



# Blazing Paddles

## Newsletter of the LI Paddlers

Volume 2026, Issue 2 Rev B

Spring Edition

April 2026

### Message from the President



Greetings fellow paddlers, as Spring continues to struggle to escape from this year’s difficult winters persistent icy grip we begin to look forward to what I hope will be another enjoyable and successful paddling season. Just like the spring flowers have begun to emerge so too will paddling trip posts appear on Meetup. So you can participate in the club’s upcoming events please take the time to renew your club membership if you have not already done so.


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**Executive Committee 2026**

The Executive Council consists of seven members who are voted into office every November and are listed below:


- President: Emilio Sosa
- Vice President: Mike Matty
- Treasurer: Lorraine Montana
- Secretary: Don Gorycki
- Members at Large: Gina Gruber  
Fran Ward
- Past President: Fred Hosage 

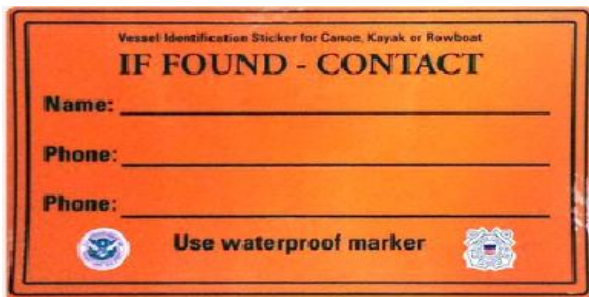
**Committee Coordinators 2026**

- 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
- Conservation Liz Marcellus
- Big Buddy Prog. Judy Kislik
- Hospitality Judy Kislik & Lorraine Montana
- 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. 



**Kayak ID Stickers**

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. 


## 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](mailto:duckfoot70@gmail.com) or Michael Pan at [m.pandemonium@gmail.com](mailto:m.pandemonium@gmail.com) 

## 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. 

## Meetup versus Club Express

Over the past few months, the Club Express Work Group ((Lorraine Montana, Emilio Sosa, Tom Auer, Mike Matty and Chris Fleming) has been investigating the capabilities of the Club Express service.

It was hoped that Club Express would replace Meetup as our club's main vehicle for servicing our Club's needs.

It has been decided that Club Express was not user-friendly enough to justify continued support.

As a result, the club will continue to use the Meetup service. 

## LIP Announcements

### Hospitality

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

### Trips

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

### Website

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

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

### Sebago Season Opener

Spring has finally arrived!! We are getting ready for the Sebago Season Opener!

We are once again inviting members of metropolitan kayaking clubs and organizations to a day on the water and a BBQ. It's a chance to greet friends old and new! We'll be launching kayaks, big canoes, and rowing boats of various sizes. Those who don't want to go out on the water are welcome to join us for the BBQ.

Date, Saturday, May 16

Time: Arrive at 9 for 10 a.m. launches;

BBQ at 2:00 p.m.

Where: Sebago Canoe Club, 1400 Paerdaget Ave N. Brooklyn, NY. [RSVPs](#)

### SAVE THE DATE

**From our Special Events Coordinator  
Pat Tauber**

Please mark your calendars for our annual Spring Picnic, aka The Paul Smith Memorial Picnic, which will be held on June 6, 2026 at Centerport Beach in the Town of Huntington. Lunch will be catered by Carl's Main Street Deli. Several paddles will be held prior to lunch.

Details can be found on the next page.



### Migratory bird Day

Wertheim National Wildlife Refuge will host our annual World Migratory Bird Day event, scheduled for

Saturday, May 9<sup>th</sup> from 10.00 AM until 3:00 PM (rain or shine).

Migratory Bird Day is our largest event of the entire year!

We typically host around 300+ visitors at the refuge throughout the day, offering a variety of nature programs.

Please let us know if you can help.

Ann Marie Chapman:

631-286-0485 x2131

## ANNUAL SPRING PICNIC

aka Ray Smith Memorial Picnic  
JUNE 6, 2026 2:00-6:00 pm  
Catered by Carl's Main Street Deli  
Members \$20/Non-members \$25  
PAYMENT DEADLINE IS 5/28

### ARE YOU A NEW MEMBER?

#### DON'T BE BASHFUL!

We're a friendly group, and there's no better way to meet new and long-term members than at a picnic.

Fee is for Lunch/No fee for paddles

Paddles will be posted separately on Meetup.

Please sign up for only ONE paddle. We will try to have all picnic paddles posted on Meetup at the same time so you can make an educated decision BEFORE hitting the ATTEND button :)

In the past there has been a bit of confusion surrounding signing up for AND then paying for the picnic. I hope the following is helpful.

Please sign up on MEETUP, as it facilitates keeping track of how many people we're feeding.

Once you've signed up, please make payment via one of the following methods:

(Also, make note of who payment is for and whether gluten/dairy-free wrap is needed.)

Via cash or check at the 5/19 meeting.

Via Zelle - Look for us under the email LIPaddlers.org@gmail.com, account name is www-vrulongislandpaddlers.

Via Check MADE PAYABLE TO LONG ISLAND PADDLERS, INC., mail to Patricia Tauber, 53 Dow Ave., Mineola, NY 11501.

If you have any questions, just make a comment on the picnic posting and I'll get back to you asap.

Looking forward to seeing you on the water and/or at the picnic!

## 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](mailto:Mike.matty@verizon.net) & [kayakchris@optimum.net](mailto:kayakchris@optimum.net)

All enquires for points should be made to both of us. Submitted by Mike Matty 🗨️

## Long Island Paddlers (Post) Holiday Party 2026

Text by Don Gorycki

Photos by Don Gorycki and Helen Vloyianitis

This year's LIP (Post) Holiday Party was held on February 1, 2026 at the Tap Room located in Bayshore. The festivities commenced at 2 P.M. for three wonderful hours. The party was held upstairs and was equipped with a large number of tables and chairs. Also handy was the bathroom facilities and a cash bar.

After socializing for a while the all-you-can-eat buffet was served. The menu consisted of salad, rice pilaf, seasoned vegetables, Penne a la vodka, Chimichuri steak and baked salmon in dill sauce. Chocolate chip cookies/muffins with soft drinks coffee and tea finished this gastronomic delight. I was able to sample all the dishes and can truthfully report...delightful!

After dinner our club president, Emilio Sosa hosted the award ceremony. Emilio thanked everyone for supporting our club...no doubt the best paddle club on Long Island.

The following awards were presented;

- Alan Mindlin Award      Chris Scalisi
- Ray Smith Award        Tom Auer
- Ken Fink Award         Mike Matty

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## Long Island Paddlers (Post) Holiday Party (Cont'd)

After the awards ceremony more socializing continued for the remainder of the party. It was a truly enjoyable affair and boatloads of thanks and appreciation goes to our Special Events Coordinator Pat Tauber for organizing this party. Will this be repeated next year...you bet!

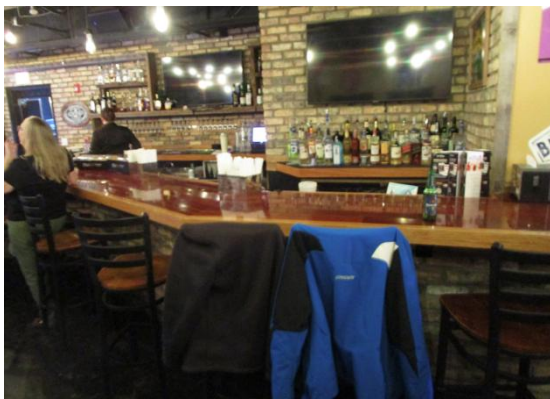
The following photos are compliments of Don Gorycki and Helen Vloyianitis. 🌐



**Outside view**



**Inside view main floor**



**Our dedicated bar**



**Our buffet station**

# Long Island Paddlers (Post) Holiday Party (Cont'd)



**President Emilio presenting awards**



**Ray Smith Award - Tom Auer**



**Ken Fink Award - Mike Matty**



**Alan Mindlin Award - Chris Scalisi**



## Homemade Crunch Bars

This version uses just FIVE ingredients, and takes less than 2 minutes to whip up!

### INGREDIENTS

- 3 cups [crispy rice cereal](#)
- 1 1/2 cups chocolate chips
- 1 cup [peanut butter](#) *can substitute any nut or seed butter*
- 1/2 cup maple syrup
- 1/4 cup coconut oil *can sub for grass fed butter*

### Instructions


1. Line an 8 x 8-inch baking dish or deep baking tray of choice with parchment paper and set aside.
2. Add crispy rice cereal into a large mixing bowl and set aside. In a microwave safe bowl or stovetop, combine all your other ingredients and heat until melted. Remove from microwave/off stove and whisk until completely incorporated.
3. Pour the chocolate/peanut butter mixture over the crispy rice cereal and mix until combined. Pour into the lined baking dish and refrigerate until firm (at least an hour).
4. Remove and cut into bars.

**TO STORE:** Crunch bars can be stored at room temperature, in a sealable container.

They will keep fresh for up to 2 weeks.

**TO FREEZE:** Wrap individual bars in parchment paper and place them in ziplock bags.

They will freeze well for up to 6 months.

Recipe borrowed from “[thebigmansworld.com](#)” 

## 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.

Our February guest speaker was our very own Deborah Horne who presented us with her stories, experience and pictures from her kayaking/camping adventure in Greenland.

Her Fascinating stories captivated the audience and there was standing room only. At the end of er presentation she shown us her home-built fabric-on-frame kayak.



**President Emilio introducing Deborah**



**Deborah Horne starting presentation**



**Deborah's home-made kayak**

## March 2026



For our March general meeting our very own Fran Dworkin provided her presentation titled “At the Water’s Edge and Beyond: Foraging on Long Island” See supporting article submitted by Chris Fleming.

### At the Water’s Edge and Beyond: Foraging on Long Island

At the March 2026 Long Island Paddlers meeting, our own Fran Dworkin gave a wonderful presentation titled, At the Water’s Edge and Beyond: Foraging on Long Island. Using her own photographs and graphics, Fran spoke for over an hour, enlightened us all on local foraging, including how to identify, select and harvest food to eat while we paddle and hike.



If you’ve never gone foraging on Long Island before, it may seem intimidating at first. The idea of picking wild plants for food can be daunting - how do you know what’s safe to eat? What if you misidentify something? These are valid questions, but with the right knowledge, foraging is not only safe but surprisingly simple.

Unlike hunting or fishing, foraging on Long Island requires no special permits, expensive equipment, or years of training. All you need is curiosity, a few reliable resources, and a willingness to slow down and observe the natural world. Many of the most beginner-friendly plants are already familiar, often growing in backyards, parks,

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## At the Water's Edge and Beyond: Foraging on Long Island (Cont'd)

and along walking trails. Dandelions, wild onions, and garlic mustard—plants many consider weeds—are actually edible and packed with flavor.

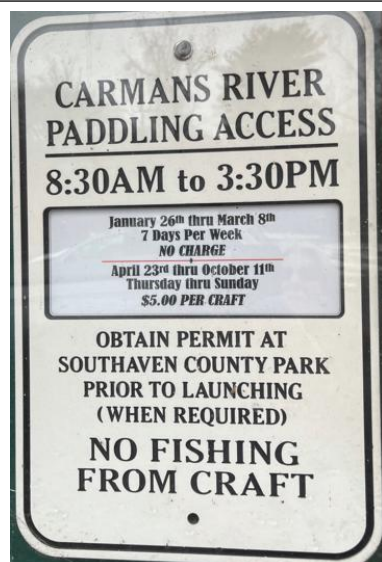


To start, Fran suggested that you go out with a forager in your area who knows the plants. There are many teachers who offer classes and many foragers who are happy to have a friend to walk in the woods with. And don't over-complicate it. Humans have been eating wild plants for tens of thousands of years, and you can too.

Start where you are. This could be your yard, your garden or a park down the street. Start with one plant. You only need to know one plant to eat one plant — like dandelion. Some people think they need to learn all the toxic plants before eating one, but that is not the case.

Eat the weeds. Start with the easily identified, widespread, common plants. "Weeds" are a minimally intimidating place to start. There are many that you likely already know but just didn't know are edible.

Thanks, Fran, for a great presentation! Article and photos by Chris Fleming 🌐



### Put-in Alert

By Liz Marcellus  
Conservation Coordinator

Days and times for  
2026 Southaven Park  
paddling access.

Kayaks and canoes are permitted downstream only on days/times noted on the sign.

If you want to put in your boat on the lake, you may do so 7 days a week.

You must first check in at the boathouse.

You can also obtain a permit to keep your boat by the lake. It stays outside, locked up on a rack. There is a fee for this. 🌐

## **Self CPR**

**Submitted by Pat Tauber – Special Events Coordinator**

Very important information. I was told that when your body starts sweating profusely for no apparent reason followed by what feels like a spasm at the end of your esophagus, that is your body's warning sign.

When you are alone and have a heart attack, what are you going to do? A really good post that can't be shared often enough:

1. Take a 2-minute break and read this:

Let's say it's 5:25 pm and you're driving home after an unusually hard day's work.

2. You are really tired and frustrated.

All of a sudden, you experience chest pains. They are starting to radiate in the arm and jaw. It feels like being stabbed in the chest and heart. You're only a few miles away from the nearest hospital or home.

3. Unfortunately, you don't know if you can make it.

4. Maybe you've taken CPR training, but the person running the course hasn't told you how to help yourself.

5. How do you survive a heart attack when you're alone when it happens? A person who is feeling weak and whose heart is beating hard has only about 10 seconds before losing consciousness.

6. But you can help yourself by coughing repeatedly and very strongly! Deep breaths before every cough. Coughing should be repeated every second until you arrive at the hospital or until your heart starts to beat normally.

7. Deep breathing gives oxygen to your lungs and coughing movements boost the heart and blood circulation. Heart pressure also helps to restore a normal heartbeat. That's how cardiac arrest victims can make it to the hospital for the right treatment.

8. Cardiologists say if someone gets this message and passes it on to 10 people, we can expect to save at least one life.

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## Self CPR (Cont'd)

9. FOR WOMEN: You should know that women have additional and different symptoms. Rarely have crushing chest pain or pain in the arms. Often have indigestion and tightness across the back at the bra line plus sudden fatigue.

Done! ✓ Very important information. I was told that when your body starts sweating profusely for no apparent reason followed by what feels like a spasm at the end of your esophagus, that is your body's warning sign. 🌀

## Green Creek and Browns River Paddle

Article by Paul Conlon. Photos by Andy B, Gina, and Alan M.

The Winter of 2026 was snowy, windy, and long. But the second week of March offered a brief break from the cold when the temperature rose in the sunshine of a clear blue sky. John F jumped at the chance and announced a paddle for Tuesday March 10th on Browns River in West Sayville. Six Long Island Paddlers joined in: Andy B, Alan M, Debbie, Gina, Michael A, and Paul C. We would launch from the sandy beach in Green's Creek County Park, head out into the Great South Bay, head east then up Browns River.

Since the Great South Bay was filled with ice only a few weeks prior, the water was still cold—in the upper 30's. As a result, even though the temperature in Central Park would hit a record breaking 80 degrees that day, the air temp on the Great South Bay struggled to reach 55. And fog rolled in off the bay on the SW wind all day: at the launch, at lunch, and when we landed in the afternoon.



Continued on the next page.

## Green Creek and Browns River Paddle (Cont'd)

Browns River is a tidal inlet and waterway that flows out of Sans Souci Lakes. It has historically supported the shipping, oyster, and timber industry, and still provides ferry service to Fire Island that started in 1894. John Ellis Roosevelt, a cousin of Theodore Roosevelt, purchased an estate on the Browns River know as Meadow Croft that he used as a summer home for nearly 50 years. The estate is now owned by Suffolk County and is part of the Suffolk County Parks Department. It is also home to the Loughlin Vineyard, one of the few vineyards on Long Island that is not on the North Shore. Of course, Captain Kayak, a shop well known to the Long Island Paddlers, also stood on its banks for many years before closing recently. We launched at noon from Greens Creek, paddled out into the Great South Bay, then headed east for about a mile until we reached the mouth of Browns River. We were surprised by the thick fog that reduced visibility to maybe a few hundred yards. John suggested we stick together to help keep track of each other. We soon reached Browns River.



Browns River has a lot of boat traffic in the warmer months, commercial craft of all types, including ferries, and various pleasure boats. Even though there weren't many boats this early in the year, John advised that we stay on the east side of the river, to avoid the many marinas and docks along the west side. As we paddled north, we began leaving the boats and docks behind and circled around Captain Merrill H Masin Island and were soon surrounded by undeveloped land on both sides of the river.



Phragmites, an invasive species, standing 6 to 10 feet tall, with their feathery brown tops, stood along the shore, and we kept an eye out for several types of bird, including red-winged blackbirds and kingfishers, ospreys and red-tailed hawks, egrets and herons, and a variety

(Continued on the next page.)

## Green Creek and Browns River Paddle (Cont'd)

of ducks, from the common mallard to the more colorful wood duck. The fog didn't reach this far up the river, and the light wind out of the southwest was at our backs so that everyone started to warm up in the clear sunshine.

We paddled under the bridge for Middle Road and continued until we came to the end of Browns River then turned around and headed back. We were now paddling into the breeze and after a while the fog was once again blocking out the sun and the air temperature dipped and we all began to quickly cool off. The docks and marinas once again appeared on our right side, and before long we were at the approach to the Great South Bay. We paddled around the breakwater and headed for the sandy shore of Sayville Marine Park to take a break and have a bite to eat.



After lunch we continued in the Great South Bay back to Greens Creek where we paddled to the end of the creek, maybe a half mile each way, then back to the put in. We were back by 3:30 PM, just as John had described when he posted the trip. It was good to get back out on the water again after the cold, icy winter of 2026. We all had a nice paddle, and we all want to thank John for putting the trip together.



Yes, that's our very own Alan hanging around at the mouth of Browns River. 🌊



## From the pen of Jim Dreeben

### Tons of fun in a 35-mile radius of Hampton Bays

- 1) Walk over Ponquogue Bridge for exercise. Do jumping jacks, push-ups, squats and the plank along the way. Have lunch at The Station: burger, fried wings, stuffed avocado, Reuben, tacos and an ice-cold beer.
- 2) **Visit new Navy Seal Museum** in West Sayville and take the simulated submarine ride. Stop for a great burger and beer at Blackbird's in Sayville or brunch at The Shed at 21 Main St., West Sayville.
- 3) **Quogue Wildlife Refuge/Nature Center.** Explore seven miles of walking trails in the Pine Barrens. See eagles, hawks, owls and turtles. Open 7 days a week in summer; fewer hours in winter. 631-653-4771.
- 4) **Riverhead:** Visit Long Island Aquarium, Farmer's Market, Suffolk County Historical Society Museum and Suffolk Theater. Have lunch or dinner at Jerry and the Mermaid: mussels, clams, oysters. Digger's: beer and burgers or Sheppard's Pie and dessert or Rendezvous for good steaks and burgers.
- 5) Ride your bike on the 10-mile paved trail inside the Riverhead/Grumman property. Have breakfast or lunch at Lolly's or lunch or dinner at Rocco's or Roadhouse. Sit by the beautiful Peconic River at Roadhouse.
- 6) Visit five breweries in Riverhead, the beer capital of Long Island. Hampton Bays might be the pizza capital of Long Island. Buy fresh kielbasa and perogies in Polish Town.
- 7) More Riverhead: stroll the riverfront and explore Grangebél Park. Have dinner at Tweed's, one of Long Island's best restaurants. Try their rack of lamb, goose and duck liver pate, bison burgers or steaks and Pappy Van Winkle 12-year Bourbon. Choose to peruse Tweed's booze list and schmooze with Ed.
- 8) Go swimming in the Atlantic Ocean at Ponquogue Beach. Ride the waves, walk on the beach, nap in the sun, drink a Twin Fork Legato Beer. Have chicken, Dominican ribs, tacos and tuna at Rumba.
- 9) Stroll the newly revitalized Downtown Westhampton Beach and visit fine shops on Main Street. **Hampton Bays:** Shop at Macy's on corner of Routes and 27A. Macy's has beautiful Hawaiian shirts and stripped-pattern bathing suits. Go to Shinnecock Hardware for (almost) everything for household repairs.
- 10) Go kayaking or stand-up paddling in Hampton Bays at the east end of Shinnecock Road or on Red Creek Pond. Do the 7-mile Peconic River canoe trip by canoe, kayak or stand-up paddleboard.

(Continued on the next page)

## From the pen of Jim Dreeben (Cont'd)

11) Ten miles of good ice cream on Route 25 starting at Snowflake and Dari-Land in Riverhead and Magic Fountain in Mattituck. Try Snowflake Peconic River Swamp Ice Cream.

12) Mattituck: Love Lane Sweet Shop and Village Cheese Shop are next to each other on Love Lane in. I usually buy four ¼ pound cheeses and a box of chocolate breakup with almonds.

13) Wineries on the East End, especially on the North Fork. Hire a limo and go winery hopping.

14) Get scuba certified at Hampton Dive Shop in Flanders. Go on a dive vacation with Randy, the owner.


15) Walk on beautiful trails at Indian Island County Park in Riverhead or swim at a Peconic Bay Beach.

16) Hampton Bays Library Book and DVD Sale on Wednesdays and Saturdays. Books start at \$2.00 each.

Have you heard of "mall walkers" at Roosevelt Field, Smith Haven Mall and The Outlets? There are also "**Ponquogue Bridge Walkers**" in Hampton Bays. Mon, Wed, Fri and Sat 9 AM and Sunday at 9:30. Other times by appointment, 24/7. Call to schedule a walk: 631-834-2525. The walk takes about 50 minutes. The scenery, sunrises, sunsets and wildlife are outstanding with hundreds of ducks and gulls on the water. After walking, we go to Krieg's for crumb cake and coffee or The Station for beer and a burger.

Another good walk: Park at the Hampton Bays Library; walk down and up the outside, rear steps 3 times. Walk to Francesca's for pizza. Walk to the train station; walk up and down the platform steps 1 or 2 times; get a slice with pepperoni at Pizza Place. Walk clockwise around town and through Good Ground Park. Get a pedicure at Queenie. Get a slice at Uncle Joe's. Walk back to the library; do the steps again.

**Indian Island County Park** has a nice, wide walking trail ending by a beautiful beach on the Peconic Bay. Follow signs "To Beach" or go in the Veterans Park entrance on Riverhead/Grumman property in Calverton to walk or ride a bike on a nice **10-mile bike trail**. It's across Route 25 from Calverton National Cemetery. After biking or walking, we go to Lolly's for breakfast or lunch or WHB Brewery in Manorville.

Jim Dreeben - [jim@longislandpaddling.com](mailto:jim@longislandpaddling.com) or 631-834-2525 (call or text). 

# The Winter of 2026

Some fun facts from our cold, snowy, windy winter of 2026:

Ranked among the top 25 coldest winters in the region

NYC: 43.4 Inches of snow fall total

CentralIslip: 31 Inches of snow in one storm:the Blizzard of February 22-23

MontaukPoint: Recorded a wind gust of 84mph

TheLIP: Had the fewest Winter paddles in history

## Here are a few photos:



## Wading River



## Bellport Bay

### JBField10



### Wantagh



## And a few more pics:



## ColdSpring Harbor



**Ronkonkoma:the ice was 7 inches thick**

Photos by:Andy Burtzell, Chris Fleming, Alan Majors, and Paul Conlon.

### Kayak Word Scramble

Unscramble the letters to solve the puzzle!

- |                       |             |            |
|-----------------------|-------------|------------|
| 1. OOTF SPGE _____    | Foot pegs   |            |
| 2. DBEAL _____        | Blade       |            |
| 3. EACLT _____        | Cleat       | Sit on top |
| 4. OICPTCK _____      | Cockpit     | Trim       |
| 5. ASTFH _____        | Shaft       | Pivot      |
| 6. BYIISLTAT _____    | Stability   | Stern      |
| 7. LRLO _____         | Roll        | Deck       |
| 8. UHLL _____         | Hull        | Portage    |
| 9. BUHELDAK _____     | Bulkhead    | Wet exit   |
| 10. CRABE _____       | Brace       | Bow        |
| 11. CBKA ALDDPE _____ | Back Paddle |            |
| 12. SPAWM _____       | Swamp       |            |
| 13. TIS NO OPT _____  |             |            |
| 14. IRMT _____        |             |            |
| 15. PTOIV _____       |             |            |
| 16. TNESR _____       |             |            |
| 17. EKDC _____        |             |            |
| 18. TAOPREG _____     |             |            |
| 19. WTE EITX _____    |             |            |
| 20. BOW _____         |             |            |



This edition of DIY features a home-made kayak leash.

Editor’s Note: There is a lot of controversy regarding paddle leashes. Some say it can cause entanglements which may lead to a risky situation. Others would not venture out without one.

Carrying a spare paddle can mitigate the risk and fear of losing your main paddle.

You should always seek advice from multiple sources on equipment and how to use them.

However, if you feel comfortable using a paddle leash, refer to the following link: <https://www.youtube.com/watch?v=ojUSPapgwCI>



## Spotlight on... Trip Leader – John Faulkner

Article by Chris Fleming



The Long Island Paddlers has a new Trip Leader – John Faulkner. Most of you know John from his solid attendance at LIP monthly meetings and the club’s many group paddles. John’s interest in paddling began a little more than five years ago. And soon after he joined the club. His first boat was a Hornbeck pack canoe – a nice boat, but maybe not the most suitable for the choppy waters around Long Island. No problem - he then built his current skin on frame F1 boat based on plans from notable boat designer Brian Shultz.



Attaining the rank of Trip Leader for the Long Island Paddler’s is quite an accomplishment. First off, you must be a pretty good paddler. Then you need to attend in-person workshops and on-the-water training sessions. Then you plan your first trip - along with the assistance of an experienced trip leader.

(Continued on the next page)



Kayaking – the universal language



Kayaking is my therapy!

Spotlight on... (Cont'd)



In John's case, Gina Gruber was his mentor. Gina and John have paddled dozens of times together as John's skills and confidence as a paddler have grown. They discussed important factors to consider when planning a trip, things like parking and currents and restroom availability.



For his inaugural paddle on March 10th, 6 kayakers accompanied John on an 8-mile tour of the Brown's River and Green Creek, connected by a short transition in the Great South Bay. The trip was billed as a gentle re-introduction to paddling after the cold and windy winter that just passed. John enjoys paddling in the nearby creeks and rivers, but also the open water excitement of the Bay. Yet the Adirondacks would have to rank near the top of the list for favorite paddling spots.



I suggest you join one of John's paddles this Spring and Summer. 🌊

I'm new to the group and only did a few paddles last year. One was a fun photo trip in Mt Sinai Harbor. I took this picture that day and thought I would share it with you for our newsletter.

Looking forward to the warm weather and getting back out there.

Submitted by Linda Messina



**Upside Down**

## **Bridge Walking for Fitness and Long Life** Submitted by Jim Dreeben


The following is for men and women of all ages. It is totally fun. If it seems a little difficult at first, don't worry, it will get easier. You will have become fitter, healthier and younger feeling.

Please join **Ponquogue Bridge Walkers** rain or shine, wind or snow (up to 6"), if you're maybe interested in living healthier and longer. We walk over the bridge at 9 AM on Mon, Wed, Fri and Sat and 9:30 on Sunday, other times or days by appointment if you text 631-834-2525.

**Bridge walking is great exercise.** To enhance exercise along the way: 1) Walk 200 steps uphill backwards to strengthen your ankles, glutes, hamstrings, knees, legs and quads. 2) Do 50 to 100 pushups. 3) Walk to the fishing boats. 4) Do squats or jumping jacks at the top of the bridge. 5) In summer, run into the ocean for a 30-minute swim. Resume walking. 6) Walk over the bridge 2X, 3X or 5X weekly. 7) Do the "bear crawl" in the sand. 8) Run over the bridge if you are into running. 8) Carry weights, drink water, take longer steps, walk faster, walk up and down steps.

**A fun walk** is at Indian Island County Park from the entrance to the beach. Or **ride your bike on the 10-mile paved trail** inside the Riverhead/Grumman property on Route 25 in Calverton. It usually takes

one hour to do it clockwise or counterclockwise depending on the sun or the wind.

**Everything you wanted to know about paddling on Long Island.** I paddled from Orient Point to Riverhead. The Peconic River from Manorville to Jamesport and Hampton Bays. James Creek and Brush's Creek in Mattituck. Mattituck Creek and its tributaries. Around Sag Harbor and by Long Beach. North Sea Harbor. Moriches Bay, Moneybogue Bay and Quantuck Bay from East Moriches to Hampton Bays. Circumnavigated Shinnecock Bay. Cedar Point Avenue around Jessup Neck to Noyack Bay. Accabonac Harbor to Napeague Harbor for lunch at Lunch. 

## 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. (Inventory as of 4/23/2026)

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

Please note the following:

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

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

## Do you recognize this?



Answer on  
page 27.

## 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:

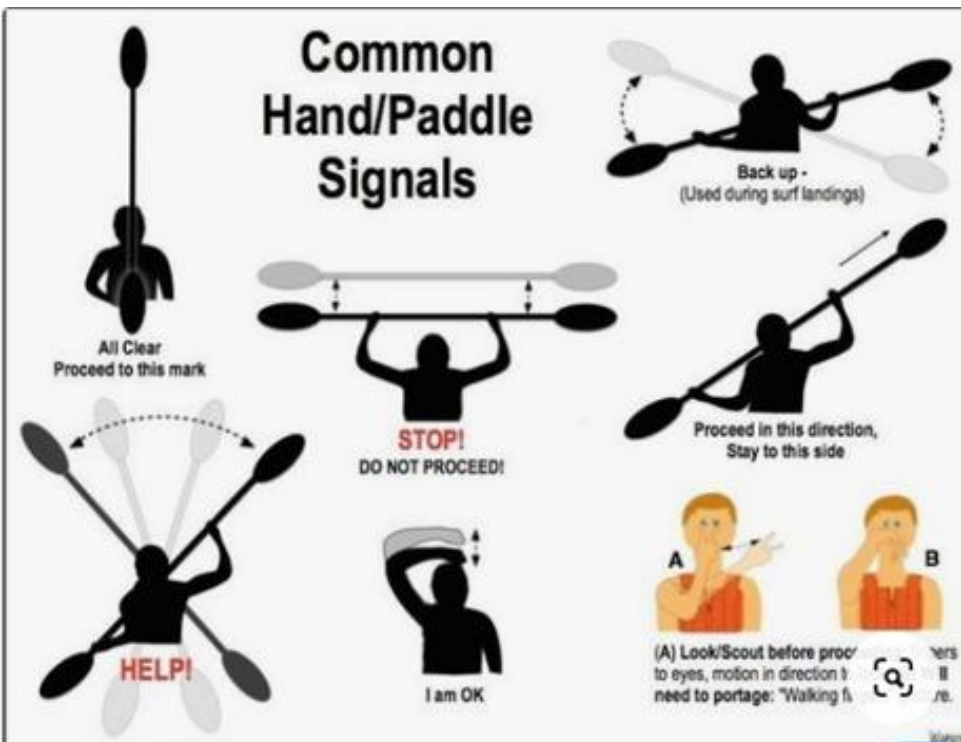
“All Executive Council meetings must be held in a public place and be open to all club members. While club members may attend Board meetings, they are not permitted to participate in Board meetings.” 🌐

### 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:

- Gina Gruber  
[ginalgruber@gmail.com](mailto:ginalgruber@gmail.com)
- Fran Ward  
[frandworkin@gmail.com](mailto:frandworkin@gmail.com)



**KAYAKING ISN'T FOR EVERYONE**



**ONLY COOL PEOPLE SEEM TO LOVE IT!**

## Answer to “Do You Recognize This?”

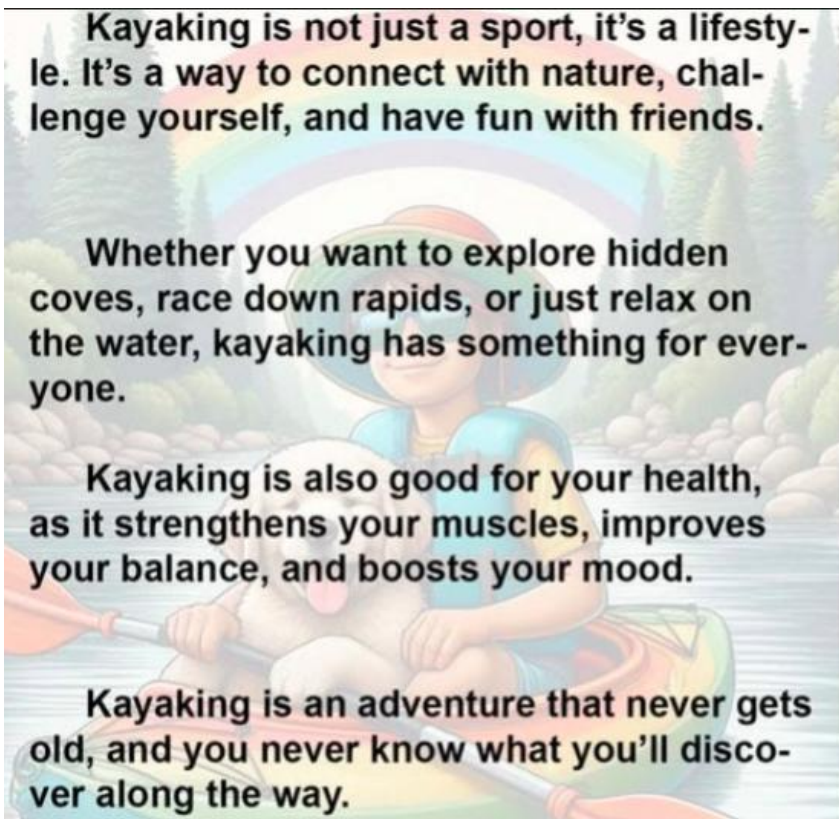
“Life is determinedly vital. Our responsibility is to recognize its innate value, and treasure it,” notes the official website of [Avalon Park & Preserve in Stony Brook](#). This park (8 acres) and the surrounding preserve (76 acres) promote peace and being one with nature to the fullest, with five distinct natural habitats, hiking trails, yoga in the barn, meditation classes, bird-watching walks, a labyrinth, and telescopes at the observatory. It also offers environmental programs for kids during the summer and if you look hard enough, you may find some trees wearing sweaters, among other public art pieces integrated with the nature. 🌿

**Kayaking is not just a sport, it's a lifestyle. It's a way to connect with nature, challenge yourself, and have fun with friends.**

**Whether you want to explore hidden coves, race down rapids, or just relax on the water, kayaking has something for everyone.**

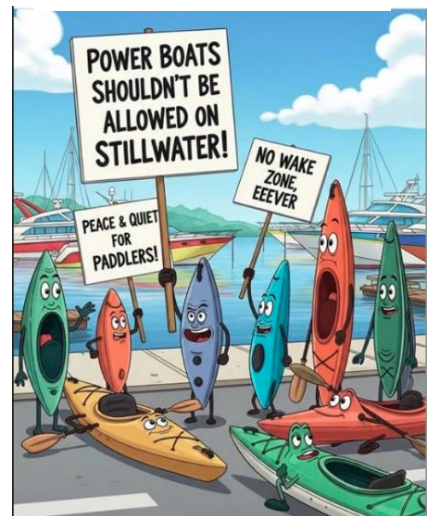
**Kayaking is also good for your health, as it strengthens your muscles, improves your balance, and boosts your mood.**

**Kayaking is an adventure that never gets old, and you never know what you'll discover along the way.**




Joy of night paddling

Every time you get into your kayak and paddle off...  
**ALWAYS →**





## Calling All Paddlers!


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

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](mailto:dgorycki6@gmail.com). A thank-you email is returned as a receipt acknowledgement.

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

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

## Sporting Advisory Council

Submitted by Liz Marcellus, Conservation coordinator

Many of you have heard me speak of the Sporting Advisory Council meetings and heard me give updates on what was discussed. For those of you that are new or can't make the meetings I'd like to explain exactly what the council is and what my role has been. In December 2006 ( wow ! Almost 20 years!) I was asked to join and then appointed to the council to represent kayaking and canoeing in Suffolk County Parks.

The council consists of no less than 7 and no more than 9 members representing various sporting activities in Suffolk County. These activities include, but are not limited to: hunting, fishing, outer beach use, kayaking, shooting sports, hiking, jogging, bicycling, field trials.

We meet bimonthly along with Suffolk County parks representative Nick Gibbons at Suffolk County Parks offices in West Sayville.

The members now include people from :

- Suffolk Alliance of Sportsmen, Inc( SASI)
- South Shore Waterfowlers Association
- L.I Beach Buggy Assoc.
- Eastern L.I. Audubon Society
- Suffolk Archers
- NYS Conservation Advisory Board

Also attending the meetings:

- NYSDEC- Bureau of fisheries
- NYS ENCON police
- And 2 other members of NYSDEC

Two members recently deceased :

- Tom Casey represented Hiking and the Greenbelt trail
- George Costa represented Trout Unlimited

Each meeting lasts about 3 hours. First Nick Gibbons will discuss what has been happening in S.CV Parks such as: Dredging, hunting regulations, new hunting areas, piping plover updates, beach updates, land acquisitions and basically anything having to do with recent S.C. Parks issues. After Nick speaks, we then go around the table and each person discusses issues and happenings regarding their group. There are many overlapping subjects so although I don't hunt or fish, I do find things of interest .

Things that have been accomplished since I began?? Some things small, some things big. Some things I'm still working on!

I'm not sure if I can remember them all at the moment..But I'll try..

(Continued on the next page)

**2026 Sporting Advisory Council (Cont'd)**

Blydenburgh Park Stump Pond : allowing people to bring their own kayak/canoes  
Southaven Park: improved take out location Mcallister Park: 6 parking spots Regrading of Birch Creek rd Upper Peconic river improvements : put-ins and portage spots along the river ADA access : coming soon Timber Point: additional parking spots Gardiners Park: removing the sign at the bay in the middle of the trail. That darn sign ruined all my photos ;)

I only have one set of eyes, so I am asking all the L.I Paddlers members to reach out to me regarding anything they have ideas or suggestions regarding kayak/canoeing in S.C. Park locations. You can make a difference! But I have to know in order to bring it up to Nick. 🙏

**Message from the President Cont'd**

Already posted is our Spring Picnic on June 6<sup>th</sup> at Centerport Beach. The morning paddles on the day of the picnic will be posted soon. The plan is to post them first but open them up at the same time to try and minimize the double booking and switching that sometimes happens.

One thing we will be attempting to resurrect this year is a Large August Paddle at Orient Point Park. This event was historically run by our former President Steve Berner and featured a large group paddle with 50+ paddlers followed by a barbecue. For the barbecue, members would bring their own food to grill and utilize the park's barbecues. Often there was collaboration/sharing of items between members which resulted in a great social event. Though we will start as a large group, after the lunch stop, we will split into smaller groups to explore different areas of the park.

I would be remiss if I did not thank all the volunteers who make this club a success and I encourage all members to help by volunteering in whatever way they can so we can not only continue what we do but expand what we do.


As we begin to paddle please be cognizant that the water will remain cold for a while and we need to be safe and dress appropriately for the conditions.

Hope to see you on the water soon. Emilio Sosa, LIP President



## LIP Sponsors


The Long Island Paddlers is currently looking for sponsors.

Club Sponsorship entitles your Business to all the rights and privileges of a Business Partner Membership plus your logo on the footer of our website linked to your business, and prominently displayed here on the Sponsor page. 

Next Long Island Paddlers Publication Date:

**July 31, 2026**

**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](mailto:DGorycki6@gmail.com). 

### DISCLAIMER:


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

## LIP Business Partner

The Long Island Paddlers is currently looking for business partners.

Business Partner Memberships include membership privileges for two adults and all immediate family members under the age of 18 years.

Business Card-sized Ad Placement in our Quarterly Newsletter, which is emailed to all members and appears on our website.


Periodic Announcements (i.e., Sales & Seasonal Offers) can be made at our monthly meetings. 

Mailing Address:

P.O. Box 1783  
Miller Place



### Editor's Note:

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

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



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

We are a supportive community of  
**Kayaking & Outdoor Adventure Enthusiasts**  
Experiencing the best of Long Island fresh water & sea kayaking

- Weekly Small-Group Day Trips Guided by Experienced Club Members
- Organized Excursions to the Adirondacks and Neighboring States
- Social Kayak Picnics & Annual Holiday Gathering
- Monthly Presentations with Guest Speakers
- Skill-Building & Safety Clinics, Buddy Program for Beginners
- Online Resource Library, Member Forum, Classifieds & much more...

*Making memories & friendships for a lifetime!*



[www.lipaddlers.org](http://www.lipaddlers.org)

