

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 December 21, 2007

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Flatwater Paddling
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Cabin Stewards
Mike Boxer &
Beth Bloedow
718.241.9130

**Membership
Photos**
Ann Barry
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Social Committee
Linda Peterson
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Commodore's Message

Short days, cold waters, winds raw and biting. What can a paddler or sailor do for the spirit? It's time to explore, to imagine, to make plans for a special outing, a building project, or the season ahead of us. As sure as the winter winds envelop us now, there will be a warming and brightening ahead, and this is our time to prepare to make the best of it.



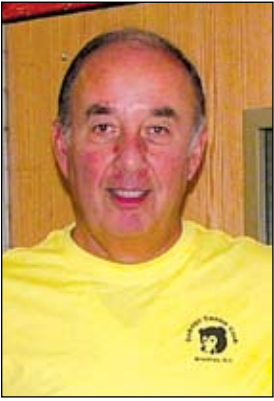
We have a good start on the Sebago calendar for 2008, with an outline of events and trips put together from member ideas shared among sea kayakers and sailors. Training opportunities offered around the metropolitan region by our BCU-trained coaches and affiliated organizations provide pool sessions to maintain and develop skills and stamina in a protected environment. Members with proper equipment continue to paddle into the Bay, or take a hike to maintain fitness, or spend some time at the club for a workout with the weight- or paddle-training equipment, or take a turn at splitting wood for the clubhouse stove.

This off-season has provided an opportunity to gather with a network of partners in the revitalization of our harbor and estuary resources through a series of workshops organized by the Metropolitan Waterfront Alliance. I attended sessions addressing waterfront play and harbor education, two of the several task force priorities that mate with the mission and program of Sebago. This chance to share ideas, to meet face-to-face with those with common concerns and problems, and to greet the representatives of funding agencies that sustain our outreach efforts, has been invaluable. A snapshot of the program can be found at www.waterwire.net. Sebago has submitted a proposal to extend our Open Paddle Program to the youth of our neighboring communities, as well as our ongoing effort to extend the network of access points along the New York City Water Trail.

Finally, a note of personal thanks and recognition to the efforts of all of you who share your knowledge and enthusiasm for human-powered paddling and boating, safe practices, techniques and skills, and the multitude of experiences and information about equipment, places to explore, or just good recipes for garden plantings and gourmet eating in the out-of-doors. I was recently able to participate in an adventure paddle organized by Steve Heinzerling, from Valentino Pier to Fort Wadsworth just beyond the Verrazano Bridge. Flipped over by a following wave, I made a near roll, applying the skills patiently taught by Stevie McAllister during one of those marvelous weekend sessions at Lake Sebago following the BCU classes, and was assisted back into my kayak to complete the trip. It took a good bit of chicken soup, chocolate, borrowed clothing, and a run up and down hill to regain some warmth to deal with the windchill on a wetsuit for the return trip. Thanks to Stevie, you have a wet but alive and wiser Commodore, ready to commit to a drysuit and a winter training opportunity, this time in Florida in February, to finally complete that roll.

John Wright, Commodore

Membership Committee



Hi All,

I'd like to wish everyone a Happy Holiday. This has been the completion of my fourth year as membership chair, and I've had a great time doing it. Because of my position, I've met some interesting people and made some good friends. The time has come for me to do other things. Next year, I hope to put together, along with Walter Lewandowski, a

series of regional trips. The trips will range from the east end of L.I. to the Canadian border.

We now need one or two people to come forward and do membership. Let me explain what the job entails:

- 1) Answer inquires regarding membership.
- 2) Arrange for people to tour the grounds. You don't have to do all the tours and I've never had a problem getting someone to show people around.

- 3) Put together membership kits.
- 4) Promote the Open House.
- 5) Set up a table at various events.
- 6) Check phone messages.

It sounds like a lot but it's not. I always thought that two people working together is a better idea. If you enjoy meeting people, you can't beat it.

I will be around to help guide you through the first year. If you're interested, contact me or John Wright.

Thanks,
Tony Pignatello

The following people have asked to be considered for senior membership at the next general meeting of the membership:

**Matthew Frey
Chalu Kim
Patrick McGuire
Elizabeth Baker**

Sailing Committee

By Holly Sears & Jim Luton

For most of us, as the cool weather settles in the sailing season is over for the year - except perhaps if the stars align and we get a favorable tide, wind and weather on a free afternoon... It was a great year and we look forward to the 2008 spring when we can gear up again. In the meantime, we've already done some scheduling for our upcoming 2008 season. Our annual sailing class will be on June 28th and 29th. Mark your calendars! If you're interested in learning how to sail our club boats - the sunfish and laser - single-handed one-design sailing dinghys - athletic, wet and tremendous fun - this will be the opportunity in the coming year.

One of our goals for next year is to make contact with clubs in Gateway and Long Island and see if we

can do some collaborative training and/or racing. And this winter, to help prepare for the new season, we plan to get together to do some racing rules review and study, watch some sailing videos and plan the rest of our events for the 2008 season. If you're interested in attending these occasions, make sure we have your email address on our sailing list.

Happy Sailing Dreams! See you at the Frostbite Regatta,

Jim and Holly

Email sailing@sebagocanooclub.org, or call 718.633.5844 for more information.

Rowing Committee

By Joe Romano

Well, it's hard to believe another season has flown by and winter is just around the corner. We had a good season for rowing at Sebago. There were three Rowing Assistance Days, and by the end of the summer we had two new rowers in the club. I know from some perspectives this doesn't sound like much, but we'll continue to encourage participation. We'll have more Rowing Assistance Days in 2008, and of course we remain available to schedule individual sessions for anyone interested in trying out this time-honored sport and fitness activity.

One of the benefits of rowing at Sebago is that even when the water has become cold, many scullers feel quite comfortable going out for a row on a nice winter

day. In the stable recreational sculls we have (not the racing sculls you see in college and Olympic competitions), once you have mastered the basic skills, you are very secure, with seven feet of oars out on each side of you. So, give it some thought and come out and learn about a water sport that puts the whole body to work while you're gliding over the water. For more information, contact Joe Romano at 718.680.4574 or email rowing@sebagocanooclub.org



Sea Kayaking Committee By Jerry Dunne

Sea Kayak Committee Report, Winter 2007

Well, folks, it's now cold, so please remember all outdoor paddling requires a drysuit!! And in the winter, never, ever paddle alone!!!

So, let's have a great paddle together on January 1st at the Frostbite Regatta....with a drysuit!

Now for the important news. The Sea Kayak Chair, with much encouragement from the sisters of Ann Barry, married Ms. Barry on November 24th in Burlington, Washington. Sorry to get married so far away from our good friends at Sebago, but Ann's family was gathered and the time seemed right.

As for sea kayaking, groups will be paddling on Jamaica Bay this winter, so keep an eye on the emails for times and dates. We are attempting to place a schedule together early this year, and a few dates have been selected. We will have full moon paddles on June 14th, July 19th, August 16th, September 13th and October 11th.



The Season Opener is April 27th, and the Open House on May 24th. We will have a rescue clinic and trip leader workshop on June 7th and 8th for trip leaders and those aspiring to be trip leaders, and during the summer, the sea kayak committee will be assisting the sailors on Friday evenings with their regattas.

We are also planning regional trips, and will have more information at the Frostbite Regatta.

So, see you all January 1st!!

Frostbite Regatta: January 1st, 2008

The tradition continues with this year's event on New Year's Day at the Brooklyn Clubhouse! This has always been a potluck affair, so bring some food and drink to share. Folks with the proper cold water gear will go on the water. We will have a fire in the stove to heat things up.

10 am: Calendar Meeting. Especially for committee and activity chairs, but all interested are invited to join us. We will decide on important dates for 2008's trips, meetings, work days and events.

2 pm: General Meeting. All members should attend, to hear club news, air concerns, and vote in new senior members.



Thanks to Pete' Peterson and Don Lovell for their ongoing work to electrify the containers!

Sebago Calendar 2008

GET READY NOW FOR NEXT YEAR'S EVENTS! NEXT SEASON'S CALENDAR COMING SOON...!!

JANUARY

1	Tuesday	10 – 4	FROSTBITE REGATTA. Potluck – bring food and drink to share. Groups will go on the water. 10 am Calendar meeting. All committee and activity chairs meet to determine dates for '08. 2 pm General meeting. Keep up to date on club activities. Vote for senior members.
8	Tuesday	7 pm	Board Meeting, place to be announced. All members are welcome.
19 & 20	Sat & Sun		Sea Kayaking Skills and Adventures Wilderness First Aid and CPR Course, Oakdale, NY. Cost, \$240 for two-day class. Reserve your space early. Contact Elizabeth O'Connor, 631-563-6654 for information on how to register. Visit www.sksa-ltd.com for more course offerings.

FEBRUARY

5	Tuesday	7 pm	Board Meeting, place to be announced. All members are welcome.
18-24	Mon-Sun		International Sea Kayak Symposiums, St. Petersburg, Florida. BCU Coach Level One, February 11-15; BCU Coach Update, February 16-17; BCU and Greenland Week, February 18-21; Sea Kayak Symposium Weekend, February 22-24. Visit www.sweetwaterkayaks.com/symposiums.html or contact jean@sweetwaterkayaks.com for more information.

MARCH

4	Tuesday	7 pm	Board Meeting, place to be announced. All members are welcome.
28-30	Fri-Sun		The Jersey Paddler's Paddlesport Show, Somerset, NJ. Visit www.jerseypaddler.com/paddlesport/index.html for more information.

APRIL

1	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
27	Saturday	10-4	SEASON OPENER, Brooklyn clubhouse. Get on the water for the first time this year and see old friends. Potluck.

MAY

6	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
24	Saturday	10-5	OPEN HOUSE, Brooklyn clubhouse. Open to the public. Club members needed to volunteer for a variety of tasks, on water and off. Contact Commodore John Wright, john.wright731@verizon.net , for details.

JUNE

3	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
7 & 8	Sat & Sun		Rescue Clinic and Trip Leader Workshop. Contact Sea Kayak Chair, Jerry Dunne, gfdunne@covad.net , for information.
14	Saturday	TBA	Full Moon Paddle, Brooklyn clubhouse.
28-29	Sat & Sun		SailCom: Sailing class at Sebago Canoe Club, Brooklyn clubhouse. Contact Holly Sears, hs@canopystudios.com for more information.

JULY

1	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
19	Saturday	TBA	Full Moon Paddle, Brooklyn clubhouse.

AUGUST

5	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
16	Saturday	TBA	Full Moon Paddle, Brooklyn clubhouse.

SEPTEMBER

2	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
13	Saturday	TBA	Full Moon Paddle, Brooklyn clubhouse.

OCTOBER

7	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
11	Saturday	TBA	Full Moon Paddle, Brooklyn clubhouse.
18	Saturday		75th Anniversary Party, tentative date. Volunteers needed to plan this event. Contact Phil Giller, brigg@yahoo.com , to find out how to help.

NOVEMBER

4	Tuesday	7 pm	Board Meeting, Brooklyn clubhouse. All members are welcome.
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DECEMBER

2	Tuesday	7 pm	Board Meeting, place to be announced. All members are welcome.
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Rebuilding a Skin-on-Frame Boat.

By Steve Heinzerling

I built this Greenland-style skin-on-frame four years ago and have paddled it for three seasons. Over time I've wanted to change a few things in her design. I'm going to lower the overall volume by replacing the ribs with shorter ones, spread the chines a bit wider, and increase the rocker a bit. Everything in these photos was done in an afternoon, much faster to take apart than it will be to build. Ripping off the skin, I felt like I was unearthing a relic with some beautiful stains and weathering, sand from who knows where, some pine needles - could be from Delmarva.

I'll show you my progress in our next issue.



Circumnavigation of Long Island in Five Years The First Leg, Year One!

by Steve Heinzerling



On Friday September 21st, eight Sebago paddlers set out on the first leg of a progressive paddle around Long Island. We met before dawn for a 6 am launch.

George Sullivan and I had been dreaming about putting this trip together for a few years. Finally the day had arrived, and we'd talked six other paddlers into joining us. We were joined by our fearless and indispensable commodore, John Wright, who provided ground support with his car and our boat trailer. The paddlers included Pete Peterson, Tom Anderson, Steve McAllister, Bonnie Aldinger, Ilene Levenson, and Minh Nguyen, who joined the team just a week before we took off.

We launched before sunrise and paddled across water that was like glass. The sun came up behind Canarsie Pol, greeting us with good tidings. We had the ebb tide to assist us in our paddle out to Breezy Point. We met John on the beach there and broke for hot tea and a few snacks. We then rounded Breezy and paddled on to Fair Harbor. John was again waiting for us on the beach. He had parked just down the street in front of George's house. The surf was mild and we all had fun with our landings.

It was only 10:30 am and we were making great time. Having all been up since four in the morning, it was definitely time for lunch. This was also roughly the half-way point. We had a great time lunching on the beach. Everyone's spirits were really good; we had a perfect day for the start of our trip. The forecast for the entire weekend was in fact spectacular, with temperatures in the mid-70s and no rain in sight.

Our next stop was Reynolds Channel, where we were all amazed by the tropical clarity of the water. Then on

to Long Beach, where John was waiting for us with the trailer and a chilled carton of a wonderful pale ale.

We loaded up the boats and Pete made calls to his wife, Linda, who was on her way out with their van to provide additional ground support.

A group of us went with John to our motel in Rockville Center to check into our rooms, and to secure the trailer for the night. The rest of the group had to stay behind at the restaurant where we'd taken out. They bided their time with draft beers and fried calamari until Linda arrived. Poor devils.

By great coincidence, Ilene grew up in Rockville Center. She knew her way around town and had the best suggestions about where we should eat. We had a fantastic dinner in a little Italian place. They served family style and were able to seat us all together at one table. We were eleven at this point, with Linda and her son Cody having joined the group. We passed around large platters of baked clams, calamari, rigatoni, eggplant and chicken parmesan. It seemed the food would never end, when Pete insisted on ordering another platter of baked clams. They were fantastic and we all managed to clean them up.

Back to our motel, we "camped out", the eleven of us in two motel rooms. Roughing it in style, a few stayed on air mattresses and Cody on a cot.

The next morning, it was a fine breakfast at a diner with a scheduled launch at 11 am.

I realized that our next overnight was in a condo on Fire Island, so why not pick up some steaks and fixings to prepare our own dinner. Everyone was game, so Tom and I went off to the local supermarket and loaded up on steaks, Idaho spuds, salad fixings and fresh broccoli.

We launched and took the inside passage down Reynolds Channel. We stuck together crossing the Jones Inlet as there was a good amount of boat traffic. We

paddled the channel behind Jones Beach, passing a lot of beautiful marsh islands. Bonnie was really intrigued with some small houses built on stilts out there in the marsh lands. She took a number of pictures there and I think she secretly wishes to be living out there in the back bay.

Further on in the Jones Inlet we had a fog roll in. This was a little scary. We put on our lights and whistles. Stevie had a good fog horn, Minh had a G.P.S. and most of us had compasses. Luckily the fog never got that thick that we couldn't make out the next channel marker (just barely). I had to keep clearing off my glasses, as the reduced visibility was doubled by the moisture on my lenses.

We finally passed under the Robert Moses Bridge by Captree Island. We were all anticipating the crossing in the fog to Fire Island and our safety as a group. Just then a power boat zoomed around the Jones Point at full throttle. The kids on the deck and people on the dock all started shouting, "kayakers! Kayakers!" The boat slowed down and the pilot shouted, "watch out! There's a lot of crazies out there!" It was about 6 pm. Happy hour was letting out on Fire Island and boaters were heading home in the fog. We all knew we needed to stay close together, sound the horn and whistles at anything we heard approaching, and to exercise extreme caution.

Meanwhile, I had asked Ilene to call John on Fire Island and let him know we were okay and on our way. Stevie and George rafted up and agreed upon a compass bearing. We made the crossing bearing a little to the west of where we wanted to land so that we wouldn't overshoot the town of Kismet. We hit land just at the Fire Island lighthouse, which delighted George and Bonnie. They seem to have a fondness for lighthouses and took a series of pictures. She may secretly wish to be living in a lighthouse, too.

John was very relieved to see us all safely on the beach, which was just a few yards from our condos. We stowed our gear, took hot showers and got busy preparing dinner. John was a great sous chef and scrubbed the baked potatoes with more care than I've ever seen in any kitchen. Dinner was great, we all had fun, but the spirit was not as jubilant as the night before. We were all feeling a little tired and some a little sore. A few of us took a stroll to the ocean before turning in. Most of us slept well, but Pete was awake all night. Kismet is a party town and some late night revelers kept Pete from getting a wink.

The next morning, we woke to wind blowing from the north at about 15 knots. We had a quick bite in the room, since the local inn had stopped serving breakfast for the season.

We launched and continued our paddle eastward with the wind to port. A few of us strapped on skegs to keep from broaching. I was feeling very sluggish and was lagging at the back of the group.

Stevie was great and stayed back with me the whole

morning, sometimes not even paddling to keep my pace. Tom was out in the lead as usual, followed by Minh. Bonnie and Ilene are unstoppable and both very strong paddlers. Everyone else was doing well. We all just wanted to get some miles behind us, so we hardly took a break that morning.

Our goal was to stop at Davis Park, a bit beyond the half-way point, and to break for lunch.

Along the way, we passed a number of communities. Bonnie again got busy with her camera when we passed by "Cherry Grove" and "The Pines". She was taken with the outrageous architecture and statuary, recording it for posterity.

Tom, our lone albatross, paddled past our agreed lunch landing and was out of range for calls or whistles. We'll have to put a leash on him next time. The rest of us had a very restful stopover in Davis Park. Some lunched from a deli, some from their own supplies. I revived my energy by drinking two Cokes with lunch and taking an Aleve. Pete revived himself by taking a snooze against a sand dune.

After lunch, we had to wade out quite a distance before we could launch. After a mile or so, Tom, our renegade paddler, joined us. He'd stopped and lunched solo down the beach. I found that I was in a whole new groove after my rest, caffeine and ibuprofen. Instead of being at the back of the pack, I was in the front and stayed there for the whole afternoon.

We had a lot of shallows to deal with this last leg, but we all made it in to our finish at Smith Point with flying colors. We'd paddled about seventy miles in three days and all felt great. John and Linda were both there to see us in and to drive us back. We loaded our boats, celebrated, took some photos and all vowed to return next year for the second leg when we'll paddle from Smith Point and finish at Montauk. Next year may even include some real camping at Hither Hills State Park.

Thanks again to John and Linda for providing indispensable assistance, and to a great group of paddlers for making this trip a reality.

Email steveheinzerling2@verizon.net

Good paddling to all, Steve.



Last Cuke

By Bonnie Aldinger

'Tis the last cuke of summer
Kip'ning there all alone,
All her crunchy companions
Sliced for salads in days long gone.
No flower of her kindred,
No growing gherkins nigh,
To reflect her glossy greenness,
Or give sigh for sigh.

I'll not leave thee, thou lone one,
To pine on the vine;
May I'll pluck thee and grate thee,
To mix with yogurt sublime.
I'll add feath'ry fragrant dillweed,
And some garlic crushed so fine
Plus vi-nay-gar, and some juice squeezed
From a lemon of sunny shine.

As a bowl of tzatsiki,
You'll be welcome to stay
In my refrigerator
For a week and a day.
Fresh and tangy on a pita,
Far from autumn leaves so dry,
I can't wait for next summer
When more recipes I'll try!

With apologies to Thomas Moore.

Although the sincerity of said apologies could
well be questioned.

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Founded 1933
Opened to women 1960

