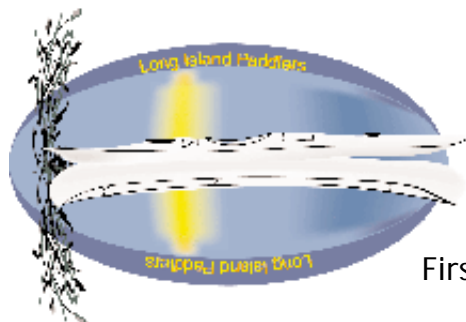


Blazing Paddles

P.O. Box 115
West Sayville, NY 11796



First Class Mail

To learn and see more of what Long Island Paddlers is all about, visit our website
www.lipaddler.org

President	Ed Luke
Vice President	Ken Fink/John Giuffre
Treasurer	Paul Caparatta
Trip Coordinators	Christopher Watt Bruce Mulligan
Program Director	Pam and Stu Selkin
Training Director	Tim Williams New!
Conservation Director	Elizabeth Marcellus
Membership Director	David Thaler
Librarian	Alan Mindlin
Refreshment Director	Barbara Kasa
Webmaster	Ed Luke
Newsletter Coordinator	Denise Caparatta
Special Events	Barbara Fontana Denise Caparatta Kaye Eastman
Awards Director	David Chin

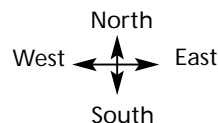
***Directions to
Half Hollow Hills Community Library
631-421-4530***

- LIE (495) to exit 51 North or Northern State Parkway to exit 42 south
- Deer Park Ave. to Vanderbilt Parkway
- West onto Vanderbilt Parkway
- The library is about a mile on the right, on Vanderbilt, opposite the High School.

Northern State Parkway

Exit 42

LIBRARY Vanderbilt Parkway



LIE (495)

Deer Park Ave.

Exit 51

Blazing Paddles

Newsletter of Long Island Paddlers



March 2005



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. On all paddling issues, it is important to base one's practices on multiple sources of information.

Monthly Meetings 2005

7-9:30 PM - Half Hollow Hills Library

Please note: The next meeting will be on **Tuesday NOT Thursday.**

Tuesday, March 15, 2005

Message from Babs

A note about the Dark Horse and Refreshments

The time has come to change the process for the dark horse raffle and refreshments. Each month I ask for volunteers and I am very thankful to those who offer their help. However, it is always the same people giving of their time, money and effort. This is my third year doing this and I just don't want to ask (beg) anymore.

The officers of the club have voted to purchase the gifts for the dark horse from the club treasury. Alan Mindlin has been kind enough to offer to shop for and purchase enough gifts for the year. He is working within a defined budget. Thank you, Alan. The **DARK HORSE** is typically a \$5-10 paddling related item that is wrapped and raffled at the monthly meeting. Each raffle is \$1 and members can buy as many raffles as they like. The proceeds from the sale of the raffle goes to the club treasury.

The women who have volunteered to work with me on the refreshment committee will provide the refreshments on a rotating basis throughout the year. They are: Diana Price, Barbara Striegel, Gerry Hummel and Cathy Dodd. During the last 2 weeks I have contacted each of them and they are agreeable to this plan. Of course, if any other club member would like to volunteer to bring in refreshments one month it would be greatly appreciated. This is not gender specific; men are welcome to be the "guy with the goodies" for the month. Just see one of us at a meeting. Some guidelines for refreshments are:

- You will be reimbursed up to \$30.00, more than that is usually too much food and it gets sent home with you.
- A cold, decaffeinated drink is appreciated, especially in the warm months.
- Finger foods are best, less fuss.
- Healthy foods are a plus.
- An average of 50 people attend meetings.

Help Stop Sewage Dumping

Dear River Advocate,

Your help is needed to protect public health and our drinking water resources. Please contact your Member of Congress and ask him or her to sign a letter urging the Environmental Protection Agency (EPA) to withdraw its proposed sewage dumping guidelines.

Take action today <http://amriversaction.ctsg.com/ctt.asp?u=3070476&l=77851> to stop the EPA's sewage dumping guidelines.

In November 2003, the EPA proposed changes to the permitting requirements for municipal wastewater plants that would allow routine dumping of largely untreated sewage whenever it rains or snows. The sewage dumping guidelines would allow sewer operators to mix partially treated sewage with fully treated sewage before discharging it into our rivers, streams, and drinking water sources.

The proposed guidelines directly violates the law governing sewage treatment standards. The Clean Water Act requires sewage to be treated. Secondary treatment, which is the biological treatment step that would be skipped under EPA's sewage dumping guidelines, has been mandated by the Clean Water Act for almost 30 years and has been used to treat sewage in the U.S. for more than 50 years.

Congressmen Pallone, Shaw, and Stupak have circulated a letter asking their colleagues to support citizens' right to clean water and health by opposing the guidelines, which puts the public at increased risk of getting sick from bacteria, viruses, and pathogens in wastewater discharges.

Less sewage should be entering our waters, not more. Public health officials, state environmental officials, shellfishermen, marina operators, and thousands of citizens have urged EPA to withdraw the guidelines - and we need you to join this effort by contacting your congressional representatives today

<http://amriversaction.ctsg.com/ctt.asp?u=3070476&l=77851>.

Thank you for your efforts to stop sewage dumping and to advance a healthy environment!

Sincerely,

Rebecca R. Wodder
President
American Rivers

To contact American Rivers, email us at outreach@amrivers.org



LONG ISLAND PADDLESPORT SYMPOSIUM - March 12

Talks and demonstrations on paddling safety, gear, technique, boats and more, right here on Long Island! Spend a few hours improving and sharing your paddling insights. For more information on attending and/or volunteering your services, contact Elizabeth O'Connor at sksa@optonline.net or 631-563-6654.

Help build Long Island's own Paddlesport Symposium, now in its second year!

LENA CONLAN -

Tuesday, March 15 Meeting

Program Directors - Stu and Pam Selkin

We're delighted that our Tuesday, March 15, 2005, meeting will feature internationally-known outdoor educator Lena Conlan - who will present "Arctic Scandinavia, Alaska, & Greece - Great places to paddle!"

Lena, who has actively engaged in outdoor water-related activities since her childhood, holds a teaching degree from the University of Umeå in her native Sweden. She has coordinated leadership, risk management, program and instructor development for the National Outdoor Leadership School (NOLS) sea kayaking program - and teaches wilderness first aid courses for its Wilderness Medicine Institute. Lena and her husband, Tim, founded Crossing Latitudes, which specializes in reindeer trekking and sea kayaking trips in Scandinavia. She also runs education-based sea kayaking expeditions in Alaska, Mexico, Chile, Canada, and Greece.

Here's how Lena describes "Arctic Scandinavia, Alaska, & Greece - Great places to paddle!":

Arctic Scandinavia offers some of the most beautiful and distinctive scenery in the world. I'll take you reindeer packing in the Swedish mountains, cod fishing in Lofoten, and sea kayaking in the Norwegian Sea. Through slides and film you'll experience the ever-changing play of lights on the jagged mountains and storm-tossed seas.

Arctic Norway and Alaska are two very different places. In Prince William Sound, Alaska, 28 glaciers come down to the water. Icebergs float around, and seals, otters, whales, and birds frolic. So please come and see why Tim and I will return to Alaska for more paddling.

If this sounds cold, don't worry. I'll talk about paddling the Northern Dodecanese Islands in Greece as well! Warm water, colorful villages, castles built by the crusaders, history around every corner, fresh seafood, and fun paddling abound.

Lena promises a fun, inspirational, and educational presentation about paddling and hiking in wild places. And having heard Lena speak on several other occasions, Pam and Stu promise that she'll deliver. You'll find Lena charming, witty, safety-conscious, and joyously impassioned about everything that she does.

Välkommen! Welcome!



Jersey Paddler's

2005 Paddlesport Show

March 18, 19 & 20

Friday Noon-9 p.m., Saturday 9 a.m.-6 p.m. & Sunday 9 a.m.-4:30 p.m.

Garden State Exhibit Center, Somerset, New Jersey

The biggest Kayak, Canoe and Outdoor Show on the East Coast will once again be presented by The Jersey Paddler of Brick, New Jersey. Exhibits will include manufacturers of kayaks, canoes, accessories, sportswear, paddling clubs professional instruction and expeditions. Lectures and video/slide shows of exotic trips and expeditions, plus paddling techniques.

More information and directions:

Call: 1-888-22-KAYAK or 1-732-458-5777

or go to their website <http://www.jersey paddler.com/padsport.html>

Farmingdale Senior High School

Kayak Lessons

Kayaking Fundamentals Workshop - Level 1

Place: Farmingdale Senior High School

Instructors: Ken Fink, Rich Black, John Benedetto, Ira Staller,
Rich Arenalla, Scott Pollack

Date: Friday - March 4, 11, 18, April 1 (April 8th _ snow date)

Time: 7:00 - 9:00 PM > Poolside

Fee: \$155.00 per person, 4 week course

Register: Call Vickie at 516-752-6608

Fundamentals is a comprehensive beginner program that covers basic technique of both sea and white water kayaking. Eight hours in length, it is perfect for the person who has little or no paddling experience or for those needing formal instruction to complement self-taught skills. Each week, for four weeks, you will spend approximately one half hour poolside learning about boats and equipment, contending with the elements and safety concerns. The remaining 1.5 hours will be spent in the pool developing efficient paddling skills. Basic paddling strokes, bracing, capsizing, self and multi-boat rescue procedures will be covered. An emphasis will be placed on learning effective boat control through the use of upper and lower body movements. Several instructors with a maximum of six students ensure plenty of attention. (Four 2-hour classes)

Kayak Rolling Workshop

Place: Farmingdale Senior High School

Instructors: Ken Fink, Rich Black, John Benedetto, Ira Staller, Rich Arenalla, Scott Pollack

Date: Friday - April 15, 22

Time: 7:00 - 9:00 PM > Pool

Fee: \$85.00 per person, 2-week course

Register: Call Vickie at 516-752-6608

Bracing and Rolling is a "coming together" of lower and upper body timed movements that compliment boat control and paddler confidence. This skill can be acquired after a Beginner/Advanced Workshop or an equivalent season of open water paddling. Seasoned instructors already proficient in the various Rolling Techniques will coach this four-hour course (two sessions). Each instructor will be responsible for no more than two students and in some cases, one-on-one. This course is also a great way to "tune up" that unstable or weak roll as well as progress to an off-side and/or hand roll.

Kayaken Outfitters, Inc.

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2004/05 Winter - 2005 Spring Schedule

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wwwkayaken-outfitters.com

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631 467-5163

Or e-mail: kayaken1@aol.com

*All Fall sessions will be held at the Tully Park Pool on Sundays from 7pm - 10pm

KAYAKING INTRO

Kayaking is an environmentally friendly way to explore the beauty of Long Island, the sounds & bays and all the beautiful rivers and waterways on the North Shore. Kayaking provides you with a total body workout, exercising the upper body, waist and legs. A kayak is easy to transport on the top of your automobile, for access just about anywhere.

BEGINNER

INTERMEDIATE & ADVANCED

Taking is simple to learn at any age. Instruction is essential for safety & efficiency. Being a strong swimmer is not necessary. Lessons include calm water and open water classes at Bar Beach.

KAYAK TOURS

Enjoy touring to remote beaches, beautiful water, and bays under the supervision of professionals. Bring your own Kayak or use one of ours. All equipment is provided. Locations to be announced.

Includes ALL Equipment • We also give rolling lessons

ACA Certification Classes

4 Lesson Plan • 3 Hours per lesson

Only . . . \$230.00

Session 1 Dec. 5th • 12th • 19th

Session 2 Jan.9th • 16th • 23rd • 30th

Session 3 Feb.13th • 20th • 27th • Mar.20th

Session 4 April 10th • 17th • 24th • May 8th

FREE Kayak Shed!! Moving to Florida

Come and get it.

Holds two 17 foot kayaks.

Call Camille Raciopio 631-423-0987 or e-mail her at: camra13@optonline.net



Membership Dues Reminder!!!



Membership renewals are due. The membership period is from January 1 through December 31 of the current year. 2005 membership dues is \$25.00 per household. If you have not already done so, please make the check payable to Long Island Paddlers and mail it to:

David Thaler, Membership
14 Westchester Court
Middle Island, NY 11953

**Membership must be current in order to participate in club activities.
The deadline for renewal is April 15, 2005. Please renew today.**