

Blazing Paddles

Newsletter - Spring edition

Volume 2019, Issue 2

April 2019

Message from the President

Hello Fellow paddlers I want to thank all the members for showing me their supporting being president for 2019 season the members of the long island paddlers are more then just a club we are a family who share great qualities and great times together and that is what makes us the long island paddlers This year we lost Paul Giowyna a great person and instrumental person who was loved by all of us he will never be forgotten and will always be in our hearts .Rest in Peace Paul. Our paddling session is almost here. So members start cleaning your boats getting your gear together and trying out wetsuits sounds like fun. Of course it should be we are the Long Island Paddlers .Being part of this club opens adventures to kayak enthusies enjoying the warm sun nature at its best watching a osprey taking its first flight or heck even getting splashed by a nice wave.

But being on the water with great people and sharing good times those are memories that will never fade. So whether a short Trip or a long paddle Think about all the laughter and all those close calls of flipping over into the water,



HEY ITS OK WE WONT TELL. So to all my fellow paddlers I look forward to a safe and fun season and enjoy!

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Do You See It?

Look again.
Do you see it?

The kayak.
The bow of the kayak.
The water. The expansive water. The expansive
Great South Bay.
The ripples.
The clouds.
The sun warming the skin.

Do you see it?
The island.
The far-off island. Ninety minutes away.
The island behind that island.
Fox Island.
The beach and welcoming sand.
Do you see it?
The space above the shoreline.
The flat grassy area by the bushes.
The tent, mattress and sleeping bag.
The clothesline and damp layers.
The small campfire, dinner and rest.
The darkness, the expansive darkness.

The moonrise. The full moon rise.
The quiet.
The peace.

Do you see it?
The dawn.
The headwind.
The choppy water.
The fog. The engulfing fog.
The thinking. The options. The compass
heading.
The active listening for boat traffic.
The shore that never seems to arrive.

Do you see it?
The achy arms, shoulders and palms.
The muscle strain.
The determination.
The three hour trip back.
The beach where it started.
The elation, exhaustion and satisfaction.

Do you see it?
The capture of another event on the water.
A dream, then a reality, now a dreamy
memory.
One day to be treasured, replayed and enjoyed
for the rest of days.
Sometimes retold. Often relived, quietly, in the
twilight of slumber.

Did you see it?
Let's go again.

PEACE. 

Submitted by Jerry Foster

Members-At-Large – Who are they?

The Long Island Paddlers is a club comprising people who enjoy paddling kayaks and canoes. As with any large organization, the Club has a defined structure to ensure its smooth and successful operation. The Club has an executive Committee comprising the President, Vice-President, Past President, Treasurer, Secretary, and two Members-At-Large.

All of the officers mentioned above are elected from the general membership and must meet certain requirements as stated in the Club's By-Laws.

OK, so what about the Members-At-Large? First of all they must have the "interest and commitment to serve the Club in a leadership position." Members-At-Large attend the monthly Executive Council and General Membership meetings. Anyone can attend the Executive Council meeting but only as silent observers. So how does anyone bring subject matters 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:

Joanne Paolino

Don Gorycki

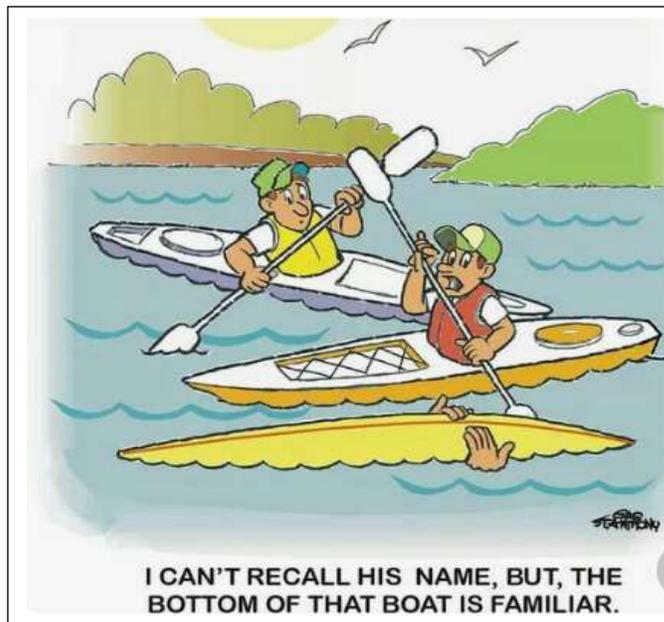
(contact them at

membersatlarge@lipaddlers.org)

they will ensure that your recommendation will be on the agenda for the next meeting of the Executive Council for discussion and disposition.



Submitted by Don Gorycki

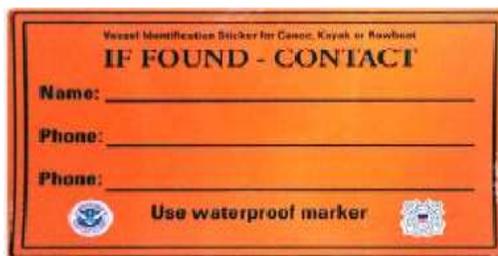


Kayak ID Stickers

Have you ever beached your kayak to enjoy the great outdoors, wander about and then return to find that your kayak is no longer where you left it? Has it been stolen or has the tide captured it?

Every Vessel should be marked with an "IF FOUND – CONTACT" sticker in the event that you lose or are separated from your kayak, canoe or paddleboard. It's important that you have one both for your safety and to aid the USCG crews or Harbor Patrol who track down unmanned kayaks. It can be placed inside the kayak on a bulkhead.

Pick up a free sticker at the Club Store. 



Padding Around the Boston Area

A few times a year, I visit friends near Boston and we explore the local rivers. LI's coastal waters are great, but river paddling can also be a very pleasurable experience. The lower Charles River offers a wide urban section running through Cambridge and Back Bay into Boston Harbor (paddling through the locks is still on our to-do list). The upper Charles is thinner, winding through wooded suburban areas. One section that's perfect for a short day trip, the Dedham Water Trail, is about seven miles and takes just a few hours. The key is The Long Ditch, dug by early settlers in 1653 to drain grazing fields. Now it's an easy route to loop back into the Charles, upstream from the put-in at the Dolan Center Launch. River paddling without the hassle of shuttling cars (please visit dedhamtrails.com).

Last October, we paddled a section of the Ipswich River that also has a convenient driving option. We used the free launch site at Foote Brothers Canoe & Kayak Rental. In addition to letting anyone launch from their dock, they offer a shuttle service for \$15-\$20 that brings you to your choice of two upstream launch sites. The upper launch site wasn't available due to river conditions. The closer site would have made for too short a day, so we chose to paddle upriver, break for lunch and then paddle back again.

The river near the launch site has a very backwoods feel to it and wanders between two State Parks. We saw several stick mounds made by beavers, lots of waterbirds and a pair of raptors (our best guess was Turkey Vultures) which were circling the river as we paddled past them. Further up river, it opens into a marsh-like area that's called Teal Pond, but it still feels like a river where you occasionally have to pay attention to the current to keep in the main channel. Picture the end of The African Queen, without the leeches. In the spring, there may be higher water levels that justify it being called a pond. Part way through Teal Pond is the Mass Audubon's Ipswich River Wildlife Sanctuary. Between the Audubon Sanctuary and the two State Parks, we saw lots of wildlife plus the beauty of the forest's autumn colors. In addition to their main launch area, Foote Bros owns an island where paddlers can land, have lunch and even camp overnight.





While not powerful, the river's current is a factor when heading upstream. However, it's easy to paddle at a leisurely pace and enjoy the surroundings. After lunch, the paddle back to the car was downstream and very low impact. The nearby mountains make the view different enough so that it doesn't feel like you're repeating the same journey.

During spring's higher water levels, I'm looking forward to doing the longer shuttle paddle they offer. Further up river, you paddle through a few small towns and under several road & train bridges. Paddling downstream from Thunder Bridge to the car would make for a scenic and easygoing all-day paddle.

Boat traffic, tides, wind and waves are all part of kayaking LI's North & South Shores. They continually push us to sharpen our skills and they also keep paddling fresh and interesting. While I wouldn't trade the beauty and challenges of kayaking our local waters, I look forward to my trips paddling down gently flowing rivers, surrounded by trees and wildlife or through downtown Boston, as an enjoyable change of pace. 🌀

Submitted by Dean Fisher



A river is more than an amenity, it is a treasure --
Oliver Wendell Holmes

...And you thought you had a bad day...



Club Library



Hi, my name is Debbi Gallucci, and I am the new Librarian of the LI Paddler's Club Library. I'm thrilled to take on this new responsibility and look forward to sharing the library's valuable resources with our club members. Our club library is filled with a variety of DVD's, books, and even waterproof local navigation charts. 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 Is GORP

A popular snack amongst the people who hike, bike, canoe and kayak is GORP.

GORP is an acronym for "good old raisins and peanuts" which was, according to some, the very first trail mix. Chocolate is traditionally included in most recipes for GORP. Today, GORP and trail mix are more or less synonymous.



One of many GORP Recipes

GORP Recipe

There are countless trail mix combinations; some have been fancy and others not so much. A

Favorite recipe includes the basic four ingredients: nuts, raisins, M7Ms, and honey nut cheerios.

To make GORP, you simply combine honey nut cheerios, raisins, nuts, and M&Ms in a container and mix well. Snack away immediately or stash it in the pantry until your next craving.

If you're not a fan of peanuts or being mindful of a peanut allergy, feel free to experiment with using different kinds of nuts in this recipe, including mixed nut combinations in the snack mix.

It would also taste good with all almonds or all cashews.

Continued on Page 8.

LI Paddlers Skill Session #1

One of the many great benefits of membership to the Long Island Paddlers is access to the annual skill sessions. The skill sessions are run in a large indoor pool under the supervision of the club's Safety and Training coordinator. With a crew of experienced helpers and one-on-one pairing, you can learn and expand your safety skills such as bracing, assisted rescues, self-rescues and even rolling. It's a deal that can't be beat: no fee for new members and subsequent sessions for only \$10.00 for personalized one-on-one training in a heated indoor pool.

On March 10, 2019, the Long Island Paddlers hosted its first of three skill sessions. These skill sessions were held in the indoor heated pool at St. Joseph College in Patchogue. Despite the wind and the rain, 11 intrepid kayakers, 7 skilled helpers and our new Training and Safety coordinator Mike Matty attended the session. In addition, two St. Joseph College lifeguards also kept a keen eye on everyone in the pool.



Group 1



Group 2

So as not to over-crowd the pool, as big as it is, the session was divided into two separate groups scheduled at different times. The session opened with a demonstration on how to perform an assisted rescue (notably the heel hook rescue) followed by a demonstration on how to perform a self-rescue. Following the demos, each trainee was paired up with an instructor. Under the careful and watchful eye of Mike Matty, the students then exercised their ability to learn the rescue techniques. Some of the more experienced kayakers even challenged their skills by rolling – some successful and some not so much.

During the session Mike Matty ensured that the proper waivers were signed and the pool fees were collected. I'm sure that by the end of the day all the trainees returned home safe, happy and with renewed skills.

The remaining two skill sessions are scheduled for April 14 and May 5.

I can't end this article without mentioning a type of kayak I have never seen before. It was a 'plastic' kayak by OruKayak (Orukayak.com) used by Brian Wright. This 'origami' lightweight boat folds up into its own 'suitcase' and going from suitcase to boat takes just several minutes. I was fascinated watching Brian assemble his boat and then using it in the pool; really amazing.

See picture next page. 

Submitted by Don Gorycki



Brian Wrights's OriKayak

F.Y.I.

Here are some upcoming events:

- | | |
|----------------------|----------|
| 1. Skills Session #2 | April 14 |
| 2. Skills Session #3 | May 5 |
| 3. Spring Picnic | June 8 |
| 4. Paddle Battle | July 29 |
| 5. Fall Picnic | Sept 7 |
| 6. Holiday Party | Dec. 8 |

...And don't forget to check the website for scheduled Club paddle trips (Trips -> Paddle & events). 



Cont'd

This trail mix includes chocolate candy so be sure to store your trail mix in a place that's not warm enough for the chocolate to melt. Sure, the M&Ms might get a little soft in your hand, but that's part of the fun!

This is just one of countless recipes examples, not to mention ready-made store-bought types.

Ingredients

- ① 3 cups honey nut cheerios
- ① 1 1/2 cups raisins
- ① 1 cup mixed nuts or plain peanuts
- ① 1 cup plain M&M candies

Instructions

1. Combine the cheerios, raisins, nuts, and candy in a large bowl. Stir well to thoroughly mix. Transfer to an airtight container or individually portioned zip-close bags. Enjoy!

Article from <https://barefeetinthekitchen.com/gorp-recipe/> 



There are many ready-made GORPs available

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.

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

And for your reading pleasure we have the following books:

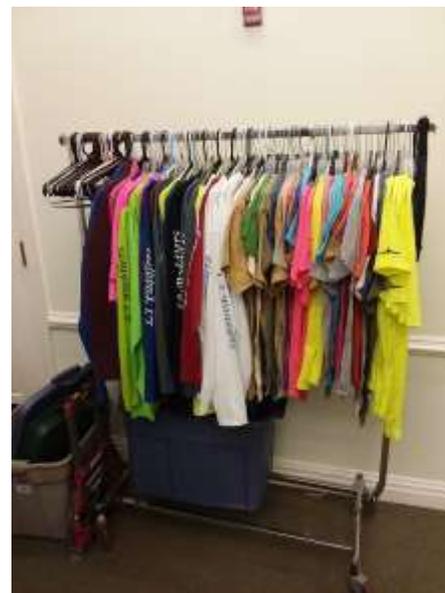
- | | |
|-----------------------------|----------------------------|
| Inside Passage (\$15) | Fearless (\$12) |
| Canoeing the Peconic (\$1) | Canoeing & Kayaking (\$10) |
| Exploring east End (\$12) | Trip Planner (\$8) |
| Paddling Long Island (\$10) | More Deep Trouble (\$10) |

(Prices subject to change due to market conditions.)

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



Diana Price is our Store Manager



...and check out our clothing department



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1-855-WE-KAYAK

Jerry Foster

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



Long Island Paddlers, Inc.
New York

www.lipaddlers.org

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.

Next Long Island Paddlers Publication Date:

July 20, 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 editor at: news@lipaddlers.org

Mailing Address:

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Feel like taking a spontaneous paddling trip?

You can notify Club members of your plans by using the 'Short Notice' located on the Club's website (Trips -> Short Notice form).

This system is designed to help members of Long Island Paddlers to rapidly and efficiently communicate their short notice trip plans to a significant number of other club members.

A short notice trip is not a Club sanctioned trip and is not covered by the club's insurance policy but just a way of paddling with friends.

And at the completion of your paddling experience, why not share your adventure with the rest of the Club's members by sending in a photo or two (and maybe a few sentences) to the Newsletter (news@lipaddlers.org)?