dancing with the Water and Intro to Rolling. Each morning everyone would meet at the park administrative office, break into our classes, meet our instructors and classmates and caravan to the pre-arranged put-in location.

Friday was Open Water Incident Management. We met our instructors Jen Kleck and Ashley Brown and the rest of our classmates. The morning started with a land discussion and a leisurely paddle to

(Continued on next page.)

Kiptopeke Sea Kayaking Symposium (cont'd)

Overview of Courses

Day	Time	Course	Instructor	Designed For:	Note
Friday 9/27	9 - 4	Beyond the Basics	Cavanaugh	Novice	
		Master Intermediate Skills	Blankinship	Intermediate	
		Intro to Surf	Fandetti, Schiller	Intermediate	
		Surf Sisters	Hubbard, Stewart	Interm., Women	
		On-Water Navigation	Kesterson, Raab	All	
		Advanced Surfing	Noffsinger, Atkins	Advanced	Pre-qualify*
		Open Water Incident Mgt.	Kleck, Brown	Interm/Advanced	Pre-qualify*
	9 - 12	Cool Moves	Wiebush	Novice/Interm	
	9 - 12	Intro to Rolling	Sigethy	All	
	1 - 4	Excellent Rescues	Wiebush	Intermediate	
1 - 4	Rolling Refinement	Sigethy	Interm/Advanced		
Saturday 9/28	9 - 4	Expedition/Kayak Camping	Atkins	All	
		Adventures in Boat Control	Cavanaugh	Novice/Interm.	
		Intro to Rough(er) Water	Hubbard, Schiller	Intermediate	
		Greenland Skills	Sigethy	All	
		BC 3* Assessment	Kleck	Interm/Advanced	
		Intermediate Surfing	Holingwrth, Trousdell	Intermediate	Pre-qualify*
		Rough Water Rescues	Noffsinger	Interm/Advanced	Pre-qualify*
		Red Point – Day 1	Kesterson, Stewart	Interm/Advanced	Pre-qualify*
	9 - 12	Bracing, Support Strokes	Fandetti	Novice/Interm	
	9 - 12	Nav Basics w/NavAid	Blankinship	All	
	9 - 12	Trip Leader Skills Pt 1	Wiebush	Interm/Advanced	
	1 - 4	Combo and Coordination	Fandetti	Intermediate	
1 - 4	Trip Leader Skills Pt 2	Wiebush	Interm/Advanced		
Sunday 9/29	9 - 4	Barrier Island Exploration	Hollingsworth, Raab	All	
		Intro to Surf	Schiller, Fandetti	Intermediate	
		BC 3* Training	Kleck, Trousdell	Interm/Advanced	Pre-qualify*
		Coach Enhancement	Noffsinger	Interm/Advanced	
		Interm/Advanced Surfing	Brown, Atkins	Interm/Advanced	Pre-qualify*
		Red Point Day 2	Kesterson, Stewart	Interm/Advanced	Pre-qualify*
	9 - 12	Dancing With The Water	Hubbard	All	
	9 - 12	Forward Stroke Clinic	Blankinship	All	
	9 - 12	Rescues "Out of the Box"	Cavanaugh	All	
	9 - 12	Intro to Rolling	Sigethy	All	
	9 - 12	Trip Leader Skills Pt 3	Wiebush	Interm/Advanced	
	1 - 4	Trip Leader Skills Pt 4	Wiebush	Interm/Advanced	
	1 - 4	Women's Strategies	Hubbard	All women	
1 - 4	Advanced Strokes	Blankinship	Interm/Advanced		
1 - 4	Rolling Refinement	Sigethy	Interm/Advanced		

*Pre-qualify: requires screening for eligibility before registering for this course. Email Rick at rwiebush@gmail.com

Smith Island. Once we got to Smith Island the fun began. The instructors asked for a volunteer trip leader. Once the trip leader was chosen, they were temporarily excused from the group. The group then created a scenario to play-out on the water. The trip leader, leading the group had to manage the scenario.

The first scenario involved multiple simultaneous capsizes with one "victim" sustaining a dislocated shoulder (this required a bit of acting as well). I volunteered to be the "injured victim". Knowing that the trip leader let-on that she wanted to learn a scoop rescue (the preferred rescue for a shoulder injury) I asked Jen, the instructor, if she minded if I talked the trip leader through the scoop rescue

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Kiptopeke Sea Kayaking Symposium (cont'd)

technique. We started paddling and on cue the entire group capsized with the injured victim (me) withering and screaming in pain. After the main group either self-rescued themselves and/or assisted rescued others and the uninjured paddlers were back in their boats it was time to turn the attention to the injured paddler. At that point it I stopped acting and coached her through the scoop rescue, boat pump-out, and tow to land, in strong currents. When everyone was back on the beach, we discussed what happened, how it was handled and if there was anything that could have done differently. The takeaway was, form a plan before acting. Take care of your small problems first then focus on your big problem. In this case there were multiple small problems and one big problem. The small problems could have easily turned into big problems.

The second scenario was a bit trickier and in breaking surf. Tom and I pretended to surf and have a collision. We both capsized and wet exited. In addition to that, I pretended that Tom put a hole in my bow by taking off my hatch cover and flooding the front hatch. So, imagine there are two paddlers in the water, two boats, one of which is damaged and is a "Cleopatra's needle" in breaking surf. The group leader had to orchestrate getting both paddlers and both boats to calmer water, empty the damaged boat, perform an on-water repair and put both swimmers back in their boats. This required towing the boats, putting a paddler on your back deck, in surf, and paddling them to quiet water (if you ever needed a strong low brace its now), knowing how to empty a flooded hatch and cockpit while on the water (hint: if you are thinking "pump", fugetaboutit!) and lots of duct tape. So that was day 1, fortunately the current was in our favor back to the put-in.

Saturday was Intermediate Surfing. Our instructors were Jen Kleck and Jeff Atkins. We caravanned to Metompkin Inlet about an hour away. As we paddled out of the inlet Jeff gave us some ruddering, low brace and edging exercises to perform. That is when I realized that my stern rudder maneuver had become sloppy over the years since my instructor certification. Thanks Jeff, for resetting that. Once on the beach there was a land discussion of surfing techniques and boat placement on the wave. Then it was off to play in the small stuff (about 1-foot). With Jeff's and Jen's coaching we were able to get rides in the small stuff that you wouldn't think you could surf, using good form. After lunch it was time for the bigger stuff (about 2-3 feet). Note; a 3-foot wave is over your head. If you don't believe me sit on the floor with a tape measure and look where 3-feet is. We had a blast surfing, occasional capsizes with combat rolls with Jeff and Jen providing tips, coaching and encouragement with lots of whooping and thumbs up.

Sunday Tom and I took BC3* training (formally BCU British Canoe Union, now BC British Canoeing) while Troy took Dancing with the Water (refining and linking various strokes and maneuvers) and Rolling. Tom and I had, you guessed it, Jen Kleck again along with Drew Trousdell. At the morning meetup we (Jen, Tom and myself) decided that we were not quite sick of each other and could stand at least another day. BC3* training entailed boat maneuvering in currents (probably about 4-5 knts.), breaking into and out of eddies, rescues, towing (in-line and contact). If we successfully completed the course, we would earn a British Canoeing "Sea Kayaker Award" which is a British Canoeing Personal Performance Award (British Canoeing has 3 levels of personal performance awards as I understand it, Sea Kayaker, Coastal Sea Kayaker and Advanced Coastal Sea Kayaker).

The icing on the cake was when Jen pulled me and Tom aside after lunch and said, "I've seen all I need

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Kiptopeke Sea Kayaking Symposium (cont'd)

to see from you guys, I'd paddle with you anywhere". We both achieved Coastal Sea Kayaker Personal Performance Award, one level higher than intended.

Troy got his award from the rolling coach Alison Sigethy, a Greenland paddle which she lent him for a year. He is supposed to bring it back next year.

Troy, Tom and I had a great time during the 3-days paddling, taking lessons and getting to know the mid-Atlantic paddling community. All paddlers are encouraged to take instruction whenever possible, whether it's internal to our club or instruction outside our club. Training inspires confidence, leading to safety and fun.

Will we be back next year? Perhaps maybe, after all Troy needs to return the paddle. 🌐

Submitted by Mike Matty

Club Library



At our next Club meeting, in fact at all Club meetings, why not stop by the Club Library and peruse the wide variety of DVD's, books, and even waterproof local navigation charts.

While you're there say hello to Debbie Gallucci, the Club Librarian who is glad to help you find what you want.

Many books and DVDs are instructional in nature; covering paddling skills such as rescue techniques, rolling a kayak, and much more. Whether you're a veteran paddler or a novice, we've got something for everyone to help enhance your paddling skills.

The library materials rental program works as follows:

- 1) Any material borrowed from the library will require a \$10 cash deposit per item. The deposit will be returned upon the timely return of the item.
- 2) The loan period is for ONE month with an additional ONE month grace period with no penalties.
- 3) If the material is not returned by the third month, all deposits will be forfeited and Library privileges will be suspended.
- 4) If the material is not returned by the fourth month, your club membership will be suspended until the item is returned, replaced or purchased.

The club library is open for business at every monthly club meeting. Stop by, say hello, and check it out! 🌐



What meeting would be complete without rewarding club members with different types of goodies at the end of the meeting?

Thanks to our Hospitality Coordinator, Irene Wiener, our snack table is always filled with a cornucopia of tasty treats.

F.Y.I.

Here are some upcoming events:

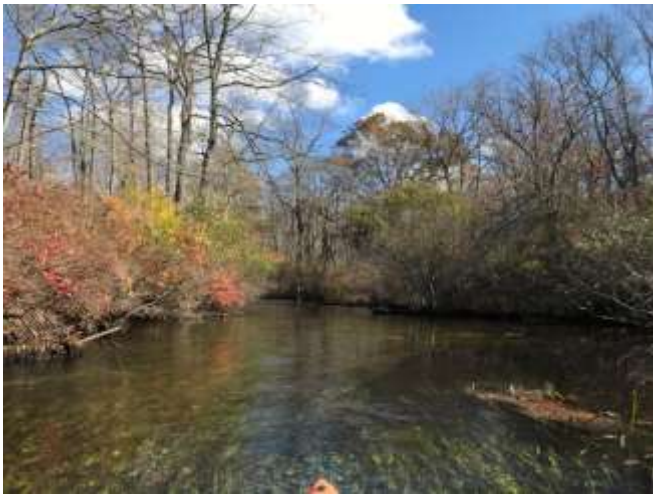
Pool sessions are currently being organized for this year.

Sessions will be held at the indoor pool at St. Joseph College in Patchogue.

Please refer to the Club's website for more information.




Photo Gallery



Upper Nissequogue River Clean up. November 2nd, 2019

We had a beautiful day for the annual Fall River clean up this year. The water level was very good. A little chilly but lots of sun and very little wind.

Peter Cohn and his friend brought the big garbage-barge canoe. The rest of us (Gina, Rhonda and me) used our kayaks. 

Submitted by Liz Marcellus



Club elections 2019

Candidates for Club executive Council positions
 "throw their hats into the ring" in October and elections are held in November. Voting results of last November for the 2020 season is:
 President: Ed Mangual
 Vice President: Emilio Sosa
 Treasurer: Lise Poulos
 Secretary: Bob Hansen
 Members at Large: JoAnne Paolino, Don Gorycki
 Past President: Ken Fink

Committee Coordinators 2020


Membership	Frank Posillico
Programs	Steve Berner (temporary)
Trips	Emilio Sosa
Training & Safety	Mike Matty
Public Relations	Dan & Donna DiGiovanni
Newsletter	Don Gorycki
Website	Robert Julius Condemi
Special Events	Shirley Espinosa
Librarian	Debbie Gallucci
Conservation	Liz Marcellus
Big Buddy Program	Bob Hansen
Hospitality	Irene Wiener
Merchandise	Diana Price & Tony Pellet
Blueway Liason	Chiara Nuzzo

Blackwater NWR & Assateague NWR October 21, 2019



This year's Assateague trip was led by Steve Berner and assisted by Alan Mindlin. Photos and following thoughts are from Nancy Mercep.

“Alan met us and planned some trips too. Blackwater Reserve beautiful. Eagles abound in Assateague. Great fun. We all had a great time. The weather cooperated and ponies were all around. We also traveled to the Blackwater preserve another lovely paddle area.”

Photos: ponies, Irene Wiener, Tony Pellot, Kristin Costa.  Submitted by Nancy Mercep

Long Island Paddlers 2020 Holiday Party

One of the delightful traditions of our Club, besides the Spring and Fall Picnics, is the yearly Holiday Party. This year's party was held at Butterfields in Hauppauge on December 8. We had a great turnout as usual. Good food and good music was part of the venue. There were several gifts for the Chinese auction followed by the award ceremony. Three awards were given as follows:

Alan Mindlin award: Chris Scalisi

Ray Smith Memorial Award: Liz Marcellus

Ken Fink Award: Chris Scalisi

Congratulations to Chris and Liz for their dedicated service.

Enjoy the following photo gallery for some of the pictures taken by Patricia Burnside.



LI Paddlers 2020 Holiday Party Photo Gallery



LI Paddlers 2020 Holiday Party Photo Gallery (cont'd)



THE CLUB STORE

When you're looking to buy the following items or that money is just burning a hole in your wallet.....there's no need to make an extra trip or go traveling anywhere other than to our monthly meetings. If there's time, these items will be on sale before the start of our General meetings, otherwise you can start shopping as soon as the meeting program is over.

While you are looking over the great selection, say hello to Diana Price (Store Coordinator and her assistant, Tony Pellet).

For your shopping pleasure, our store is stocked with:

303 Cleaner	(\$12)	Works great on more than just your kayak
Croakies	(\$5)	You won't lose another pair of glasses
Hats	(\$13)	Heavy weight. Logo on front & Long Island Paddlers on back
	(\$10)	Light weight. Long Island Paddlers embroidered on front
Horns	(\$6)	Don't leave shore without one...works great
Lights	(\$20)	A must for night-time paddling
Shirts	(\$25)	Long sleeved with logo...keeps you warm or keeps you cool
T-Shirts (Men)	(\$8)	You can't beat this price for great t-shirts. Available in several colors
T-Shirts (Ladies)	(\$8)	Special colors and v-neck shirts with club logo
Decals	(\$1)	Clun logo decals, not only looks great but good advertising
Fleece Jackets	(\$26)	individually ordered – just choose size and color
Cell Phone Dry-Pak	(\$13)	Wet phones don't work too well
Whistle	(price not available at publication time)	

And for your reading pleasure we have the following books:


Inside Passage	(\$15)	Fearless	(\$12)
Canoeing the Peconic	(\$1)	Canoeing & Kayaking	(\$10)
Exploring east End	(\$12)	Trip Planner	(\$8)
Paddling Long Island	(\$10)	More Deep Trouble	(\$10)

(Prices subject to change due to market conditions.)

We also have a limited supply of FREE Coast Guard ID stickers for your kayak. 

Did You Know?

One of the LI Paddlers Club benefits is to allow a non-member to participate in one of the club sanctioned paddle trips as a guest. This is a good way to show her or him how a trip is run as well as to enjoy nature as we paddle the many routes on Long Island. There are, however, some rules:

- (1) A Club member can only bring a guest on one trip each year,
- (2) You must inform the Trip Leader that you are bringing a guest,
- (3) The guest must sign a waiver (supplied by the Trip Leader), and
- (4) You must be responsible for your guest. Also, for safety reasons, please be mindful of the guest's skill level with that of the trip level (i.e., a novice paddler is not compatible with a level 4 trip). So if you know someone who is interested in kayaking, this may be a good introduction. 

Club Sponsors



**Kayak Lesson
Guided Tours
Group Outing
Gear Rentals**

Kevin Stiegelmaie
www.paumanoktours.ci
(631) 404-6447

Next Long Island Paddlers Publication Date:

April 15, 2019

Deadlines for submission are two weeks prior to publication date. Members are encouraged to submit articles, pictures, letters to the editor, newsworthy notes, recipes, 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.

Mailing Address:

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



MEETINGS: Members and non-members are always welcome at our monthly meetings. We meet the third Tuesday of each month. We meet from 7 to 9 PM at: Brightwaters Public Library 1 South Country Road Brightwaters, NY

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.