

SEBAGO CANOE CLUB E B L A D E

The official newsletter of the Sebago Canoe Club in Brooklyn, NY kayaking, canoeing, sailing, racing, rowing May 21, 2008

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COMMODORE'S MESSAGE

Welcome back Sebago, to the season of warm breezes, temperate waters and regular outings in the Bay. To all of you new to our club, welcome on board to the joys of human-powered boating and the satisfaction of cooperative efforts to maintain our site and our programs for building skills in sailing, kayaking, racing and rowing. 2008, our 75th year, will be a celebration of all the effort and enthusiasm invested by members like you to sustain paddlesports and to provide access to our surrounding waterways that led from our formation at Lake Sebago in 1933, to Jamaica Bay with the establishment of a base along the Paerdegat Basin in 1960.



The cold-weather months have been anything but quiet for many Sebago members. We owe a great deal to those whose enthusiasm has kept us going with planning sessions, workshops, and skill training activity. A major player has been Stevie McAllister, who organized weekly pool sessions to encourage achievement in rolling and boat handling technique, and the subsequent arrangement to access the new pool in Flushing through the Parks Department. Stevie spent most of his day standing in the pool helping the rest of us after coordinating all the details to get the group outfitted and transported to Connecticut. His leadership and generosity of spirit is a model to all of us.

Holding our facilities together and bringing new conveniences to members, Vice Commodore Pete Peterson, with the assistance of David Nutkiewicz, Tom Holland, Don Lovell and Matt Schindler, continued the revision of electrical service for the clubhouse, dock, and now workshops and boat storage facilities. By the dark days of this coming autumn, we will all welcome enhanced use of our storage containers, work areas, and clubhouse facilities for meetings and workshops.

Phil Giller of course, continues to do the work of six men. Grant-writing effort has resulted in an award from the New York City Environmental Fund to extend our Open Paddle Program to youth from our neighboring communities. Multiple applications have been submitted seeking matching funds to the grant received earlier from the JM Kaplan Fund to replace our dock and ramp. Phil chairs our committee planning the 75th Anniversary, with a major goal to complete matching funding required to bring Sebago a handicapped friendly ramp and dock, one with greater capacity for our active sailing and kayaking events on peak days of the summer. Phil has worked on the design process, budget analysis and approval from NYS Department of Environmental Conservation, and we have a completion date in our sights pending the outcome of our group effort for a successful anniversary celebration.

Our members organized several events throughout the winter. Among them, the Sebago demonstrations at the LI Paddlesports Show and during the opening of the NYC Water Trail by the Sea Kayak Committee, including Jerry Dunne, Bonnie Aldinger, Stevie McAllister, Minh Nguyen, and Laurie Bleich. Elizabeth Green put together a successful Greenland paddle making workshop in the clubhouse. Walter Lewandowski and Tony Pignatello organized club members for participation in the Sweetwater Kayak Skills week in Florida in February.

Adele Abrams and the Sebago Diggers continue planning and preparing for the growing season in our reclaimed parcel of parkland here in Canarsie. We look better every year. Our garden brings contentment to many members, and is a bright spot for the reclamation of parkland along the Paerdegat Basin.

(continued on next page)

Membership Committee By Shari Berkowitz

Welcome (back) to Sebago! Your membership committee is working hard to get the word out about our wonderful activities and easy water access. As you can see by the rest of the columns in the Blade, we have more trips, more training, more parties, in short more of everything you love this season, so grab your friends and bring them down!

Although the membership committee (and helpers) staffs tables at many community events, it is the one-to-one connection that really brings people in. So here are a few easy ways for you to spread the word about our best kept secret in New York:

- Always have a few Sebago pamphlets in your glove box or gear bag. You never know when you'll meet someone who wants one.
- When talking to strangers in passing, make sure to say "Sebago" and "Canarsie" at least three times each. Then, if they Google Sebago Canarsie or Sebago Brooklyn or Kayak Canarsie or Sailing Canarsie when they get home, they will find us on the first page of links.
- When you see people looking at you funny, due to your strange equipment, your oddly dripping duffel bag, or your "pointy boat looking thing" on the roof of your car, approach them. They are curious, but trying to be polite. When I come to the club on the "L" train, I always make sure to fuss with my gear and sure enough, I end up in a chat with someone about Sebago.

- When you know you are coming to an Open Paddle or other event appropriate for beginners, invite a friend or neighbor specifically for that day. These types of invitations are much more meaningful than "come down to the club some time."
- Tailor your pitch to your audience. If you are courting a hesitant beginner, stress the relaxing, easygoing feeling of paddling, and how noncompetitive we are. If you are talking to a sailor, ours is the best and most affordable small boat race series in town. If you are talking to one of those hardcore types, tell them about the members who do circumnavigations, surf skiing and the like.

Working together, we can see our club grow stronger. Let's all try to bring in one member this year. Paddle on!

List of conditional members up for senior membership:

Roz Rosen	David Huber
Chalu Kim	Dorothy Lewandowski
Bonnie Aldinger	Walter Lewandowski
John Messina	John Santana
Lisa Damiano	Roger Hodge
Edward Huber	

Commodore's Message (Continued from first page)

My personal thanks go out to all those who by consistent effort make this club work. To Beth Bloedow, who makes sense out of our deliberations in her role as Secretary, and to all the Board members who give time to the monthly meetings, often extending well beyond 10 P.M., and then follow up with the necessary business of the organization. To our Treasurer, Zachary Abrams, with a growing workload of tax filings, charity reports, income and expense management, membership dues and rosters, and now management of capital funds accounts. To Joan Byron, who takes on the work list and jobs roster for the coming season. To Beth Eller, manager of the Officer of the Day Roster, who now takes up the scheduling of leaders for the Open Paddle. To Danielle Peterson, for her recording and submission of the guest waivers during our Open Paddle sessions. To Beth Bloedow and Mike Boxer, Cabin Stewards, as well as participants in the ACA Atlantic Division Camp Committee. To Alexis Loinaz, coordinator of our speakers for the Open Paddle. Alexis now seeks program components for the

weekday youth paddles and environmental awareness sessions. To our new Membership Committee led by Shari Berkowitz, including Ed Huber, Tom Holland and Bob O'Neill. Thanks to all the prior committee members that worked with Tony Pignatello, providing outreach to new members and publicity for our events. Tony now teams up with Walter Lewandowski to develop a schedule of regular member and regional trips. An expanded calendar of events was prepared early this year through the efforts of our Activity Chairpersons, Jim Luton and Holly Sears for SailCom and Jerry Dunne for the Sea Kayakers. Linda Peterson, Social Chairperson, keeps us all well fed and cared for during our special gatherings at workdays and club events.

These members, and some I must certainly have overlooked, are what make our effort as a cooperative community successful. Thanks to all of you.

John Wright, Commodore

Sea Kayaking Committee By Jerry Dunne

Sea Kayak Committee Report, Spring 2008

Well folks, paddling season is about here! Remember, the water is still COLD, so please remember all outdoor paddling requires at a minimum a full wet suit and preferably for now, a dry suit!!



The Open Paddles will begin Saturday, May 31st. Pete Peterson will lead the first paddle, and for those trip leaders and the many who may be qualified to become trip leaders, we will have a rescue clinic and trip leader workshop on June 7th and June 8th. Any member with Star 2 skills (not necessarily Star 2 certified!) may attend and perhaps become a trip leader.

And our calendar is basically set, so please review. We will have wonderful Full Moon paddles on June 14th, July 19th, August 16th, September 13th and October 11th (I guess about once a month this year!) Please plan to attend, and if you do not want to paddle, remember we will be getting together afterwards to enhance our off-water skills.

Of course, the Open House is on May 24th. We will be discussing with our sailing friends some joint

adventures this year, so please come so we may all gather and exchange views.

The BCU Star 1 class will be Saturday, June 21st at Lake Sebago in Harriman State Park, with a beginner's paddle in Jamaica Bay the next day, Sunday, June 22nd with Phil Giller. Star 2 this year will be over two days, July 12th and July 13th, at Lake Sebago; and Star 3 over two days on July 26th and 27th. We will have our usual cast of extraordinary instructors (who BTW, all volunteer their time) and expect the two-day format for Star 2 and Star 3 will give everyone an enhanced experience with more time to work in small groups with the instructors.

We are also planning many regional trips, some overnight (and some over many nights!!) so check the calendar; and we will also have clinics and training every Sunday beginning Memorial Day weekend at Lake Sebago.

Just email me if you ever want any training at Lake Sebago. We'll have quality instructors at the Lake every Sunday during the season to assist skill development.

Contact me anytime with sea kayak or training questions. My email has changed to jerry.dunne@dunnelaw.net

Rowing Committee

By Joe Romano

Rowing Report - 04/10/08

How sweet it was to be out on the water today on a beautiful spring day. Stroke... glide...getting great exercise as you enjoy the clear water under the boat, the birds along the shore, the cool breeze, the quiet, with hardly any other boats out on the water. Sure beats working out at the fitness center.



Sebago offers you the chance to try sculling. Scull is an interesting word. It refers to the activity, the boat is also a scull (at Sebago we have several individual sculls), and it also refers to the oars (we have wooden and carbon sculls at Sebago to use with the sculls when you go sculling).

So come on down on one of the Rowing Assistance Days that you'll see on the calendar and try your soul and your body at sculling. You may like it, but you'll never know if you don't try it. If you're a beginner we can set you up with the rowboat that's on the dock. It has two new oarlock sockets so you won't have to worry about the oarlocks breaking away from the boat...one less worry. After you're comfortable with the rowboat you can move to a scull if you wish, otherwise you can just keep rowing the rowboat. It's just another fun thing to do at Sebago. Hope to see you soon.

PADDLESPORT 2008

Sebago members provided a significant presence for our club at the Paddlesport 2008 exposition hosted by Jersey Paddler at the Garden State Exhibit Center over the weekend of March 28th to 30th. The annual event table, organized by Zachary Abrams and Phil Giller, gives our members an opportunity to network with other clubs and organizations with common goals of environmental concern and on-water recreational opportunities. Sebago provided the recently updated NYC Water Trail Map to visitors to the event, on behalf of the publishers, Going Coastal and the NYC Department of Parks. Photos and information about membership in our club were provided to those stopping to visit between the scheduled demonstrations and seminars provided during the daily schedule. Our members also took advantage of the range of boats and accessories on display at discounted prices to bring home new kayaks and paddling equipment for the upcoming season.

Members volunteering to maintain a presence at our table included Zachary Abrams, Bob Fritz, Norman Geller, Phil Giller, Elizabeth Green, Tom Holland, Donald Lovell, Danielle Peterson, Pete Peterson, Eric Russell, Martin Small, Mat Waldo, John Wright, and Hillary Zaenchik. Thanks to all of you for your support of our club.

Sailing Committee

By Holly Sears & Jim Luton



The weather is starting to warm up and we're anxious to get on the water! This year we have our usual roster of sailing events: our monthly scheduled cruises, the two-day Sail Clinic on June 28 and 29th, and our weekly races every Friday night.

WHAT IS SEBAGO SAILING?

Our Boats:

All boats at Sebago must be hand-carried down the ramp and launched from the dock. This naturally limits the craft to those that are relatively light in weight. There is also a mast-height restriction at the Belt Parkway bridge. But so far, no boat that you could get down the ramp has a stick so big it wouldn't go under the bridge (but you never know). All of our club boats are one-design dinghys. These are single-person boats that can be quite athletic to sail, and require hiking out to keep upright. They are wet boats, and will flip easily. The club has three Sunfish, two Lasers, a Supersunfish, a Force 5 and a vintage 420 (we're still working on getting this boat up and running). All of our club boats require yearly maintenance to keep them afloat, and since Sebago is an all-volunteer club, this work is performed by our members. This is however, good training for maintaining and repairing your own boat when you get one. To use one of our club boats, a member must be "certified". Guidelines for certification are on the sailing page of the Sebago website. The Sailing Committee (SailCom) keeps two dollies for transporting the boats down to the dock and works to keep the boats in reasonable condition throughout the year.

Our Events:

Members who have little or no experience sailing dinghys and would like to sample sailing have several opportunities. The first is our Open House, when Sebago sailors take anyone interested out on rides. We also invite members to join in on our Friday night races the first Friday of June, July, and August. Note: you will need to contact the SailCom Chairs to schedule and confirm a partner to take you out.

Annual Sail Clinic...

(this year on June 28 and 29th) is the best opportunity for our members to learn sailing at Sebago. This is a basic sailing class, but the information can be adapted to our students as necessary. We teach adults only, and use the club boats, so you will learn to rig and sail our particular boats, and you will also be offered specific information

regarding our waterfront, the basin, and Jamaica Bay. Remember - these boats require very physical movement. You will be wet, and more than likely you'll flip the boat and spend a little time in the water (but that makes it fun!) The class runs all day on both days, and includes classroom instruction, rigging, on-land training, and extensive on-the-water training for both days. We usually cruise out to one of the islands and set up buoys to run sail drills by the second day. The class requires an instructor for each student, so enrollment is limited. Book early! Payment (\$105) confirms enrollment.

Friday Racing...

This year we will be racing on Friday nights (previously it was Thursdays). These races are open to all certified sailors in any boat. Use of boats is on a 'first come-first served' basis. Sailors should be rigged and on the water by 5:30 (latecomers are welcome to join in, but we ain't gonna wait on you!) We welcome sailors of all skill levels as long as you can handle a boat by yourself. The races are friendly. We're happy to work with beginners who need to understand procedures and rules. Racing is a terrific way to hone your boat-handling skills. When we have daylight we usually get in 2-4 races. Races begin this year on May 30th and run through August.

Cruises...

SailCom has a cruise scheduled once every month. Any certified sailor is welcome to join in. Use of boats is on a 'first come-first served' basis. Sailors should be rigged and on the water by the times listed on the calendar for each cruise. Cruises are typically 3-4 hours

Sailing Committee *continued*

long, and usually include beaching for lunch.

Our sailors get out on the water as much as possible. Most of us are sailing every weekend, in addition to our scheduled events. We often set up impromptu games or drills for our amusement, and we practice skills during our cruises in the Bay. Many of our sailors own their own boats, which include not only the one-design dinghy classes mentioned, but small skiffs and sailing canoes as well. Jamaica Bay offers fabulous sailing; some of the best to be had in the NYC area.

This year some of our sailors will be venturing outside of our own waters for other sailing events. Holly Sears, Tracy Kornrich, Chris Sears and Jim Luton are going to join the Laser 8 District races on Long Island. Jim and Holly will be taking Jim's boat, Cricket, to Brooklin, Maine for Woodenboat's Small Reach Regatta. This is a "raid"-style event for oar and sail that will host fifty-eight classic wooden small craft, many of them owner-built as is Cricket.

We welcome anyone interested in our sailing program to contact the SailCom Chairs: Holly Sears and Jim Luton at sailing@sebagocanoecub.org.

See you on the water!



**The BLADE is the official newsletter of
THE SEBAGO CANOE CLUB.
The viewpoints expressed are those of each
individual contributor and do not necessarily reflect
the views of The Sebago Canoe Club.**

**As an all-volunteer organization,
the BLADE depends on its members to put together
this newsletter.**

**GRAPHIC DESIGNER Elizabeth Green,
EDITOR Beth Bloedow**

Mayor's Cup 2008

By Joe Glickman

Many of us Sebagoites have paddled around Manhattan — it's actually hard not to when you belong to a club of paddling crazies — but only a select few have been brave, fit or —how do I phrase this? — foolish enough to race around the island. As the fastest fool in the club, let me provide a brief history of the event as well as a few gentle suggestions why you might consider entering the race yourself.

Ten years ago there was a race around Manhattan sponsored by AmeriCares to raise money for kids with cancer. Fifty-seven paddlers entered, including Mike Boxer and I. We got stuck in traffic on the West Side Highway and arrived at Chelsea Piers literally as the starter's gun sounded. We both made it around but the race lasted just one year.

Two years ago Ray Fusco, a former kayak instructor on the Hudson, called a meeting with Manhattan Kayak Company owner Eric Stiller and me and asked us what needed to be done to pull off this ambitious feat. While the distance was foreboding and the logistics daunting, Ray was so committed and enthusiastic I figured he had better than a 50/50 chance of pulling it off.

And so the Mayor's Cup was born.

In 2006, 43 paddlers toed the line at the North Cove Yacht Harbor, a brilliant location on the Hudson in what was once the shadow of the World Trade Towers. Luckily for Ray, four-time Olympic medalist Greg Barton showed up. Barton's sole aim was to break the record for rounding Manhattan in a kayak. (The record of 3 hours and 44 minutes was set by Dorian Wolters, a former member of the German Wildwater Team.) Greg paddled at a mere mortal's pace, graciously offered me his wash on the flat section of the course and carefully eyed his GPS to make sure he was on record pace. Around Hell's Gate, Greg took off. He crossed the line in 3 hours 21 minutes, six minutes before yours truly, and smashed the record by 24 minutes.

Perhaps more amazing than Barton's machine-like prowess was the fact that our own Yaroslav Ovcharuk completed the circumnavigation in an ultra-tippy, low volume flatwater racing kayak. Yaroslav spent three years as a member of the Ukrainian National Kayak Team. He's got less body fat than a tea kettle but unless you understand how tippy I felt in my far more stable ocean racing surf ski in the long stretches of rough water you encounter around the island, you can't grasp how amazing a feat he'd managed. It is worth noting that long after he'd finished he kept repeating the phrase: "Thank God!"

Last year Ray Fusco gathered more prize money, spread the word, and upped the total purse. South Africa's Herman Chalupsky, a two-time winner of Molokai and the younger brother of Oscar, the 11-time winner, signed on. Barton returned. When Ray found an additional five grand for first, Zsolt Szadovszki,

a former member of the Hungarian National Sprint Team, and South African Ian Gray, another world-class paddler, appeared. Suddenly Ray had a banner race.

Nearly 100 paddlers toed the line. At the gun, a six-man pack sprinted up the Hudson: The Big Four were joined by Sean Brennan, a member of the US Olympic Sprint Team, and Dorian Wolter. Brennan and Wolter fell off early and the battle lines were drawn. I wrote about that race for www.surfski.info (www.surfski.info/content/view/536/147/) so you can read about how it went up front if you like.

Several other Sebago members made it around as well, including Orlova Chaze and her boyfriend Glen Jackowski. Orlova (5 hr 20 min) and Glen (4 hr. 2 min) won their respective divisions (Fast Touring) and left with a bit of cash stuffed in their PFD's. I felt confident that the strong paddling couple would handle the circumnavigation, but I had my doubts about another member of Team Sebago: my man, Chalu Kim.

In June I gave a stroke clinic that Chalu attended. Despite a lack of paddling experience, Chalu was graceful in a kayak. After the class I learned that he had done some serious rock climbing and mountaineering. He was also an avid backcountry skier and had studied the martial arts. Chalu and Phillippe Castagner, who also took the clinic, co-purchased one of the skis in Paul Banks' fleet and began training in their tippy new toy like kids set free with their first bicycle. Over the summer we exchanged countless e-mails about the nuances of reach and rotation and, week by week, I watched them improve.

Still, when Chalu told me shortly before the Mayor's Cup that he was thinking about doing the race in the surf ski I thought he might be in over his head. Chalu had never done a kayak race, much less tried to tackle a long, tricky course in an extremely dynamic surf ski. Unlike Jamaica Bay, where we find heaps of wind chop and motor boat wash, we don't get to practice much in confused water bouncing off sea walls. And the last section, the course from the Brooklyn Bridge, south around the South Street Seaport and north up the Hudson is a very sloppy track that you have to tackle after three plus hours of non-stop paddling.

I convinced Chalu to borrow my Epic 18 sea kayak — still a dynamic boat. In the days leading up to the race we exchanged another hundred e-mails about nitty gritty racing details. The morning of the race — a chilly, sunny October morning — Chalu was in a puffy down coat and a thick furry hat that made him look more like a Himalayan mountain climber than kayak racer. We shook hands before the start and for the next three and a half hours I was wrapped in my own little aquatic drama.

I'd hung with the leaders up the Hudson before getting dropped heading into the Harlem River. For

Ruminations On A White Water Canoeing Adventure, 1978

From a letter by Steve Seltzer

Dear April,

As you can see from the enclosed, we met your brother's friend up along the Allagash.

I'm afraid I can't go along with your lovely notion that this bird was so wild, so innocent of man, that it did not know enough to fear him. No. This bird was thoroughly sophisticated, quite familiar with the ways of man and his habits, and seems to have domesticated man with stunning success.

It's not as if man is a stranger up along the Allagash: man paddles up (down?) that river at the rate of several every hour, and stops every night at the same

Mayors Cup 2008 continued

much of the race I chased a former Olympian...before fatigue grabbed me hard and he left me behind. Struggling to the finish along the sea wall up the Hudson, another racer who'd trailed me the entire day caught me. We slugged it out in the raucous water to the finish. He finished a boat length ahead. I was happy and disappointed both and while I staggered around talking to other paddlers I struggled to put this cool, competitive circumnavigation in perspective.

Nearly two hours later, I stared over the railing south down the Hudson looking for Chalu. Would he finish? Where was he? And, bingo, there he appeared, battling along the sea wall in water that was even rougher than when I'd finished. It's next to impossible to describe fatigue, especially profound fatigue. But I think I understood how thoroughly exhausted he was. Just as it's difficult to capture the complexity of a gentle man with a bohemian past, infectious smile, Buddhist sensibility and thirst for adventure. Chalu has made a dangerous solo trek through Afghanistan and spent enough time in the mountains to see more than a few friends die before they reached the age of 30. But, to me, his attitude and willingness to embrace this ambitious goal taps into something quite elemental of why I love pushing my body and challenging my mind.

Chalu completed the course in 5 hr and 29 minutes. He staggered out of his kayak, struggling to find the words to describe his latest adventure. And yes, a wide smile punctuating his salt-encrusted face. Days later, Chalu reported back to Commodore John Wright about how the Sebago team had fared: "It was quite a showing. I had a rudder problem but persisted. It was a great paddling. I am planning on doing it next year with Philippe."

The Mayor's Cup will be held on October 19, 2008. For more information check out the web site : www.nymayorscup.com.

Ruminations continued

limited number of designated camping areas, which are usually clustered within easy flight of each other, enabling the jay (Canada Jay) to select from the various menus being offered at each.

Its preference in human food - Grape Nuts - even suggests contact with the late Euell Gibbons.

Still, it was a lovely notion, and I want to thank you for it, because the images it evoked did help decide us to try the Allagash, and that adventure turned out to be enjoyable and exciting, however foolish it was for the two of us to attempt it.

Consider that at the outset one of us had to stop to figure out which side to paddle on to make the canoe go left or right - and was completely immobilized trying to puzzle out backwatering.

The other had no experience in white water and no idea at all of what particular dangers lay beneath and beyond the various waves and ripples and troughs and flats that confronted us: reading the river was like reading Sanskrit. Consider too, the plight of the philosophical disposition, inclined to reflect and ruminate on alternative courses before reaching reasoned decisions. Consider that disposition thrust into the rushing stream which affords no time for calm consideration, which presses one with one choice after another, which overwhelms one with the need to act, to decide instantly, to choose instinctively, and which punishes inaction as severely as wrong action... Ah, the placid, contemplative disposition took more of a battering than the canoe.

It occurred to me later, in looking back on it, that this should not have been an unfamiliar experience for a couple of NY cabdrivers who, after all, are called upon to react to obstacles and openings in the flow of city traffic. Not the same. Do something foolish in a car, and other drivers, however angry, try to accommodate to one's mistakes: they stop or slow or swerve to avoid collision. Not rocks: make a wrong move in rapids and the rocks rush at you all the more fiercely, hurl themselves unrelenting in your path...

Of course there was the occasional relief when we got hung up on a rock and suddenly realized we had time - time to examine where we'd been, how we got where we were, how we should have gone, and where to go from here... Ah, luxury... robe, slippers, pipe, map, binoculars...

Well, we survived. We learned a little, and the river was merciful to us. Before starting, we watched others going through the heaviest rapids on the river and couldn't decide if it was really easy or if they were just so good they made it look easy. We started well below that stretch, learned our Allagash a-b-c's gradually on lesser rapids, and finally drove back to negotiate the heavies we had skipped. We escaped unscathed, but I think we were lucky.

Thanks again for the inspiration.

Off-Season at Sebago: Mild Winter. Much Fun!

By Bonnie Aldinger



Spring has sprung, the daffodils are coming up, the gardeners are gardening, the club boats are getting spruced up for the classes & tours, and a lot of paddlers are currently engaged in the Spring ritual of trying to retrieve their paddling gear from wherever the stuff managed to migrate over the winter.

But a lot of us don't have to do that – because we never stopped using our stuff all winter! The club is quieter in wintertime, but a glance at the sign-in book shows a record of people messing around in boats almost every weekend. The winter that's just ended, having had no cold snaps long enough to freeze the Paerdegat, was a particularly good one.

Indoors, something went on almost every week. Elizabeth Green arranged a paddle-making workshop taught by Chris Raab of Tuktu Paddles; Sailing Committee co-chairs Holly Sears & Jim Luton hosted an evening of Thai food, Australian skiff-racing videos and a review of the racing rules of sailing; there were a couple of good slideshow presentations; and of course

there were regular meetings of the board & various committees. (The work of running the club never stops). Then there was the indoor boating: Sebago sea kayakers practically took over the weekly rolling sessions that the Appalachian Mountain Club runs at the pool at the YWCA in Greenwich. There was some great cooperative practice & teaching going on. (Stevie McAllister in particular seemed to spend a lot more time teaching than practicing, but everybody helped each other out as much as they could). A lot of skills were learned and solidified, and now the momentum's being carried on Sundays in April at the absolutely magnificent new Flushing Meadows Aquatic Center.

There was lots of outdoor activity, too. The racers are notable stalwarts, of course – they don't let winter get in the way of their training. They're out in their K-1's, surf skis or OC-1's almost every weekend. If the weather's rough, you'll see them doing endless laps in the basin; if it's pleasant, the only evidence might be sandals on the dock, or Sylvie the dog hoping you'll throw a ball for her.

The sea kayakers got lots of fresh air too, with a solid core of people with the right skills & gear going out all winter. The usual trips were weekend day paddles, 9 or 10 miles or so, generally aiming to be back at the club before sunset. Lunch breaks were *de rigueur*; you burn calories just staying warm & you have to refuel. Of course, the lunch break on the beach, when you're out of your boat & not moving, is the point at which you actually start feeling the cold. Well, there's an easy solution for that. Taking full advantage of our urban location, we simply paddled to restaurants a lot! Italian at Gino's, on Cross Bay Boulevard in Howard Beach was a particular favorite; we also enjoyed (maybe overindulged in) Turkish food in Sheepshead Bay, and pizza in Williamsburg.

It wasn't all restaurants. There was the New Year's Day Frostbite Regatta, around Canarsie Pol, and a few other just out & about in the Bay on warmer days. A mid-March paddle of about 7 miles was the shortest one of the season, but it wasn't necessarily the easiest. The distance was intentionally cut due to a forecast of winds gusting to 30 knots. A day like that, the focus goes from getting to a specific destination to being just a test of skills. That day's group was a good one & we had a great time. On days with less feisty conditions, longer paddles were more the norm, because with the amount of prep time winter paddling takes, with all the extra gear & hot drinks & all, the paddle just has to be longer to make it worthwhile.

A few other memorable off-season events: the Yonkers Paddling and Rowing Club



Off-Season at Sebago *continued*

joined us for a Fall surfin' safari off Breezy Point; there was a Verrazano trip (things got a bit hairy, but rescue skills worked & everybody came home in one piece); Commodore John Wright & a few other lucky rats attended the Sweetwater Kayaks Greenland/BCU symposium in Florida in February; in March, Sebago had a table at the Long Island Paddlesports Safety Symposium that Elizabeth O'Connor at Sea Kayak Skills, where Jerry, Minh and I had a great time doing a rolling demo on the Connetquot River. (Poor Stevie'd left his boat home because we really didn't think the demo would happen, the weather was cold & there'd been gale warnings the day before, but it did settle enough to do it). Finally, there was the fabulous fun of attending the opening of the NYC Parks Water Trail: the ceremony was fun, and then those of us with boats paddled up to "Dumbo Cove" in the Brooklyn Bridge Park. (That was where pizza in Williamsburg came in). En route, we saw a seal on Governor's Island (Stevie spotted it), and put on a rolling show for the lunch crowd at the River Café. A lot of us had to take a day off from work to do it, but I think everyone agreed that it was worth it. Seals & other fun aside, it was just a good way to say "thanks" to those who made it happen (first and foremost, our own Dorothy Lewandowski).

Not such an off off-season after all!



2008 Sweetwater BCU Kayak Skills Week, February 18 – 21, 2008

By Donald Lovell and Tony Pignatello

The BCU offers a standard of training that takes the paddler from the very basic skills to advanced skills that allow them to paddle anywhere in the world. It provides benchmarks for the paddler to gauge their sea kayaking paddling skill and knowledge. The BCU Star and Coach awards are recognized worldwide.

A great time was had by all at the Sweetwater BCU Week in St. Petersburg, Florida. John Wright, Tony Pignatello, Dottie & Walter Lewandowski and Donald Lovell enjoyed four days of great training and fun. We were able to practice such skills as Canoe Safety, Sculling, Bracing, Greenland Clinic, 3 Star Training and much more. Tony and I finished off the week with a 9-mile circumnavigation of Fort De Soto Park at the southern tip of St. Petersburg on the Gulf of Mexico.

Donald

Over Presidents Day week five Sebagoans headed south to Tampa Bay, Florida for some kayak instruction. Every aspect of the stay was four-star. The rental boats were high quality, the venue was beautiful, instructors were knowledgeable and friendly, the company was great, and the restaurants were good. I was struck by how friendly everyone was including the locals. I guess there really is a difference between southern and northern culture. I found this to be a trip well worth taking. Four of us drove down in two cars. That's not a very good idea. (I thought that one up). The drive down is long and expensive. Because they use high quality equipment there is no good reason to take your own.

Best,
Tony



SEBAGO 75th ANNIVERSARY MERCHANDISE

Order Directly from Sebago website:

www.sebagocanooclub.org

or

fill in order form and send to:

Phil Giller

1060 East 82nd St

Brooklyn, NY 11236

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WHITE								
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75th Anniversary Splash



At the Picnic House

PROSPECT PARK

4th -5th St

Entrance

Brooklyn, NY

November 6, 2008

As a representative of _____

I would like to help Sebago Canoe Club's Fundraising initiative by contributing towards your goal of raising \$25,000. I understand that my sponsorship will be represented in your *75th Anniversary Splash Program*, and as noted below.

\$600 for a full-page— plus—for one year: a 1/2 page ad in The E-BLADE (printed 3 times per year) and a direct "link" to your web site from our web site.

\$350 for a half-page space — plus—for one year: a 1/4 page ad in The E-Blade (printed 3 times per year) and a direct "link" to your website from ours

\$200 for a quarter-page space— plus—a listing of your *Sponsorship* on our web site.

\$100—for reproduction of your business card and a listing of your *Sponsorship* on our web site.

\$50—*special for Members*—your business card reproduced—or a message of good wishes, memories, or thanks.

PLEASE PRINT CLEARLY! Include information here:

Name: _____

Address: _____

Phone: _____

E-mail: _____

Check # and amount: _____

Artwork and text—supplied by sponsor: text only eps file
 line art and text Word File pdf file

Other (please describe) _____ Business card

**DEALINE FOR
COMMITMENT
September 19, 2008**

Your Sebago Contact for the 75th Anniversary Splash is Phil Giller. Please email materials to:
phil.giller@gmail.com Snail mail: 1060 East 82nd St Brooklyn, NY 11236 cell: 718-354-6141

THANK YOU FOR YOUR CONTRIBUTION

Sebago Canoe Club a 501C3 all volunteer run not-for-profit

SEBAGO'S 75th ANNIVERSARY SPLASH

For those of you who do not know, Sebago will turn 75 in 2008. We are planning on throwing a BIG 75th party (Sebago's 75th Anniversary Splash) on Thursday, November 6, 2008 at the Picnic House in Prospect Park.



SAVE THE DATE

Sebago held a great party and fundraiser for our 70th, "The Big Splash", at the Brooklyn Brewery and the club raised over \$13,000. We want to throw an even grander party and try to raise at least \$25,000 this time. The money will be used to build a new dock and ramp and will help fund the club's programs by buying equipment.

The night will feature a three-course dinner buffet, refreshments, live music, a silent auction, a human-powered slide show, free giveaways, a color program and more fun than is humanly possible.

Tickets to the event will be \$60 each and will include one free raffle ticket. We hope to be able to offer a \$3,000 boat package as the grand prize of the raffle, with other exciting prizes also.

Tickets for the event and raffle tickets will go on sale starting in September.

We need one person to head up the sales of the event tickets and one person to head up the raffle ticket sales. Please contact Phil Giller if interested or if you need additional information.

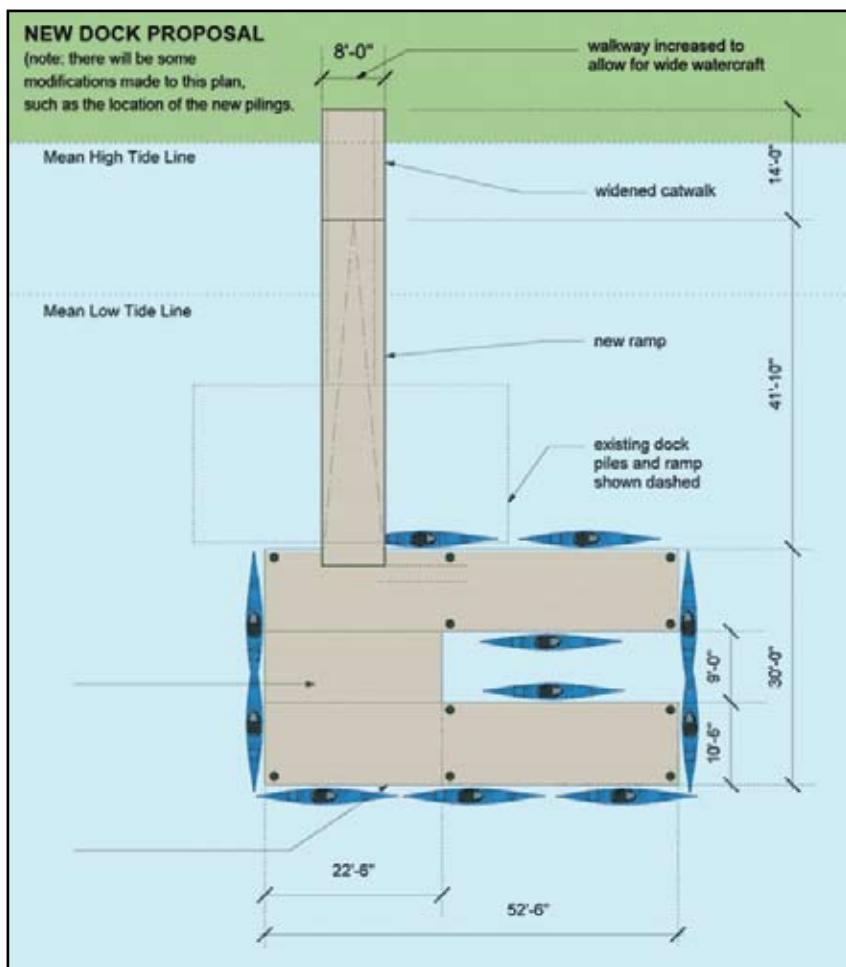
WHAT YOU CAN DO TO HELP

We expect to make all our money on the raffle and by selling advertising space in the souvenir program. (The ticket price will pay for the venue, food, music, etc.)

- Make copies of the Ad Sponsorship form on the next page of the Blade. Whenever you go anywhere even remotely associated with paddle sports, bring the form, talk to people and try to get them to take out at the minimum a quarter-page ad. Take the form to your local bank, supermarket, and your local politicians and ask them for support.
- Get raffle/silent auction goods valued at \$150 or more. (The sponsorship proposal is located on the website.)
- Donate goods or services for the silent auction.
- Take three books of raffle tickets and sell them to family or friends or co-workers. If every member sells three books of raffle tickets, we will raise the money we need.
- Help promote the event by buying a 75th Anniversary rash guard or hat with our logo. See the following pages in the Blade. You need both when you go out on the water in the sun.
- Promote the event everywhere you go.
- Volunteer to be on the committee and help out.
- Volunteer to work a one-hour shift the day of the event so everybody can enjoy themselves.

THIS WORK WILL COUNT TOWARDS THIS YEAR'S WORK IF YOU NEED IT OR TOWARDS NEXT YEAR'S WORK REQUIREMENT.

Please contact Phil Giller, phil.giller@gmail.com 718-354-6141 cell, if you want to be on the committee or just want to help.



Rebuilding a Skin-on-Frame Boat,

continued...

By Steve Heinzerling

In the last issue of the Blade, I documented the taking apart of my Greenland style kayak.

Over the winter I've been rebuilding the boat with a number of modifications. I steamed a new set of ribs for the boat which will give it a lower profile to the water. To steam the ribs, I set up an old pressure cooker with a hose feeding into a piece of PVC pipe. The rib stock was of yellow cedar. A simple bending jig helped to achieve a consistent result.

With the new ribs in place I replaced the keel and the chine stringers. The chines I spread further apart than they had been. I gave the keel a bit more rocker and added an integral skeg to the stern that was inspired by the Nordcap design.

The skin on the boat is eight-ounce ballistic nylon. The nylon and the polyurethane are from Spirit Line Kayaks. Their website is an excellent resource. My reference books were "Building Skin on Frame Boats" by Robert Morris and "Building the Greenland Kayak" by Chris Cunningham.

Before dyeing the boat, I "tattooed" some designs onto the skin. The designs were taken from carvings on the Oseberg Viking ship from 820 AD. I renamed the boat "Asa" after the Norse queen believed to be buried in the ship. My Norwegian ancestry attracted me to these designs. I've spun out my own Norse saga of a Viking who went native and took to kayaking and living with the Inuit. The "tattooing" was done with fabric markers from an art supply shop. For the dyeing of the boat I consulted with Brian Schulz of Cape Falcon Kayak. Two years ago, he demonstrated a method at the Delmarva paddler's retreat which is much simpler than anything in print or online.

The only thing I have left to do is to coat the skin with a two-part polyurethane. I'm very pleased with the lines of the boat and can't wait to get it in the water. I should have it done by the time this goes to press. Final photos in the water I'll send in to the next issue.

For questions or comments, contact me at steveheinzerling2@verizon.net.



Capital Improvements at Sebago

By Phil Giller

Hello, everyone. I thought it was time to give all the members a status report on our multi-year capital improvement program.

What is on the horizon? For years we have been talking about a new dock that is larger and built for our demands and a ramp that has a much shallower pitch. We have actually been working on both these issues.

THE GOOD NEWS:

- We have designed a 1300 square foot dock that works for all activities.
- We have designed a dock built with pressure-treated lumber framing and plastic decking.
- We have designed a dock with plastic framing and plastic decking.
- We have designed an 8' wide x 44' long ramp to connect the dock to the land.
- We have full approval from NYC Parks to build either dock.
- We have pre-application approval from the Department of Environmental Conservation to build or buy a dock and ramp.
- We have received a \$40,000 matching grant from J.M. Kaplan to fund this project.
- We have an excellent price from the company that built the Olympic docks to build and install a new dock and ramp.

THE BAD NEWS:

- We have not gotten any matching funds for the J.M. Kaplan grant and time is running out.
- If we go with the outside company, we need to raise \$20,000 more since we cannot bill our own volunteer labor as matching towards the grant.
- If we build the wood/plastic dock ourselves, we can bill everything towards the grant but the cost is \$15,000 more than having it built, so we still need to raise \$15,000 more.
- If we build the plastic/plastic dock ourselves, we can bill everything towards the grant but the cost is \$25,000 more than having it built, so we still need to raise \$25,000 more.

THE BOTTOM LINE:

Our dock is well past its useful life and even with tender loving care, it will only last this season.

Building a dock ourselves can be done, but the effort it takes and the time that members have to put in to the project do not seem worth it. Also, any dock we build will have a higher freeboard than the one we want to buy.

Buying and having an outside company build and install a new dock and ramp will only minimally disrupt our operations and the work can be accomplished in November, 2008 or in April, 2009.

The planning committee's recommendation is that we have the dock and ramp built by an outside company.

We need to make sure that Sebago's 75th Anniversary Splash is a huge success and raises the \$20,000 net profit we need.

We can then create a new larger, safer, and well-lit dock and ramp that will serve the club and the community for the next twenty years.

WHAT YOU CAN DO TO HELP:

Make a donation to our dock fund.

Support the 75th Anniversary Splash by doing the following 5 items:

- Every member should buy a ticket to the 75th Anniversary Splash.
- Take three books of raffle tickets and sell them to family or friends or co-workers. If every member sells three books of raffle tickets, we will raise the money we need.
- Make copies of the Ad Sponsorship form (in this Blade or on our website). Whenever you go anywhere even remotely associated with paddle sports, bring the form, talk to people and try to get them to take out at the minimum a quarter-page ad. Take the form to your local bank, supermarket, and your local politicians and ask them for support.
- Help promote the event by buying a 75th Anniversary rash guard and hat with our logo. See photos and ordering information in this Blade.
- Help get us a Grand Sponsor or get goods/services donated for the raffle and silent auction.

We've done it before and we are ready to do it again.

With hard work, members volunteering thousands of hours, the club investing over \$20,000 and receiving grants totaling more than \$60,000, Sebago accomplished the following in the last three years:

- We have removed over 25,000 pounds of industrial debris from the property.
- We have installed a new fence and a unique entranceway on Paerdegat Avenue North.
- We have created a 400-foot recycled walkway from the street to the water's edge.
- We have begun to landscape the property with native species.
- We have upgraded our storage capacity to sixteen containers and removed old damaged containers.
- We have begun an upgrade of the electrical service.
- We have installed lights in the storage containers and will install outside lights.

SEE YOU ON THE WATER and HOPEFULLY on our NEW DOCK.

Please Help the Sebago Canoe Club Archives

By Charles Egleston

This year, 2008, the Sebago Canoe Club will celebrate its 75th anniversary. The club was founded, says one founder's narrative, one warm spring day in 1933 by seven men laying about on the shoreline rock behind what is now the Sheepshead Canoe Club cabin at Lake Sebago. I am an archivist, librarian, and cultural historian, and this winter I have collected, arranged, and described the papers of the club that I found at the clubhouse in Brooklyn, including the Blade, which was founded in March, 1964. The purpose of this article is to ask members to contribute the following issues of the Blade, for which no copy exists in the files. See the list below for missing issues. I conjecture the date in brackets.

My address for mailings is Charles Egleston, Mercer Library, 65 Fourth Street, Garden City, NY 11530 Attn: Sebago Canoe Club.

If you have one of these issues and do not want to part with it, please at least send a photocopy:

- | | |
|------------------------|--|
| Vol. 5 [1964] | Vol. 95 [1983 or 1984] |
| Vol. 22 [1970] | Vol. 96 [1983 or 1984] |
| Vol. 23 [1970] | Vol. 97 [1983 or 1984] |
| Vol. 24 [1970] | Vol. 98 [1983 or 1984] |
| Vol. 31 [1971] | Vol. 99 [1984] |
| Vol. 39 [1972] | Vol. 100 [1984] |
| Vol. 40 [1972] | Vol. 102 [1985] |
| Vol. 52 [1974] | Vol. 105 [1985] |
| Vol. 54 [1974 or 1975] | Vol. 123 [1988] |
| Vol. 56 [1975] | Vol. IV, issue 3 [1999] |
| Vol. 57 [1975] | Vol. V, issue 4 [2000] |
| Vol. 58 [1975 or 1976] | Vol. VI, issue 1 [2000 or 2001] |
| Vol. 60 [June 1976] | Vol. VI, issue 2 [2001] |
| Vol. 62 [1976] | Vol. VII, issue 2 [2002] |
| Vol. 63 [1976 or 1977] | Vol. VIII, issue 1 [2002 or 2003] |
| Vol. 64 [1976 or 1977] | Vol. VIII, issue 4 [2003 or 2004] |
| Vol. 65 [1977] | Vol. IX, issue 1 [2003 or 2004] |
| Vol. 67 [1977] | Missing all issues for 2005. |
| Vol. 68 [1977 or 1978] | The only issue for 2006 found is dated May 24, 2006. |
| Vol. 69 [1977 or 1978] | Missing all issues for 2007. |
| Vol. 70 [1977 or 1978] | |
| Vol. 71 [1977 or 1978] | |
| Vol. 72 [1978] | |
| Vol. 78 [1979] | |
| Vol. 79 [1979 or 1980] | |
| Vol. 80 [1979 or 1980] | |
| Vol. 81 [1979 or 1980] | |
| Vol. 82 [1980] | |
| Vol. 90 [1982 or 1983] | |
| Vol. 93 [1983] | |
| Vol. 94 [1983] | |

How You Can Help the Sebago Canoe Club Archive

Want to help document our history? Why not write down your personal history of the club, saying when and why you joined and why you continue to be a member. I will put anything I receive into the club archive.

I am searching for missing copies of the Blade, photographs (labeled and dated; include name of photographer please), club-related correspondence, clippings, etc.

There are two file drawers at the Brooklyn clubhouse labeled "Donate". Either drop your contributions there or mail them to me at my work: Charles Egleston, Mercer Library, 65 Fourth Street, Garden City, NY 11530 Attn: SCC.

Want to consult the archive? Please follow these steps. By mid-March the finding aid for the archive will be at the club in the magazine rack. Use the finding aid as a guide. Take nothing from any folder, but rather remove folders from the various cases before consulting a folder. Use separation sheets when you remove folders; remember to fill out the separation sheets completely. The separation sheets will be in the same binder as the finding aid, and a sample separation sheet is held with them as a guide. Important: each folder must have its own separation sheet.

If you must take a folder away from the club to photocopy something, please plan to return the folder within two weeks. When you replace a folder, remove the separation sheet and throw it into one of the "Donate" drawers, so that we can have a record of archive use.

If you would like a personal copy of the finding aid and/or the list of extant Blades, email me at chaeglestone@hotmail.com, and I will send the files to you. If you do not have access to the Internet and would like copies, please mail me \$7 to cover my paper and ink costs, and I will mail one to you.

Jamaica Bay Kayaking Trips

By Phil Giller



The Sea Kayak Committee will be offering trips this season on holidays. Come explore Jamaica Bay when everyone else is out of town. Assistant trip leaders are still needed for the trips listed below; if you would like to help please contact Phil Giller or Jerry Dunne.

Exciting news this summer for paddlers who want to stretch their boundaries: Jamaica Bay trips both extended and beginner. We will have a beginner paddle on the day after Star 1 classes are taught to allow those members the opportunity to practice in real life what they have learned. Our progressively longer paddles will help increase your skills and endurance so that at the end of the paddling season you are ready for a trip to Gerritsen Inlet, a fourteen-mile round trip adventure.

If you're a Sebago club member who cut your teeth on Saturday and Wednesday paddles and you're ready for more of a challenge, come along on this series of longer trips around Jamaica Bay. Longer trips allow paddlers the opportunity to increase skills and endurance. Extended J-Bay trips are also a great opportunity for paddlers who want to see more of the hidden wilds of Jamaica Bay. **You will need to pre-register for all trips by calling 718-354-6141 (Phil Giller) or emailing briogg@yahoo.com.**

All trips are weather-dependent and subject to change or cancellation due to weather, water conditions or other circumstances beyond our control.

The following trips have been planned so far but others might be added at later dates (please check requirements for all trips):

Monday, May 26th, Memorial Day, 11:00 am. Explore Mill Basin in this leisurely 2 1/2 hour paddle. A great beginner's paddle if you just took Star 1. See million-dollar homes; practice your forward stroke and sweeps; maybe even get to rescue a fellow club member. DRESS APPROPRIATELY: the water is still very cold; wetsuits recommended. Leader, Phil Giller.

Sunday, June 22nd, noon. Canarsie Pol Circumnavigation. Advanced beginner, Star 1 REQUIRED. This trip is approximately 2 hours. See the entire shoreline of Canarsie Pol. Enjoy birds nesting in the back Duck Marshes off to the east and many times the wind in your face on the way home in the channel. You've

seen the island from the highway, now explore it up-close and personal. DRESS APPROPRIATELY: the water is still very cold; wetsuits recommended. Leader, Phil Giller.

Monday, July 4th, Independence Day, 10:30 am. Ruffle Bar Roundabout. Advanced-beginner, Star 1 + Star 2 REQUIRED. This trip is approximately 3 hours. Ruffle Bar has a rich history of occupation, including a fully functioning hotel as well as hunting/fishing clubs and private homes on its scrubby land. Great beachcombing on the leeward side has turned up intact clay pipes and there is a creek that runs through the island at high tide. Leader, Phil Giller.

Sunday, August 17th, noon. A Jaunt to the Rockaways' Wharf. Intermediate, Star 2 PLUS Canoe Safety. This trip is approximately 4 hours. Paddle straight across the Bay to a charming restaurant/bar with its own dock. This little gem is somewhat of a mystery as it has no sign out front. Only Rockaway insiders know how to find it! We'll cross, dock up and pause for a relaxing non-alcoholic lunch, then return to the club. Bring some cash, a dry bag and your table manners. Leader, Phil Giller.

Monday, September 1st, Labor Day, 10:30 am. Gerritsen Beach Au Naturel. Intermediate, Star 2 PLUS Canoe Safety. This trip is approximately 6 hours. Gerritsen Greek has been home both to a bayside community of fishermen and dumping grounds for old boats. Now cleaned up and revitalized, its scenery is stunning and includes a new interpretive nature center. But don't worry, it's not sanitized. You can still take in a few hulks of rusting wrecks while gazing at egrets. Leader, Phil Giller.

Saturday, September 20th, 1:00 pm. Island and Marsh Loop. Advanced-beginner, Star 1 + Star 2 REQUIRED. This trip is approximately 3 hours. Circle counterclockwise behind Ruffle Bar, cut northeast through the Raunt, Pumpkin Patch Marsh and Duck Point Marsh, then return across the north side of Canarsie Pol. These storied marshes hold an abundance of wildlife and the ghosts of bohemians and artists who squatted in crude stilt-shacks sprinkled throughout J-Bay from the 1920's through the mid-50's. Leader TBD.

Monday, October 13th, Columbus Day. Plumb Beach Paradise. Intermediate, Star 2 PLUS Canoe Safety. Idyllic Plumb Beach is a favorite among windsurfers and paddlers. Gentle sandy beaches climb to grassy dunes and there's a large tidal pool to explore. The journey to this destination will take you around Floyd Bennet Field, under the Marine Park Bridge and through Dead Horse Bay, some of the most scenic parts of our region. Approximately 5 hours. Leader, Phil Giller.

Kayak, Sailing and Fishing Websites

Compiled by Steve Heinzerling

I've asked our membership to contribute to this list their favorite go-to websites when they're looking for information. The following are some of our club favorites. Click on and enjoy.

FROM PHIL GILLER

<http://www.noreast.com/tidesnew/selectlocation.cfm?CurrentIndex=643&IndexHistory=952%2C33%2C506%2C509%2C635>: Tide charts for Jamaica Bay.

http://www.nycgovparks.org/sub_things_to_do/facilities/kayak: Check out the new Water Trail put together by NY Parks.

FROM BONNIE ALDINGER

<http://www.iboatnyharbor.com/index.htm>: This is a site that does a very good job of compiling a lot of the unique things to be aware of in our area.

FROM AVRA COHEN

These are some of my favorites. Some have been very helpful, most informative, some are just fun.

<http://kayakways.net/index.html>: My top favorite, with Cheri Perry and Turner Wilson; all things Greenland; outstanding video rolls.

<http://www.seacanoes.org/Links.htm#Kayaking%20Links>: Link to links courtesy Metropolitan Association of Sea Kayakers.

<http://www.sit-on-topkayaking.com/Articles/Instruction/Index.html>: Sit-on-top-oriented, but good safety info.

<http://www.animatedknots.com/index.php?LogolImage=LogoGrog.jpg&Website=www.animatedknots.com>: Animated knots, very cool.

<http://www.paddling.net>: Good all-round info, gear reviews, and feature articles.

<http://www.users.on.net/~pcarter/pumps.html>: Good advice on pumps for kayaks.

<http://www.tuktupaddles.com/index.html>: Sea kayak instruction, paddle making.

http://www.useakayak.org/Merchant2/merchant.mvc?Screen=SFNT&Store_Code=US: Gear, knick-knacks, DVD's (including Low Ropes).

<http://yostwerks.com/index.html>: Building, including inflatable and folding!

<http://www.bearmountainboats.com/index.htm>: Building; good forum for strip building and stitch and glue.

<http://southernpaddler.com>: Cool forum; all paddlers.

<http://store.thewaterproofstore.com/index.html>: All manner of waterproof containers.

<http://members.aol.com/kayakillen/katabasis/index.html>: Good info on strokes and Greenland history.

FROM JIM LUTON ON SAILING

Here are a few links that I find interesting. There are tons more that I visit regularly, but I don't want to bog you down.

<http://capefalconkayak.com/jwboat.html>. These folks build skin boats. Kayaks mostly, but this is a nice double-ended oar and sail boat. The whole site is worth checking out.

<http://www.jimluton.com/boats>: This is Jim Luton's website documenting the construction of his sharpie, "Cricket".

<http://laserd8.org>: Our Laser sailing district website, with regatta schedules, tuning info, and lots of stuff.

<http://www.sunfishclass.org>: The international Sunfish class website.

<http://www.mavc2002.com>: This is a site devoted to the building and sailing of Iain Oughtred's Caledonia Yawl, and other designs. There is also a builder's forum.

<http://www.microcruising.com>: An extensive website devoted to cruising very small boats, and in particular the designs of Matt Layden. Lots of Bahamas photos!

<http://www.jwboatdesigns.co.nz>: The very talented designer John Welsford of New Zealand has an excellent website with lots of links to builders.

FROM ANDY NOVICK ON FISHING

<http://www.kayakfishingstuff.com>: Kayak Fishing Stuff. Joey Kayaker started this company five years ago, and now he runs the Jamaica kayak fishing tournament. A must for your local information, how to and DIY.

<http://kayakfish4conservation.com>: The May 3rd, 2008 Jamaica Bay fishing tournament info.

<http://www.allkayakfishing.com>: Kayak fishing from A to Z. Everything you need to know, from rigging a kayak for fishing to how to fish.

<http://www.kayakfishing.com>: The first kayak fishing site, thus the great URL, started in 1995. Great photos of big fish, mostly from the Pacific Ocean.

<http://www.ultimatekayakfishing.com/home>: Good site for local (Northeast) waters. Lots of information about striped bass and local tournaments.

<http://www.youtube.com/watch?v=R8ABLGU1ppw>: Great video about catching a huge shark from a kayak.

<http://www.noreast.com>: A must for local tides, reports, etc.

FROM STEVIE MCALLISTER

SEBAGO-SPECIFIC LINKS:

<http://www.cafepress.com/sebago>: Sebago merchandise.

<http://sebago canoeclub.blogspot.com>: Sebago Canoe Club blog.

<http://nermy.com/photo/index.php?album=Sebago Maps>: Sebago Canoe Club-related maps.

Brooklyn and members' sites and blogs:

<http://www.frogma.blogspot.com>: Bonnie Aldinger's blog.

<http://kinngusaqattaarnek.blogspot.com>: Chalu Kim's blog.

<http://brooklynkayak.blogspot.com>: Anh Minh Nguyen's blog.

<http://kayakbrooklyn.blogspot.com>: Stevie McAllister's blog.

<http://www.redhookboaters.org>: Red Hook Boaters.

<http://marcusdemuth.com>: Marcus Demuth's paddle site.

<http://www.eastriverkayak.org>: East River Kayak Club.

<http://www.waterfrontmuseum.org/dredgers>: Gowanus Dredgers Canoe Club.

<http://atlanticseakayakers.org>: Atlantic Sea Kayakers.

<http://stormpaddle.com>: Storm Paddle.

<http://atlanticseakayakers.org/cr/compassrose.php>: Traditional (Greenland and Storm) Kayak paddles, handmade in Brooklyn.

NYC AREA BLOGS AND SITES:

<http://messageinabottleproject.blogspot.com>: Tim Gamble's blog.

<http://www.newyorkharborbeaches.org>: New York Harbor beaches.

<http://www.nps.gov/gate>: Gateway National Recreational Area.

SKILLS, SAFETY AND REPAIR:

<http://www.atlantickayaktours.com/Pages/ExpertCenter/Main-Expert-Center.shtml>: Atlantic Kayak Tours; excellent expert site.

http://www.marineassist.ca/safety_and_standards/vhf_radio.php?area=safety_and_standards: Marine VHF radio essentials.

<http://www.greatlakeskayaker.ca/kayakRollingXref.htm>: Kayak rolling cross reference.

<http://iwillknot.com>: Knot tying.

http://community.webshots.com/user/brian_nystrom: Brian Nystrom's kayak repair and modifications.

<http://www.qajaqusa.org>: Qajaq USA; traditional kayak site.

<http://www.geology.wmich.edu/Kominz/windwater.html>: The Beaufort Wind Force Scale.



DESTINATIONS:

<http://www.graphitepaddle.com>: Graphite Paddle; paddle places in NJ and Eastern PA.

<http://groups.yahoo.com/group/paddleme2>: Paddleme 2; flat water kayak and canoe destinations in California.

GENERAL:

<http://www.wavelengthmagazine.com/>: Wavelegh Magazine; a good free paddle magazine.

<http://ocsddata.ncd.noaa.gov/OnLineViewer>: NOAA charts online.

http://www.seakayakermag.com/events_calendar.htm: Kayak events from Sea Kayaker Magazine.

<http://www.qajaq.be>: Traditional kayak links.

http://nyswaterfronts.com/waterfront_public_trust.asp: The NYS Department of State version of the Public Trust Doctrine: shorelines are not private property.

<http://www.paddlingplanet.com/>: A huge collection of links to paddle-related blogs.

CONDITIONS:

<http://www.erh.noaa.gov/okx/digital/NY075afm.htm>: NOAA weather.

<http://www.nodc.noaa.gov/dsdt/cwtg/catl.html>: Water temperature predictions.

<http://www.saltwatertides.com>: Tide, moon and sun predictions.

<http://www.wunderground.com/MAR/AN/338.html>: New York marine forecast.

<http://www.wunderground.com/US/NY/Brooklyn.html?bannertypeclick=sunandmoon150>: Brooklyn weather.

<http://magicseaweed.com>: Magic Seaweed; surf/sea conditions site.

<http://www.iwindsurf.com/windandwhere.iws?regionID=105&snapShotBar=barGraph>: Wind trends.

Weekend of the Stars? Reaching for the Stars? Seeing Stars? Nope, Star Training at Lake Sebago

By Mary Eyster

I tried to resist the urge to find a clever title for this piece, playing on the star concept. Too obvious, and readers would be inclined to roll their eyes and shake their heads. This was a great weekend, and I must fight the temptation to sound-bite it into something trivial.

The weekend started out slowly, with a stop at Campmor, on the way to the Lake Friday afternoon. We picked up a few boats and passengers at the club, and made our way north, in no big hurry. So, of course, we stopped en route to see if there was anything we needed. There was. (Note to self: beware of stops at Campmor). Then onward. The cabin was empty and looked great. Nice new countertop, and a few new mattresses. Star One training was starting the next day, and we had time to settle in, sweep the floor, and organize our space. People were slowly gathering and most of the group arrived by the time we settled down to have dinner.

Friday dinner was a barbeque at the cabin Jerry Dunne and Ann Barry rented. They have a really nice cabin, with a big fire pit in the back, and they can see the Sebago cabin (and other camp activities) from the kitchen window. The evening was low key – eat, drink, smoke a few cigars, laugh a lot, drink, then sleep (although someone was snoring, and the hinge on the door needed WD 40).

Note from Shari Berkowitz: Bring earplugs. (Shari posted many helpful hints on the Sebago blog.)

Bright and early Saturday, someone got up and made a pot of coffee. In no time there were muffins, bagels, croissants, fruit, and Linda Peterson hurrying about making sure we were all well-nourished for the long day. Paddlers were matched with boats, pegs were adjusted, pfd's were tightened, and we hit the water. The day was beautiful, sunny, not hot but warm. And there was a mysterious creature affixed to Tom Potter's deck (but more on that later).

Star One training is basic. Or so I thought. It turned out to be a really good "back to basics" review of everything I did or didn't learn in my year of paddling. Step by step we learned or relearned how to move the kayak through the water efficiently and competently. I think it was helpful to all of us (some very new paddlers, some not very new paddlers) to concentrate on the basic forward, backward, stopping draw and turning strokes. And of course, the wet exit is always a favorite, leading to the even more exciting T-rescue. There were many rescue opportunities, some planned, some ad hoc (and this is where the mysterious creature comes in).

Tom promised that there would be a prize for the first person to capsize. Philippe Castagner, not one

to hang back in a competition, obliged by flipping in the morning of the first day. (I really don't recall how, when or why. It just happened.) After our lunch break, he demanded his prize. Tom gestured to the horned rubber duckie on his deck, and told Philippe to try to get it. Tom managed to escape intact, but there were several points when it seemed he might be knocked over by the incessant ramming from his pupil's kayak. And so it went. The Devil Duck, as it is called, became our mascot for the weekend.

Back to basics. One of the advantages of attending a training at the Lake is that the water is pretty calm, warm, and free of motorboats. Lots of dragonflies and birds, but they don't really get in the way. So you can work on forward, reverse, sweep and draw strokes. We did that, all with the assistance of four great coaches. In addition to Tom Potter we had Jerry Dunne, Ilene Levenson and Bonnie Aldinger. What a team! They offered the perfect combination of focused coaching and appreciative humor. Nothing we did was too dumb – they worked with us as we were. And I think for the entire two-day training, none of the coaches ever stopped smiling (more on that later too).

So what did Bonnie do to merit the stupid coach trick? I don't remember, but I do remember the trick – standing up in the kayak and then pitching over the side. Ok, fine, another rescue. And later in the training her trick was repeated by one of the trainees! Note from Bonnie: If you want to get out of the kayak without a wet exit, stand up and jump.

Note from Chalu Kim: secure your glasses before practicing the wet exit and Eskimo roll. Just in case.

The dinner Linda provided for us on Saturday was fabulous. Linda is like the Energizer Bunny – she just keeps on going. And she is a really good cook. We ate, drank, ate, drank. Then some of us went to bed, while others drank, sang, drank, and eventually went to bed. (I'm sorry. I don't mean to give the impression this was a weekend of uncontrolled inebriation. No; a few beers after six hours on the water is a lot.) Does Bonnie actually play the banjo, or is that just Chalu's notion of what's required in a coach?

Note about Philippe: he might burst into song, eventually, but not while I'm awake.

Day two, Star Two. Linda provided a breakfast for kings and queens. It was chilly that morning, and the eggs, bacon, bagels, fruit, coffee, juice and assorted pastries were so welcomed. Hit the water running! We did. Ilene had to leave that day, so Pete Peterson stood in to assist with the second day's training. So day two, Star Two, was building on the skills from yesterday, and then adding some flourishes. More bracing, new

turning and drawing strokes, and the ever-popular Eskimo Rescue. Ok, so you are hanging upside down in the kayak in the water. So what? We all got the chance to progress from a modest bow dip, to a full (underwater) bow dip, to a bow dip letting go, then recovering the hold on the bow. Tom took that part step by step, so no one had to feel panicky. And it can be very relaxing, unless you have a loose hatch cover.

Note from Shari: Secure the hatch cover before executing the Eskimo roll. No matter how much fun it might be to monkey ride on the front of Pete's boat, it will be better not to have your kayak convert itself into a submarine.

To provide us all with the opportunity to practice our rescue skills, Tom volunteered to be the "victim," and capsized his kayak, tapped three times, and waved his hands back and forth waiting for the thunk of the rescuer's bow. Smiling each time he emerged from his fourteen capsizes! I'm sorry no one had a picture (or a video) of that sequence. Each time he emerged grinning, though toward the end of the series there was a vaguely drowning rat quality to his appearance.

So, we reached the end of the day, the end of the training, and all of us were exhausted, but in a good way. We learned, we laughed, we ate, we drank, we snored (not me, but the others). And the intrepid three who went for the assessment walked away with these really neat certificates and badges. The Devil Duckie was with us all along, watching over our every move, inspiring and enlightening us.

Note from Mary: Try to avoid the Tappan Zee bridge when a tractor-trailer is on fire, and the lanes in both directions are closed. Note to Chalu: bring your GPS charger cord for the trip home.

2008 Young Peoples Open Paddle Program

By Phil Giller

Sebago is very excited to announce the creation of a kids kayaking program this summer. Generous lead funding to support this program has come from the New York City Environmental Fund. This program will offer local youth ages 10-16 years the opportunity to get out on the water in low-impact boats (sit-on-tops) and interface them with environmental activists from the club and local organizations.

This program will run in the same way as our Open Paddle program, except that specific groups will be invited to participate. It will not be open to the general public as our regular paddles are. Dates and times of these youth paddles are to be determined.

If you want to give back to the club and the community, there is no more worthwhile way than working with young kids. If you would like to volunteer as a trip leader, assistant trip leader or mentor please feel free to contact me. If you know of a youth group that might like to participate in this program, contact me.

We are looking for two to three people who would be interested in being in charge of this program. We are about to start our planning, so if you want to step up contact John Wright or Phil Giller.



Frostbite Regatta: Crockpot Pumpkin Pudding

By Shari Berkowitz

As always, we had the famous Frostbite Regatta on New Year's Day. Nine (fool-) hardy souls went out on the bay, and nine returned. The less-crazy people enjoyed the warmth of the wood stove and of the assembled company. There was an abundance of delicious things to eat, especially home baked breads and those almonds I love. I contributed this pumpkin pudding, which I must admit baked all night as I slept off my New Year's Eve champagne. I had about a half-dozen requests for the recipe, so here you go. It is extremely easy.



- 1 can pumpkin (15 oz)
- 1 1/3 cups cream
- 1/2 cup sugar
- 1/4 cup brown sugar (if you only have white, use all white)
- 1/2 cup biscuit mix or pancake mix s(I used multigrain pancake)
- 2 eggs
- 2 tbsp margarine or butter, melted or softened
- 2 tsp chai spice mix (this is the secret ingredient. If you can't find it, use pumpkin pie spice, or cinnamon, nutmeg, ginger and clove.)
- 2 tsp vanilla extract
- Pinch of salt

Butter the inside of your crockpot. Thoroughly mix all ingredients in a bowl, or whirl them in a blender. Dump into the crock pot, cover and cook on low for seven hours at least, or until the center is set up when you snitch a forkful.

If you are not too lazy, beat up the remaining 2/3 cup of cream (from the pint you bought) with some powdered sugar. Otherwise, serve with canned whipped cream and a sprinkle of chai spice. Best served hot. If you poured some rum over it, who would complain?



Founded 1933
Opened to women 1960

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