



Blazing Paddles

Newsletter of the LI Paddlers

Volume 2023, Issue 2

Winter Edition

January 2023

Message from the President



To all Long Island Paddlers, winter is here or is it spring or summer.
 Our 2022 season was a great season, and I expect that the 2023 season will be great as well. I want to wish every member their families and friend a Joyful Holiday and a Happy New year.

My thanks to the general membership the executive board and Committee coordinators for another year of hard work and dedication

To the Long Island Paddlers, Inc. Special thanks to Don Gorycki outstanding work with the newsletter, Alina Wilczynski outstanding work with the website.

To all paddlers that like to paddle in the winter please safe guard yourself wear the appropriate gear for the climate. Once again Joyful Holiday to all and a Happy New Year.

Thank you Edwin Mangual

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Executive Committee 2023


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

President:	Ed Mangual
Vice President:	Emilio Sosa
Treasurer:	Chris Scalisi (temporary)
Secretary:	Bob Hansen
Members at Large	JoAnne Paolino Don Gorycki
Past President:	Fred Hosage

Did You Know?

Attending Executive Council Meetings


Any club member can attend Executive Council meetings and witness the council's activities but only as silent observers as stated in the Club's By-Laws (Section III.A.3, Board Operations/Meetings) as follows:

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

Members-at-Large

How does anyone bring subject matters to the Executive Council's attention? That's where the Members-at-Large come into play. They are the liaison between the General Membership and the Executive Council.

So, if you have a concern, new idea, a suggested improvement, or anything that affects the Club, just track down any of the two current Members-At-Large and they will ensure the matter gets on the Executive Council's agenda:

JoAnne Paolino joannepaolino@gmail.com
Don Gorycki dgorycki6@gmail.com 

Committee Coordinators 2023

Membership	Debbie Gallucci
Programs	Diana Price
Trips	Chiara Nuzzo
Training & Safety	Mike Matty
Public Relations	Dan and Donna DiGiovanni
Newsletter	Don Gorycki
Website	Website Committee
Special Events	Michelle Posillico and Pat Tauber
Librarian	Debbie Gallucci
Conservation	Liz Marcellus
Big Buddy Program	Bob Hansen
Hospitality	Irene Weiner
Merchandise	Tony Pellot
Photography	Alina Wilczynski

Facebook Page

Did you know you can find Long Island Paddlers on Facebook? Just go to <https://www.facebook.com/groups/LongIslandPaddlers> and click the "Join" button. You will then be asked to provide information to confirm your identity and to agree to the group rules. Your request will then be reviewed by a group Administrator and, if you are an active member of the club, your request will be approved.

The club's Facebook group is a wonderful place to share photos of club trips and club gatherings. Members also like to share interesting (and sometimes entertaining) articles about the sport that we all enjoy. Please note, official club trips should still be posted on the club's website and not through the Facebook group. If you have any questions, please send an email to Christine Pan at duckfoot70@gmail.com or Michael Pan at m.pandemonium@gmail.com 

LIP Announcements

Hospitality

Babylon American Legion does not allow outside food but snacks are permitted. Instead of using their coffee pot Hospitality is providing our own coffee.

Trips

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

Website

Our club website committee has been busy re-hosting our old obsolete website. We are now using the Meetup service that allows dynamic interactions with club members. This includes joining trips, sending notifications, and much more. Don't forget to visit our new website that has containing useful static (read-only) information.

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

Pool Sessions

Currently the pool sessions for this year to be held at St. Joseph College in Patchogue: March 5, March 12 and April 2. Times are noon to three P.M. Stay tuned for any changes.

Club Classifieds

Items for sale can be posted on the Club's Meetup service as well as in our newsletter.

Club Programs Committee

This committee is tasked with finding and scheduling guest speakers on a variety of topics of interest to our club.

Diana Price is our current committee coordinator and is asking for topics that you would like to hear. Also, if you know of a person or organization that would like to make a presentation, please contact Diana so arrangements can be made.

Every time you get into your kayak...

ALWAYS →



Let's make 2023 the best paddling season ever!

Long Island Paddlers Volunteer Points Program

The Long Island Paddlers Kayak Club supports many different activities above and beyond formal paddling trips. These activities are accomplished by volunteers who give their time and effort to make these activities successful. As a way of rewarding those who volunteer a system of 'Volunteer Points' have been established in the past and has been recently updated by the Club's executive Council under the guidance of Mike Matty. Here are the latest guidelines for this program.

The following describes the volunteer program for the Long Island Paddlers. To promote volunteerism, volunteer points will be awarded in the following

1. Leading a trip - **5 Points** (submittal of trip report required).
2. Leading a clean-up – **5 points**
3. Leading or helping out at a skill session – **5 points**
4. Submitting an article for the newsletter – **2 points**
5. Organizing / helping a club event (i.e. picnic, party etc.). – **5 points**
6. Giving a club presentation – **5 points**
7. Volunteering / participating at an outreach program or community event representing the Long Island Paddlers. *Must be present for a minimum of 3 hours* – **5 points**
8. Active participation in the Big Buddy Program - 5 points for the first face to face mentoring session for each mentee.
9. Serving on a committee - 20 points per year awarded at the beginning of each year


The Volunteer Points program will work as follows:

1. There will be a Volunteer Points Coordinator and a Backup Volunteer Points Coordinator.
2. Volunteer points will be maintained with Google Sheets on a dedicated Google Drive
3. The Volunteer Points Coordinator and a Backup Volunteer Points Coordinator will have Read/Write access to the spreadsheet
4. When a person volunteers and earns points, they shall send an email to either or both Volunteer Points Coordinator and the Backup Volunteer Points Coordinator to update the spreadsheet.
5. When a person uses volunteer points, the organizer of the event (party organizer, store coordinator) shall send an email to either or both Volunteer Points Coordinator and the Backup Volunteer Points Coordinator to update the spreadsheet.
6. One volunteer point is equal to \$1.
7. Volunteer Points may be redeemed at the Long Island Paddlers Store, any Long Island Paddlers event (i.e. picnic, party).
8. The maximum amount of points that can be redeemed by any member is **50 points** annually.
9. Points are carried over from year to year.
10. Points are not transferable.

Chris Scalisi and Mike Matty are the Volunteer Points Coordinators. Our emails are:

Mike.matty@verizon.net

kayakchris@optimum.net

All enquires for points should be made to both of us. 

Submitted by Mike Matty

Our new meeting place

Our new meeting place for the Long Island Paddlers, the American Legion Hall, 22 Grove Place, Babylon, has been serving us well. A recent poll prefers this place instead of the Bay Shore Brightwaters Library.



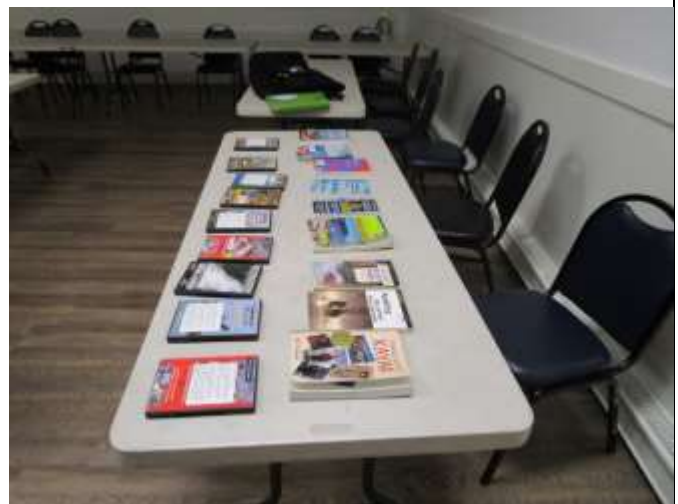
New meeting place - front view



Have you contributed to the newsletter lately?



Hospitality Snack Table



Library - books, DVDs and more!

More photos to come as available.

LIP Monthly Meeting Guest Speakers

One of the main duties of the Programs Committee Coordinator is to research, contact, coordinate and schedule for each month (except December's Holiday Party) a guest speaker. These guest speakers present a wealth of diverse and interesting topics.

October 2022 Birds of the Long Island Waterways



Ever wonder what some of those birds we see kayaking are. Well this was your chance to find out. Our Speaker for this Meeting was Mike Cooper from the Four Harbors Audubon Society.

Mike has been a birder and general "nature guy" for many years, but regrettably only gets out to paddle the local waterways in his Poke Boat once or twice per season. He's been a field trip leader for local birding clubs since the 1970s and writes the Seasonal Summary column for the New York State ornithological society.

November 2022 North Shore Oyster Gardening Program



Rob Crafa, the coordinator for the Oyster Bay/Cold Spring Harbor Protection Committee spoke about the North Shore Oyster Gardening Program.

Rob is the Coordinator for the Oyster Bay/Cold Spring Harbor Protection Committee and is also the Waterfront Director for SUNY Maritime College. Since 2017 he has led the Protection Committee's North Shore Oyster Gardening Program. Rob has served as Executive Director of Friends of the Bay and as

the Founding Executive Director of The Waterfront Center. He has also served as a Coastal Resource Specialist for the New York State Department of State.

LIP Monthly Meeting Guest Speakers**December 2022**


There is no monthly speaker for December since instead of our regular general meeting, we have the club's Holiday Party...which for this year...sadly, has been cancelled for failure to reach the required quota.

**New Club Member Recruiting**

The Long Island Paddlers Club is always looking for ways to attract new members. Word-of-mouth, Internet access, and business-type cards are just a few.

Another way of advertising is using a flyer. Attached at the end of this newsletter is a flyer that you can print out and distribute.

So, if you would like to help spread the word, just print out the flyer and post it (with appropriate permission) where people can see it.

With your help we can spread the word about the pleasures and excitement of paddling. 

Do You Recognize This?

Answer is on page 10.



Celebrating Trip Leaders of 2022

By Chiara Nuzzo - Trips Coordinator

You know them and love them all. But let's take a moment to celebrate them here in this Club newsletter: Our trip leaders of 2022!!

NEWLY MINTED

In 2022 the Club gained eight new trip leaders! We thank the following for taking the plunge and look forward to their trips for 2023, to: **Marian Plummer, Pat Tauber, and Tony Pellot.**

MARY SCHAFER

Mary decided to become a trip leader because she wanted to give back to the Club. "I've enjoyed so many paddles lead by others that I decided it was my time to step up. My first paddle launched from the Riverhead town dock, and we visited some of the creeks in the west end of the Peconic Bay. We took a break at Indian Island Park and debriefed the trip at the Peconic County Brewery. I chose this location because there are not many club trips that cover this area. Easy parking and easy access to post-paddling options also played a part in my decision." "The best part of being the leader was making the decision of where to paddle. It was also good experience to be on top of all the planning."

ALINA WILCZYNSKI

Alina has been a Club member since 2007, though she skipped a few seasons. Alina became a trip leader for three reasons. "First, I wanted to propose to the club that we do photography-oriented trips. I was craving the opportunity to go on paddling excursions with the specific intent of following the whims of the changing scenery and wildlife sightings along the way. Becoming a Trip Leader has allowed me to make this wish come true and share it with others who also appreciate paddling in this frame of mind/frame of camera. Secondly, I felt that becoming a Trip Leader would be an incredible learning opportunity. I feel it's important to educate ones' self when taking on any physical activity that includes a certain amount of

risk, especially activities that include being out on the water. I wanted to learn more about the tides and currents and how to handle rough and unexpected conditions, as well as learn and practice self- and assisted-rescue techniques.



(Continued on the next page)

Celebrating Trip Leaders of 2022 (Cont'd)

I also wanted to push my paddling skills and upgrade my equipment in order to do trips in other parts of the country and abroad. And third, I wanted to give back to an incredible group that has given me so much over the years, including countless adventures and a sense of being part of a welcoming and generous community.”

“My first trip was in Mt Sinai Harbor/Satterly Landing. It was recommended by my Trip Mentor and Co-Leader Chiara! I had been there a number of times over the years, so I felt comfortable leading a trip there. All the conditions were perfect for photography. It was a pure joy leading that first trip. After spending so many years wishing for something, it felt like a gift to me. The feedback from everyone on the trip was that they enjoyed it as much as I did. It was interesting to me that about half who signed up had cameras, while the other half just wanted to meander along on what was a beautiful day. On top of all, it just so happened to be both my and Chiara’s birthday weekend, so it was special all around.”

“The best part about being a Trip Leader is the camaraderie. There is already a sense of being part of a community when becoming a member, but there is a heightened sense of sharing and looking out for each other among Trip Leaders.”

If you yourself are thinking of becoming a trip leader, Alina gives you her encouragement. “At first, it might seem that there is a lot to learn in order to prepare to be a Trip Leader, but everything we are learning is invaluable as a participant in our sport in general. And the group outings are invaluable and so appreciated by those who participate. There would be no Long Island Paddlers without Trip Leaders and there would be no Trip Leaders without member-participants. My experience as a Trip Leader so far has been so rewarding, I wish I had taken the leap years ago!

ED MCMULLEN

Ed has been a Club member for about three years. He decided to become a trip leader “to give something back to the Club which has given me much enjoyment and friendship.” Ed’s first trip was on the Nissequogue River and Emilio Sosa was his mentor. “He gave me insights and advice which made the enterprise easy and fun. The trip was fantastic. I would like to do some winter paddles, perhaps the Carmans River, Nissequogue River, or Stony Brook Harbor.”

According to Ed, “The best part is putting together a trip which everyone enjoys. Being a trip leader is fun. While planning a trip might seem daunting, it’s just a matter of following the steps in the various trip planning documents”.



→ (Continued on the next page)

Celebrating Trip Leaders of 2022 (Cont'd)

The power couple of Fran & Paul have been Club members for 18 years. They have led trips previously and decided to come back to the fold. "We used to lead paddles and enjoyed it. It's good to be able to offer choices to the members. With small groups, you have more destinations and don't always get waitlisted!"



Fran & Paul paddled their first trip this past year on the Connetquot River because it is familiar to them. "We love going under the bridge at Bayard, seeing beautiful birds and going through the canals. It's not usually a difficult paddle so most members can enjoy it."

"Being part of this wonderful group of people, enjoying the same activity, learning from everyone" is what is so great about being a trip leader. "We love the friendships created with the Long Island Paddlers."

OLDIES & GOODIES

The Club has been fortunate to have had so many members lead trips this past year. In fact, many of them have been leading trips for many years. We thank, again and again and again:

Emilio Sosa, Chris Scalisi, Chi-Chi Gibney, Jim Gibney, Tom Stirnweis, Ken Doxsey, Bob Hansen, Eddie Mangual, Gavril Ismailov, Helen Horton, Karen MacLennan, Liz Marcellus, Pat Burnside, and Mike Matty.

Alan has been a club member for 19 years and has been leading trips for 17 years. "I became a trip leader because I wanted to do a New Jersey weekend trip. When we got on the water the former President Ed Luke told me that the member that sets up the trip is the trip leader. Luckily I had Ed and Stu to teach me. Later I had Frank Chillemi and many others to help me become a trip leader. I continued to be a trip leader because we had so few planned trips when I joined.



"On Long Island I always loved going out of the Great South Bay from John Burns Park. I could go in three different directions depending on the tide. I could go on the boating channels, or the cuts and see fish or seals. I do miss the seals. I moved to Virginia, so I now paddle Lake Mooney, a 500 acre lake two miles from my house. I also go on the Rappahannock River where there are eagles and herons. It is a beautiful scenic river. It is fantastic in the spring when the shad come up the river and herons, ospreys, and eagles come for a buffet. The Potomac is nearby, too, with many interesting and historical places including D.C. itself."

(Continued on page 13)

Equipment Review

Kayak Trips with my Favorite Traveling Companion

Aquabound Tango Fiberglass 4-Piece Straight Shaft Kayak Paddle

By Charles Bauer

So, over the past few years I have traveled up and down the east coast of the United States, from Maine to Florida.

Some of these trips were solo and some were with family or to visit family. My goal is to kayak in as many states/countries as possible. Sometimes I will take one or both of my own kayaks, other times I will rent and go out on my own or one will be provided for me when I am part of a tour or participating in a symposium. Kayaking is much like other sports and equipment matters!



When traveling with my own kayak, it is so easy to pack up all of my gear into my SUV including both of my Aquabound paddles, load my kayak and off I go. However, it's not so easy when I am flying to Florida, Nevada, California, Washington, Mexico or Greece. So, last year I ordered the Aquabound Tango Fiberglass 4-Piece Straight Shaft Kayak Paddle (Northern Lights version).



Equipment Review (Continued)

It has a carbon shaft, fiberglass blade and the Posi-Lok adjustable handle. It is 240cm long and weighs only 28oz. This paddle comes in 4 pieces and weighs so little that it easily fit in my suitcase. I brought a large dry bag with shoulder straps to make it easy to carry to my kayaking destinations.

I am ecstatic that I can now travel and bring along my Aquabound paddle on my expeditions. Recently, while in Santorini, Greece, I spoke to the owner/tour guide about my paddle. He was very interested in the performance of the Aquabound Tango 4-piece paddle, so I swapped paddles with him (using his much heavier paddle, which I hated). He commented on how ultra-light it was



that it allowed for a very smooth and efficient forward stroke. I mentioned that it minimizes fatigue on longer paddles as well. I told him that the Tango Fiberglass 4-piece paddle is my favorite traveling companion, after my family of course. I won't travel without it even if I don't have a kayaking trip planned; I always bring it just in case.

My wife also loves the Tango 4-piece paddle. When we are kayaking together, she claims it is hers. I don't mind since I also own the Aquabound Stingray Hybrid 2-piece paddle with a carbon shaft. It's slightly heavier; however it too is a great paddle.



So when traveling whether in my SUV either solo or with family or by plane, I make sure I have at least one of my Aquabound paddles packed. I guess you can say when it comes to Aquabound paddles; I never leave home without them. 🌊

Newsletter Errata

KAYAKING MISTAKES: TOP 10 MISTAKES & HOW TO IMPROVE THEM

The following article was borrowed from
<https://jhl-outdoor-recreation.com/>
and presented here for your interest by your Editor.

Kayaking is a straightforward water activity. You grab a paddle. You hop onto the kayak. You start to paddle..... As a beginner, little do we know that actually we might make **THOUSANDS** of kayaking mistakes without we even notice!

Kayaking is a fun outdoor recreational activity. Imagine paddling on the lake or river on a sunny day, this moment cleanses our mind and soul, let ourselves forget about our stress and anxiety related to our daily lives.


Because of this, don't be discouraged and don't avoid kayaking because of those kayaking mistakes. In fact, most of the kayaking mistakes are quite easy to fix.

Open the following link to read more on this subject.


<https://jhl-outdoor-recreation.com/kayaking-mistakes-top-10-mistakes-how-to-improve-them/>



Answer to "Do You Recognize This?"

Brooklyn Bridge Park is an 85-acre park on the Brooklyn side of the East River in New York City. Designed by landscape architecture firm Michael Van Valkenburgh Associates, the park is located on a 1.3-mile plot of land from Atlantic Avenue in the south, under the Brooklyn Heights Promenade and past the Brooklyn Bridge, to Jay Street north of the Manhattan Bridge. From north to south, the park includes the preexisting Empire-Fulton Ferry and Main Street Parks; the historic Fulton Ferry Landing; and Piers 1-6, which contain various playgrounds and residential developments. The park also includes Empire Stores and the Tobacco Warehouse, two 19th-century structures, and is a part of the Brooklyn Waterfront Greenway, a series of parks and bike paths around Brooklyn. The park's first portion, Pier 1, opened in 2010. The land for the park was formerly an industrial stretch of waterfront owned by the Port Authority of New York and New Jersey. After the city and state signed a joint agreement in 2002, site planning and project funding proceeded. The first work, undertaken in 2007, involved the demolition of a warehouse under the Brooklyn Bridge. 

Celebrating Trip Leaders 2022 (Continued from page 10)

"The best part of being a trip leader is when someone walks over to you after a trip and thanks you for taking them out to a place they would never have seen before. Being a trip leader is fun and a responsibility. It is a way to make friends and learn from your fellow paddlers. It makes you a better paddler and you will rarely paddle alone again." 

Newsletter Errata

The following article was taken from "The South Shore Press" and presented here for your interest by your Editor.

New York State Life Jacket Law By Vincent Pica, Commodore

As you've seen, we've written a fair number of times about how life jackets save lives, such as yours. This article is about that.

Cold Kills

We've all heard the mantra that "Speed Kills" – and so does cold water. As you know, New York was the first state to require everyone aboard all small boats to wear life jackets during the coldest half of the year. Massachusetts, Pennsylvania, and Connecticut soon followed. As of November 1, kayakers, canoeists, and those aboard all other boats under 21 feet must wear Coast Guard-approved personal flotation devices (PFDs) while on New York's coastal waters, lakes, rivers, and other waterways. PFDs on such vessels become optional again in the Spring – May 1. Here is the info on CT, MA, and PA.

CONNECTICUT: Anyone under 12 must wear a PFD. Skiers and PWC riders need them also. Between Oct. 1 and May 30th, all people in canoes. Fines are \$75.

MASSACHUSETTS: State law requires anyone being towed, PWC users, canoeists/kayakers from mid-September to mid-May to all wear PFDs. Children 12 and under must wear them also. Fines are \$50.

PENNSYLVANIA: Boaters must all wear life jackets on vessels under

16 feet from November 1 to April 30. Boaters 12 and under must wear life jackets on any vessel under 20 feet including kayaks and canoes. Anyone on a PWC or being towed must wear one as well. Fines are \$50.

While not as "aggressive" as this author would like, i.e., boats could certainly be larger than 20' and fines could be higher, as an example, let's not be churlish. Although CT, MA, and PA have seasonal PFD requirements as noted above, New York's law is broader and affects all pleasure craft including small sailboats and motorboats (rowing shells used by crew teams are exempt).

Let's Review!

What are the laws in the State of New York? Here they are:

<http://www.nysparks.state.ny.us/recreation/boating/documents/NYSBoatersGuide.pdf>

Every pleasure vessel operated upon the waters of New York must carry at least one USCG approved Type I,II or III Personal Flotation Device (PFD), or life jacket as they are more commonly known, for each person on board. All life jackets on your vessel must be:

Serviceable - free of rot, tears, punctures, waterlogging and all straps functional.

Readily accessible - quickly

Newsletter Errata New York State Life Jacket Law (Cont'd)

reachable in an emergency situation, never kept in plastic bags or under lock and key.

Appropriate size for the intended wearer - check the USCG approval label for information on the intended user for a particular PFD.

Wear Requirements for Personal Flotation Devices

Children under the age of twelve must wear a Type I, II or III PFD on board a vessel unless they are in a fully enclosed cabin. The PFD must be the appropriate size for the child.

Anyone operating or riding on a personal watercraft (Jet Ski, Wave Runner, or similar craft).

Anyone being towed behind another vessel such as water skiers, tubers, parasailing, etc. You are exempt if you are on a disabled vessel and being towed.

Types of Personal Flotation Devices

Off-Shore Life Jacket (Type I PFD) - Effective for all waters, this type of lifejacket provides the most buoyancy. They are designed to turn most unconscious wearers in the water to a face-up position. There are two sizes: adult, with 22 lbs of buoyancy; and the children's size with 11 lbs of buoyancy.

Near-Shore Buoyant Vest (Type II PFD) - The near-shore buoyant vest is intended for calm, inland water, where there is a good chance of

a quick rescue. This type of lifejacket will turn some wearers over, but not reliably. The adult vest provides 15.5 lbs of buoyancy, and the child's vest 7 lbs.

Flotation Aid (Type III PFD) - Good for calm, inland water, where there is a good chance for immediate rescue. These are designed for special recreational activities such as water skiing. Type III provides the same buoyancy as the Type II, but without any turning ability. They come in many colors and styles, and in general, are the most comfortable type of life jackets available.

Throwable Devices (Type IV PFD) - These PFDs are designed to be thrown to a person in the water, grasped and held until rescued. These devices are not intended to be worn. At least 1 Type IV PFD must be carried on all vessels 16' or greater in length.

Inflatable PFDs - The United States Coast Guard is now approving both automatic and manually inflatable PFDs for use on recreational vessels. Please keep in mind that while they are comfortable and lightweight, they are not suitable for non-swimmers, water skiers, youths under the age of 12 and riders of personal watercraft. Always consult the approval label on any PFD to determine if it is approved for the activity in which you plan to use it.

Newsletter Errata New York State Life Jacket Law (Cont'd)

Don't have a current NYS Boating Regulations Guide? Email me -- we'll find a way to get it to you. Similarly, if you'd like a copy of any of the columns cited, email me and I will send it to you.

BTW, if you are interested in being part of USCG Forces, email me at joinuscgaux@aol.com or go directly to the US Coast Guard Auxiliary "Flotilla Finder" at <http://www.cgaux.org/units.php> and we will help you "get in this thing..."

Middle Saranac Lake Kayaking and Camping

By Chris Fleming

I've been hiking and camping in Adirondack State Park for more than thirty years. But it wasn't until about a dozen years ago that I started kayaking and camping in the park. There are tons of lakes and rivers to paddle around on in the Adirondacks, but for me, Middle Saranac Lake is as good as it gets. The water is pristine, there are very few motorboats, the scenery is spectacular, and there's good hiking nearby.



My wife and I had reserved one of the 25 sites on Middle Saranac Lake for a few days as this past summer was coming to a close. Sites come available for reservations 9 months prior to the date you want. So, for our early September trip, we reserved site # 78 in early December of 2021. (Check out reserveamerica.com if interested.) By the time this article is published, it will be too late for the summer of 2023, but sites become available as people cancel, so check out the website.

(Continued on the next page)

Middle Saranac Lake Kayaking and Camping (Cont'd)



Lower Saranac Lake and Middle Saranac Lake combine to make the Saranac Lake Islands Public Campground. Lower Saranac Lake has 62 campsites and a boat launch, making it a popular lake for motor boaters. Each site was equipped with a fireplace, picnic table and outhouse. A basic fee (\$22 per night) is charged for each day of use. Although several nearby outfitters offer rental boats, we car topped our kayaks for the 4 ½ hour drive from Long Island. The put in spot is at South Creek access along Route 3, about 10 miles west of the town of Saranac Lake.



(Continued on the next page)

Middle Saranac Lake Kayaking and Camping (Cont'd)

There was a lot of activity at the parking area as we pulled in. The forecast was for severe weather the following day and many campers were vacating their sites early. We were loading up the boats with our provisions when we got to talking to a couple who mentioned that they left their site at Bartlett Island (#75) 2 days early, and that we were welcome to stay there instead of our reserved site. We said thanks and continued packing the boats. Soon we were paddling out into the lake.



Site #78 was directly across the lake, but we decided to go the long way, staying near the westerly shoreline, checking out some of the other campsites along the way.

As we approached Bartlett Island, we knew our site choice would be easy. Site #75 was magical. We had an island entirely to ourselves. →



After about an hour of paddling, we reached site #78. It was a nice site, but we figured we should at least check out site #75.



Middle Saranac Lake Kayaking and Camping (Cont'd)

We unloaded the boats and set up our tent and made the site tidy for our three-day stay.

About the only problem with island camping is that there is no wood to be found. So, I got back in my kayak and attached the other kayak to the stern and paddled a short distance to the mainland where I found an abundance of dry firewood.



Now that all the work had been done, we put on our bathing suits and went for a nice swim in the still warm water before settling in for the night.

We awoke early the next morning to the eerie sound of loons, calling to each other across the lake. The bad weather was still a few hours away, so we decided to take a quick paddle to check out Upper Locks.



Upper Locks connects Middle Saranac Lake with Lower Saranac Lake. There's a mile long section between the two lakes that meanders back and forth on the nearly current less Saranac River.

(Continued on the next page)

Middle Saranac Lake Kayaking and Camping (Cont'd)



Soon we arrived at Upper Locks.

The lock is a simple mechanism: two sets of gates with long wooden beam handles sit at either end. A set of instructions is posted and after much shoving and pulling on the gate beams, we filled the lock, led our kayaks into it, closed the upstream gate, and started letting water out of the lower gate. We didn't paddle far into Lower Saranac, but quickly turned around and operated the lock in the opposite direction.

The expected bad weather could be seen in the distance, so we paddled for about an hour till we were back at our campsite. We quickly set up a few tarps and covered everything that needed to stay dry. Before long the rain started, and we headed into our tent. For over two hours the wind howled, and the rain poured down on us. Luckily, we have a good



tent and it stayed completely dry inside.

Finally, the bad weather passed, and we were able come out of the tent and get a fire going. We heated some chili, everyone's favorite camp food, and enjoyed the beautiful sunset.

We slept soundly and woke up early on our departure day. Check out is at 10:00 am and we figured that campers would soon be heading our way to take over our beautiful island.

But we weren't in a hurry to get back to the car, so we took a long paddle around the eastern end of the lake. There's a nice beach and swimming area and the start of the trail up Ampersand Mountain.

(Continued on the next page)

Middle Saranac Lake Kayaking and Camping (Cont'd)



Ampersand Mountain's open summit provides breathtaking 360-degree views, but you'll have to work for it. The first half of the trail is easy, but once it starts going up its relentlessly steep until the top.

I've hiked up Ampersand a few times before and we walked up the trail a few hundred yards but thought better of it and headed back to the boats.



It was a great kayaking and camping trip and I highly recommend to my fellow paddlers. 🌊



☺ There was a huge fight at the boat store.

Paddles were on clearance for 90% off, and people went crazy trying to get them.

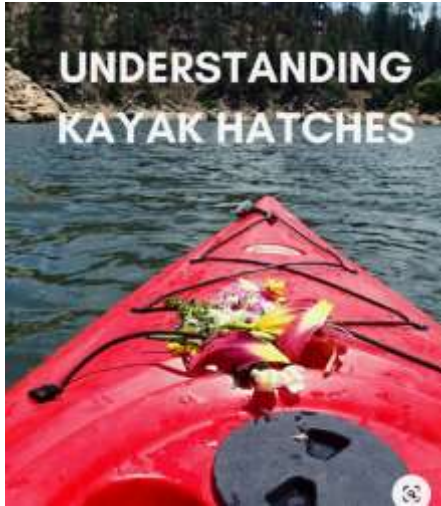
It was quite an oar deal.

☺ I went to buy some camouflage trousers the other day but I couldn't find any.

☺ I went to a seafood disco last week... and pulled a mussel.

☺ What do you call a fish with no eyes? A fsh.

Newsletter Errata



The following article was taken from “www.kayakhelp.com” and presented here for your interest by your Editor.

Every good kayak should have a place where you can store gear or snacks that you don’t want to be exposed to the elements. This is where a kayak hatch comes into play and they come in many shapes and sizes.

In this guide to kayak hatches, we are going to cover the varying types of hatches, their pros and cons, the difference between hatches and bulkheads, and some important information about how to choose and install a new kayak hatch if you have to.

If you are getting ready to buy a new kayak or sell your old one and upgrade, knowing more about hatch considerations will help you make sure that the kayak you choose will have enough storage space for your accessories and essential kayaking safety equipment.

Read on at:

<https://www.kayakhelp.com/understanding-kayak-hatches/>



Video: How to build contact tow line



This instructional video was borrowed from “Adventure Kayak Magazine” And can be viewed at:

<https://paddlingmag.com/skills/video-how-to-sea-kayak-contact-tow/>

Padding Challenge – The Orient Express

Offered by Jim Dreeben


A cool kayak trip is from Orient Point to Riverhead. It's about 35 miles. It should take between 6 ½ and ten hours on a calm day if you start at low tide in Orient Point. The scenery along the way is beautiful. You might see fish leaping out of the water and turtle heads and lion's mane jellyfish.

To entice paddlers to do this trip I am offering a challenge: **I will buy pizza and beer for anyone who paddles, unsupported, from Orient Point to Riverhead on the Peconic Bay in less than 10 hours.** Also, I will help with the shuttle or drive you to Orient Point.

The trip does not require a lot of planning but here is what's important:

- 1) Wear a PFD and carry a whistle.
- 2) Start your trip at low tide in Orient Point.
- 3) It should be a calm day with not much wind.
- 4) Bring food, lots of water and some Gatorade. I prefer PB&J sandwiches, apple slices and a bag of almonds, cashews and raisins.
- 5) A map or nautical chart and binoculars are helpful so you can paddle from point to point and not into every cove. In other words: don't follow the shoreline.
- 6) If necessary you can call me at 631-834-2525.
- 7) We will go to Twin Fork Brewery for beer and pizza.

Jim Dreeben

My friend, Jeremy, did it last Tuesday, 11/29 in 6 ½ hours. 

Editor's Note

An accompanying article can be found in the fall 2022 edition of the newsletter, page 34.

For additional info you can google "Orient Express Paddle".



At the end of the day, your feet should be dirty, your hair messy, and your eyes sparkling.

Calling All Paddlers!



There's plenty of room in our next Newsletter for your paddling adventure stories. It's a new year so why not make a resolution to support our newsletter by your article contribution?


From personal stories (how you got involved in kayaking or what brought you to the Club) to reviews to recipes. How about a paragraph on a committee that you're serving on?

Have you been on a recent paddling trip? Have a favorite trip? Have any latest info on put-ins? Why not share some photos? Don't forget Member-Matchup and Spotlight-On.

Plus - you can gain 2 Volunteer Points for each article published.

It's so easy; just send an email to dgorycki6@gmail.com. A thank-you email is returned as a receipt acknowledgement.

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

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

Going my way?

Just hop on!



LIP Classified Section

Introducing a new newsletter topic – advertise your items for sale here – no charge!



Kayak Lessons
Guided Tours
Group Outings
Gear Rentals

Kevin Stiegelmaier
 www.paumanoktours.com
 (631) 404-6447

Next Long Island Paddlers Publication Date:

April 15, 2023

Spring Edition

Deadline for article submission is several days prior to publication date (to be announced) leaving time for final editing, review and distribution. Members are encouraged to submit articles, pictures, letters to the editor, newsworthy notes, recipes, put-in information, trip reports or future trip information etc. to the editor. Editor reserves the right to editorial privileges. Unless otherwise stated, the views expressed are those of the authors and do not represent official position statements of Long Island Paddlers Club, Inc. Please submit all newsletter articles, pictures, letters and advertising by deadline, to the Newsletter Editor at: DGorycki6@gmail.com.

Mailing Address:

P.O. Box 1783
 Miller Place



DISCLAIMER:

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

Editor's Note:

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

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



Photo Credits: Top Row (Left to Right): Alina Wilczynski, Alan Mayors, Christine & Michael Pan. Bottom Row (Left): George Golab.

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

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

Making memories & friendships for a lifetime!



www.lipaddlers.org

