



## Newsletter of the LI Paddlers

Volume 2021, Issue 2

Spring Edition

April 2021

### Message from the President



The weather is starting to look good so if you are not kayaking already you will be soon. Our season will be a good one. As things progress there will be more trips. We still have to keep in mind to stay safe.

I would like to commend all the members for being patient and for being positive.

The integrity of the club has been outstanding and all because of the great members we have.

Our trip coordinator has set up some dates for trip leader training. Any member who would like to participate, please take advantage. Our club can use more trip leaders which results in more trips.

So members stay safe both on land and water and hope to paddle with all of you.

Thank you, Edwin Mangual

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## ***This is the Year YOU Lead a Trip***

by Chiara Nuzzo, Trips Coordinator

Long Island is lucky to have several active paddling clubs and the Long Island Paddlers is one of the most popular. Our Club is focused around providing fun and safe paddles. There are lots and lots of fun and safe paddles. Of course, to conduct those paddles, we need lots and lots of trip leaders.

One of the most satisfying ways to be an active LIP member is to lead a trip. For many, however, the idea seems daunting - but not to worry. We have got you covered!

You'll start by participating in an online workshop with Mike Matty and I that will provide all the information and resources you will need to plan and lead a trip. And you won't do it alone. You'll have the option to partner with an experienced trip leader to run your maiden voyage. The final step is to participate in a (fun!) on-the-water skills session with Mike where you'll become a master of the assisted rescue.

Steps to becoming a trip leader:

1. Take the new trip leader training workshop (see our website trips listing and *sign up now*).
2. Practice an assisted rescue (you will be contacted when Mike Matty schedules the on-the-water session in early June).
3. Plan, post, and conduct at least one trip this summer.
4. After completing all the above, you'll be invited to the Trip Leaders Only Goggle Group where you can ask questions and share ideas with other trip leaders and join in on trip-leader-only paddles.

**Microsoft Teams online new trip leader training workshops are scheduled for Monday, April 26, and Thursday, April 29, from 7:30 – 9 pm. Please sign-up for one via the LIP website.**

Make this the year you lead your first trip! 🚣

## **Exciting Watercraft I have Paddled**

**Nordkapp** was the first sea kayak that I ever paddled. It was 17'10" long by 21" wide. It was fast. Old style Nordcapps had 2 VCP hatches and a 16" wide round cockpit. The stern hull tapered to almost a knife edge making it track well but difficult to turn. Initial stability: Not good. Secondary stability: Not bad, but it was good enough to lean and carve turns. It accelerated like a jack rabbit. New Nordcapps

have an upswept stern and a drop-down skeg, and are more stable. Nordkapp is a beautiful kayak.

**Tsunami X-15** is a high-performance 16' sit on top Kevlar kayak. The X-15 is built tough with extra layers of Kevlar, a thick solid rudder and rudder cables 3X thicker than on most other kayaks. It has a round hull for speed.

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## Exciting Watercraft I have Paddled (Cont'd)

You need the rudder for stability and direction. The X-15 was designed by Eric Soars to paddle in the rock gardens in the Pacific Ocean. I met Eric at a symposium in South Carolina.

**Necky** developed the 18' **Arluk 1.8** with a small cockpit and a rudder. It weighed 34 lbs. in carbon fiber. The 1.8 did not accelerate like the Nordkapp but it had better top speed. It was one of my favorite kayaks ever. The Arluk 1.9 was the same kayak but with a standard cockpit: 16" wide X 31" long.

**Arluk 1** was a Necky racing kayak. It was very fast and it had the most comfortable seat with no back strap. It was empty inside; you needed air bags, or pray you didn't swamp. A rudder was standard.

Current Designs built the 18' Expedition. Nice kayak if you weighed over 200 pounds. Otherwise you felt like you were sitting on a telephone pole. It needed weight for stability. Then CD designed the **Nomad**, another one of my favorites. It had similar dimensions to the Expedition but they tweaked it a bit making it more stable. Current Designs made me a Nomad and a carbon Solstice without rudders.

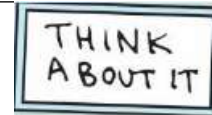
**Surge Sea Kayaks** retired but I still have one. It's 18' long, 23" wide and weighs only 39 pounds. It is fast and stable. It has a basic, no frills, seat and no rudder. It has good initial and secondary stability.

A sales rep dropped off a **surf ski** for me to try. I never heard of surf skis before but he said they are for cruising big water like the ocean. It was so tippy that I could not get through the waves at Cooper's Beach and, when I fell off, the

waves picked it up, and I almost got killed from a flying surf ski.

Then I got **Valhalla** brand surf skis. They were fun to paddle, but, to get them ready, you had to do some serious fiberglass work on the foot rest, depending on your height. A neat feature offered was a hydrofoil on the bow to prevent pearling. It looked like the head of a hammerhead shark. It worked.

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- ☺ Smooth water does not make a skillful kayaker.
- ☺ Happiness is found when you stop comparing yourself to other kayakers.
- ☺ A day spent on the water is never a waste of time.
- ☺ If it's not on you, you don't have it.
- ☺ It's better to have it and not need it than to need it and not have it.
- ☺ Open water is a highway to adventure, best traveled by canoe or kayak.
- ☺ Around every bend there's a great surprise... you just have to look for it.
- ☺ Personal Flotation Devices only work if you wear them.

## Exciting Watercraft I have Paddled (Cont'd)

When **Epic** started making **surf skis** with an “easy to adjust system”, I was hooked. The V5 through V8 can be paddled by most people. They are stable, reasonably fast and top quality. The V8 Pro, V9 and V10 Sport require a little more skill. They are fast and moderately stable. For the ultimate in speed, Epic has a V10 (my favorite), V11, V12 and V14. These surf skis are for serious skilled speed demons.

I recently paddled a **Think** Surf Ski from Great Britain. (I mean it was made in England.) It felt like the Epic V10. It was 21’ long and 17.5” wide. It was super-fast and not very stable. Super-fast definition: It’s all relative but it feels like going 100 MPH in a car. It weighs 22 pounds and it has a round bottom. It takes practice to master a 17” wide surf ski but once you do – wow! Fast! Going down waves, even faster.

I paddled a down-river racing kayak on the Forge River. It was tippy at first, but once I got used to it, I had a ton of fun sprinting, leaning and carving turns. If you have the opportunity, you might like it too.

**Zest Two EXP** is fun to paddle in all conditions. We paddled around Manhattan overnight in a Zest Two. It is fast, it tracks well and it is stable in big waves. We saw the Empire State Building at 1 AM.

Although I prefer 18’ canoes and kayaks, I really enjoyed paddling the **Epic 16 Kayak** and the **Romany 16’ Kayak** from NDK. I like to race them too, in the 16’ and under class. The Epic has a Track Master Rudder system and the Romany has a drop-down skeg. Both systems are well-made and efficient.

**16’ Chinook** was the first rotomolded sea kayak. It was designed by Lee Moyer who owned Pacific Watersports. Then came the **17’2” Sea Lion**, designed after the Nordkapp, but was more stable. The Sea Lion was heavier than most other sea kayaks but it was outrageous in big water, as in the Carribean.

**Sawyer DY Special** was a 17’ long solo racing canoe. It was fast and not too tippy. It was difficult to turn. It had lots of tumblehome so you could lean it. My first long distance canoe trip was in the Florida Everglades. I paddled a DY for a week. I would switch paddle sides every 8 strokes. Coming across Chocoloskee Bay, the wind was so strong that I had to paddle on one side for 4 hours. I thought my arms would fall off. I was paddling with a 49” long, double-bend, HR Powerstick made by Brad Gillespie.

**Summersong**: 15’8” of fun. A solo canoe that was fast, comfortable, maneuverable, not too stable, very light and a pleasure to paddle (for hours). It had tumblehome so your paddle did not hit the sides. Go fast.

**Sawyer Cruiser** Canoe was 17’9” long. It weighed 42 pounds. The Cruiser had comfortable bucket seats; the bow seat was adjustable. It was fast and it tracked well. You had to lean it to make a turn. We used 2 lightweight Kronen Paddles. The blades were made of obeechee wood (like balsa) from Fiji. 🌊

[More Exciting watercraft will be featured in the summer edition]

Jim Dreeben, Retired CPO of Peconic Paddler (53 years), SUPS, Prone Paddler, C&KS, instructor. 631-834-2525 or jim@longislandpaddling.com

## Executive Council 2021

President: Ed Mangual

Vice President: Emilio Sosa

Treasurer: Lise Poulos

Secretary: Bob Hansen

Members at Large: JoAnne Paolino, Don Gorycki

Past President: Fred Hosage

## Committee Coordinators 2021

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

## Confessions of a Three-Season Paddler (Redux)

OK, I admit it, I'm a summer person.

Don't get me wrong, I also like the spring and the fall seasons.

Spring, with the melting of the snow, the temperatures rising, landscapes turning green. Fall, the air might be getting cold but the water is still comfortable; leaves showing their magnificent rainbow colors.

That's when I do all of my paddling – winter is just too cold for me. I hear stories from my fellow paddlers who do paddle in winter. Open water with no boat traffic, serenity, and much more.

Certainly sounds great, but alas, I am a three-season paddler.

My own paddling season spans the months of April through October.

(Continued on the next page)



**Way too cold for me**



**This is more like it!**

## Confessions of a Three-Season Paddler (Redux) (Continued)

After that, I inspect my boat, make any necessary repairs/improvements, and store it in my shed where it ‘hibernates’ for 5 long months.

During that time, while I am remembering and delighting in past trips, my body is slowly adapting to a land environment and forgetting the movements and feel of the water.

During the height of the winter, as I look across the snow-covered yard at my shed, I can’t help but fantasize about the activities of the upcoming paddling season. When will I take my first trip? Where will it be? What will the Club’s activities be?

The time has finally arrived.

First trip of the year, solo (I know solo kayaking is frowned upon, but that’s another article), leaving from Smith Point Marina.

It’s late April so the water is still rather cold, although the air temperature is very comfortable (remember, dress for the water, not the air). I insert myself into my wetsuit still wondering where today’s destination will be.

I carry my boat (Tracer 165) to the water’s edge, load my equipment, including a foam paddle float, VHF radio, lunch, water, and then slide into the cockpit.

I stare out into Narrow Bay, watching the sunlight dance upon the water like millions of sparkling and twinkling diamonds. I can feel the water calling me as if saying, “what are you waiting for?”

Five months of aquatic inactivity creates a sense of apprehension as I push off into the beckoning waves.

The hip movements I make that are needed to counter the waves and maintain stability are familiar to me yet remain distant.

The shoreline recedes as I continue paddling and hope I don’t capsize, especially this first time out. I lift up my face towards the blue sky patched with white clouds and feel the warmth of the sun (sunscreen liberally applied, of course).

I inhale through my nostrils and delight in the fragrance of the salt water.

The stabilizing swaying of my body is channeled to my kayak as it glides through the mild chop of Narrow Bay.

I feel my confidence returning.

The focused look on my face is replaced by an ever increasing smile....I am born again!

Just like trying to choose a main course from an extensive restaurant menu, I am faced with finally choosing my route; south, east, or west?

Each direction holds many choices. I finally notify my home base of my decision; it’s always good practice to let someone know where you are going.

I paddle with a renewed vigor as my kayak cuts through the waves. My destination? It’s always around the next bend.

The only regret I have about paddling is that I started later in life - a condition I’m correcting in my retirement years. 🔄

Submitted by Don Gorycki

## Thoughts on Paddle Floats

Colin sent in an article on foam paddle floats (club website -> Members Only->forum->Tips and tricks->The Importance of a Foam Paddle Float for Cold Water Kayaking).

It started me thinking about the difference between foam and inflatable. Foam paddle floats are more efficient because they are ready to use; you don't have to blow them up, and it takes less effort to keep them horizontal while getting back into your kayak.

When I had my kayak shop, foam paddle floats were a hard-sell. They did not fit under some deck lines, and, if they did, they were bulky. In some cases you can alter your deck lines, but you might have to drill 2 or 3 new holes. That's not the worst thing. To fill holes on a plastic kayak: Squeeze silicone sealant into the hole or melt plastic or use a glue gun. Composite kayaks: Put a short screw into the hole with a flat washer and a lock nut on the inside. Put silicone on the washer first.

Before using a paddle float, if the deck lines are narrow shock cord they should be replaced with a thicker diameter cord and doubled-up where the cord runs lengthwise to the kayak. That should hold the paddle at 90 degrees to the kayak for re-entry and for pumping and putting on your spray skirt.

Or, get creative like Lee Moyer from Pacific Watersports did. He used 2 deck cleats, 3 deck loops and one jam cleat in a pattern that held the paddle at 90 degrees for re-entry and no up and down flexing so you could lean onto the float while bailing,

pumping or putting on your skirt. I have tried it; it works. Lee also used 3/16" or 1/4" diameter braided nylon rope with burnt ends, not stretchy bungee.

(Lee Moyer designed the Chinook, the first rotomolded sea kayak. He passed away a few years ago.)

It is relatively easy to use a paddle float but you should practice using it before you (really) need it. Try it out in the bay with a little chop and a little wind. If you don't have the strength to climb up, carry a loop of rope with you to use as a stirrup, like getting onto a horse. Loop it around your cockpit first.

When you get in you will be facing backward. Stay low, lean onto the paddle float and turn around.

With 2 kayaks, the Eskimo Rescue is easy, as long as you practiced it earlier. While holding your breath upside down, the second kayak comes to you at 90 degrees. You reach up and hold onto his or her bow and pull yourself upright. Try to stay at 90 degrees until you are all the way up. Initiating this rescue is easier and quicker if you are paddling about 30 feet apart. The rescuer turns 90 degrees, no backing up.

I digress: The best kayak rescue method is the Eskimo Roll, if you can learn it in combat conditions. 🌀

Submitted by Jim Dreeben, Retired CPO of Peconic Paddler (53 years), SUPS, C&KS, Paddling Instructor



## Put-In Alert...Hart's Cove



Long Island is blessed with many rivers, ponds, coves, inlets, and bays where we can enjoy paddling our kayaks and canoes. Each one of these has one or more put-ins.

Many of put-ins are described in two popular books: "Paddling Long Island and New York City" by Kevin Stiegelmaier and "Exploring East Ends Waters" by Kevin McAllister. There are, however, additional Long Island put-ins not stated in these books. One of these put-ins is the topic of this edition of "Put-in Alert" - Hart's Cove.

Located on the south shore in the village of East Moriches, Hart's Cove not only is a great place to paddle by itself, but also provides a gateway to other interesting paddling areas. These are the coordinates for Hart's Cove:

Lat: 40°48'4.11" N Lon: 72°45'13.48"W

Paddling south from Hart's Cove will bring you to Fire Island, Bird Island, and Moriches Inlet.

Paddling west from Hart's Cove is Tuthill Cove and Terrell River.

Paddling east from Hart's Cove is Setauket Cove with its several creeks.

I have paddled all of these areas at one time or another and are a part of my regular itinerary.

So, if you are looking for a different and/or new place to paddle, by all means check out Hart's Cove - you'll be happy you did. 🚣

Submitted by Don Gorycki



**Bird's-eye view**



**Additional parking roadside**



**Kayak Put-in at Hart's Cove**



## Photo Gallery



**Upper Carman's River Southaven Park – Photo by Don Gorycki**

**Upper Carman's River/Southaven Park**

Submitted by Liz Marcellus

### **Upper Nissequogue River Clean-up March 25, 2021**

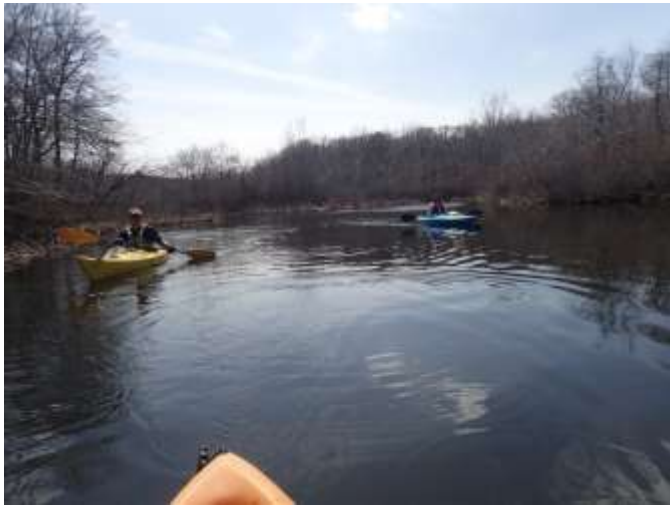
Mike Matty, Gina Gruber and I (Liz Marcellus) paddled a short section of the upper Nissequogue today and picked up close to 60 lbs. of garbage. Most consisted of beer cans, alcohol and water bottles with a few balloons. The river had just been stocked with trout and we saw some over 12" long. Gina and Mike watched as a few of them jumped right out of the water to catch a flying insect. There weren't too many birds, but we did see herons, geese and a small flock of wood ducks. The water was crystal clear and flowing nicely after the heavy rain last night.



More photos on next page

Submitted by Liz Marcellus

**More Photo Gallery**



**Nissequogue Clean-up**



**Nissequogue Clean-up**



**Sunset at Orient Point**



**One of our moonlight trips**

## Tragically, another Kayaker Perishes

On Monday, Jan. 4, 2021 my wife came home from work and told me one of the topics of conversation that day involved the 18-year-old kayaker from Jamesport, whose body was found in the Great Peconic Bay. The story as related to her was that the kayaker set out from Jamesport on Saturday, Jan. 2, 2021 at 8:00 AM and his family reported him missing around 4:00 PM. And, after an extensive search, his body was located at approximately 7:40 by a U.S. Coast Guard helicopter. The Coast Guard spotted the kayaker's body just west of the Shinnecock Cannel and then directed one of the local police rescue boats involved in the search to the location, where they recovered his body. Another police rescue boats recovered a capsized kayak off Meschutt Beach in Hampton Bays which they assumed belonged to the unfortunate kayaker. One of the women Dara spoke to at work that day said she knew the kayaker's family and she described him as an experienced kayaker.

What an ambiguous term "experienced kayaker" and what exactly does it mean. The dictionaries description for "experienced" is.

"having knowledge or skill in a particular field, especially a profession or job, gained over a period of time"

We as kayakers use many terms to describe ourselves; experience, skilled and knowledgeable but what does each term really mean when referring to kayakers? Is it possible that each term has different meaning to different kayakers? When referencing a kayaker does each term meet all the criteria's as the dictionaries meaning? I think not! I think we all have our own interpretation of the terms experienced, skilled, and knowledgeable.

When a kayaker describes themselves or in the case of the woman Dara spoke to at work, who described the kayaker who died as an experienced kayaker could the term "experienced kayaker" mean a kayaker who spent many hours paddling their kayak? Or could the term experienced refer to someone that has paddled many miles? Is it a reference to someone's skill level? I really do not know but when we are choosing a paddling partner or if we are leading a paddling trip and someone describes themselves as an experienced kayaker, I would inquire just what their interpretation of experience is before setting out with them.

And just as ambiguous as the term experienced kayaker is the term "skilled Kayaker". What constitutes a "skilled kayaker"? I have belonged to many kayak clubs over the years and I have known many kayakers who described themselves as skilled and some were truly outstanding paddlers and others, well, they were not. Some of the skilled kayakers I knew could scull their kayaks up from almost being completely capsized and they could perform numerous Greenland rolls along  
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## Tragically, another Kayaker Perishes (Continued)

with many other skills. Some of these kayakers could paddle in the most adverse conditions while other “skilled kayakers” that could perform may different impressive rolls along with other party tricks in pools or placid, calm waters were terrified and incapable of paddling in an open bay or other large bodies of water. Those skilled paddlers never paddle from point A to point B, but they still considered themselves “skilled kayakers”. So, is a skilled kayaker someone capable of rolling their kayak alone or is it someone that can also paddle?

Another term some kayakers use to describe themselves is “knowledgeable”. I have known kayakers that referred to themselves as knowledgeable kayakers. They could recite chapter and verse of what is written in kayaking books. They knew the tides, currents and how to take advantage of them. They knew the difference between cumulus and stratus cumulus clouds and how each different cloud formation could affect the weather. A lot of these paddlers are pure geniuses. They remind me of a college professor I once had. He would come to class with his notes written on napkins and he could decipher this jungle of incoherent mess to give a captivating lecture, but he had absolutely no common sense and would tripping going up a flight of stairs. But again, just because an individual knows how in theory kayaking should be performed that does not mean they will be good at it. But then again just because someone describes themselves as being a knowledgeable kayaker does not mean they are not a great paddler. It all comes down to what the individual’s interpretation of being a knowledgeable kayaker means.

I have never heard anyone describe themselves or anyone as a “smart kayaker” but maybe this is the best type of kayaker. To me a smart kayaker is someone who understands their abilities. Their meaning of “experience kayaker” is knowing how many hours they can paddle along with the safe distance they can travel without taxing themselves. A smart kayaker knows their “skill level” and how it relates to their ability to paddle in different conditions and environments and they do not exceed their abilities. They are “knowledgeable”. They understand enough to know that it is easier to paddle with the current and plan their trips accordingly. A smart kayaker understands enough about tide that they would never plan a trip which would require launching or landing a kayak in a mud flat at low tide. A smart kayaker checks the weather and knows the day’s weather pattern before paddling along with the wind’s intensity and direction. They possess the common sense to cancel a trip if the weather is a safety factor and they do not allow peer pressure to change their decision. Smart kayaker may not be as smart as a knowledgeable kayaker in the sense that they cannot name all the different cloud formations but he or she can recognize that a flat based gray anvil looking cloud means rain along with the possibly of lightning, which may be accompanied by high winds is on the way and they better get off the water. A smart kayaker dresses for the weather, water temperature, wears their PFD and they do not paddle alone.

I am not criticizing the actions or the decisions the unfortunate paddler made in the Great Peconic Bay on Jan. 2, 2021. And it is not my intention to offend his family or anyone but  
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## Tragically, another Kayaker Perishes (Continued)

even though he was considered an “experience kayaker”, he was not a “smart paddler” because his death was preventable. His death was a tragic and needless loss to his family, friends, and the paddling community. What the paddling community needs to prevent these types of losses above all else is “smart paddlers”. I am not saying that if we adopt and practice the smart kayaker principles that it will prevent all kayaking deaths because it will not. Kayaking like all outdoor activities has an unavoidable inherent risk of injury and death. There are just some risks in kayaking we have no control of such as heart attacks, the stupidity of motorboaters or being eaten by a polar bear etc. ☹

Submitted by Colin Mullen



**PFDs only work when you have them on!**

## Plum Island Revisited

Situated a mile east of Orient Point, the eastern tip of the North Fork and separated from it by Plum Gut, lies Plum Island, an 822-acre pork-chop shaped island that is owned by you and me (being the federal taxpayers that we are).

The island’s most well-known feature is the Plum Island Animal Disease Center (PIADC), situated in the northwestern corner of the property, but Plum Island is so much more. On the western edge lays the Plum Island lighthouse which was built in 1869 to warn mariners of the treacherous currents of Plum Gut. On the east there’s the brooding presence of Fort Terry, a relic of the Spanish-American War, with scattered evidence in the form of barracks, gun batteries, and the tiny tracks of a toy gauge railroad once used to move cannon shells from storage to those concrete batteries.

(The cannons never fired except during drills).

And there’s the stuff that excites naturalists:

- The largest seal haul-out site in southern New England located at the eastern tip of the island where throngs of harbor and grey seals swim along the rocky coastline or bask, like fat sausages, on the off-shore rocks that punctuate the surface of the water.
- The more than 225 different bird species, one-quarter of all the species found in North America, that breed here (like the bank swallows that excavate burrows in the bluff face on the south side of the island), or pass through on their seasonal migratory journeys, or overwinter.
- Dozens of rare plants, like ladies’-tresses orchids, blackjack oak, and scotch lovage that flourish in the forest, thickets, meadows, and shorelines of Plum Island.

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# Plum Island Revisited (Continued)

- A large freshwater pond in the southwestern section of the island that adds visual delight and biological diversity to the island.
- And, of course, the ubiquitous beach plums that gave the island its name!

For the past decade a struggle has ensued to make right what many individuals, organizations of all sorts (including the more than 120-member Preserve Plum Island Coalition), and many public officials consider a significant wrong — Congress’s order to sell Plum Island to the highest bidder, forever losing it as a public space.

This ill-conceived path of auctioning the island was set in motion by a half-page paragraph buried in a several thousand- page bill to fund government agencies in 2009. Fortunately, this struggle has been won — the wrong has been righted — as language included in the recently adopted 2021 budget bill for the federal government, repeals the requirement that the General Services Administration sell the island.

Thank you to Senators Chuck Schumer and Kirsten Gillibrand of New York, Senators Christopher Murphy and Richard Blumenthal of Connecticut and members of Congress Lee Zeldin, Tom Suozzi, Rosa DeLauro and Joe Courtney!

A thank-you is also due to New York State Assemblyman Steve Englebright who sponsored legislation that was signed into law creating a Marine Mammal and Sea Turtle area in the waters surrounding Plum Island.

While this victory is a vital and necessary step to ultimately protect Plum Island, it is a temporary and incomplete one since the island can still be  
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## Plum Island Revisited (Continued)

sold to a private party through the normal federal land disposition process if no government agency at the federal, state, or local level steps up to take title to the island.

The Coalition's next task, then, is to ensure that a federal agency such as the National Park Service (National Monument?), U.S. Fish & Wildlife Service (National Wildlife Refuge?) or the state of New York (New York State Park Preserve?) expresses a willingness to accept stewardship of this magnificent island, since they get first dibs to the island if they want it. A key enticement toward this end is the \$18.9 million commitment in the budget to clean up the few contaminated spots on the island.

Why the sale in the first place? Since 1956 PIADC has been conducting top level research on highly communicable animal diseases such as foot-and-mouth disease. To this end, several years ago staff developed a vaccine for this highly contagious disease that holds great promise in controlling the disease globally.

Despite this successful research, Congress determined the facility was obsolete and should be replaced, approving the construction of a new state-of-the-art facility, known as the National Bio and Agro-Defense Facility (NBAF), to be located on the campus of Kansas State University in Manhattan, Kansas. NBAF is complete and will soon be fully operational so as a result PIADC is no longer needed; PIADC is expected to transfer all operations to Kansas and close for good in 2023.

Plum Island is a rare place — a remarkable asset that holds the promise of enriching Long Islanders' lives — your family's lives, if we can keep it in public ownership. The Preserve Plum

Island Coalition, with the input from hundreds of Long Islanders, has painted a vision for the island so imagine throwing binoculars, a camera, and a packed lunch enough for you and your family into your backpack and participating in this realized vision by:

— Taking a ferry across to the island, debarking to orient your island adventure by visiting a museum interpreting the cultural and natural riches and fascinating history of the island before you wander, for countless hours, to experience the wild wonders of the island. A most worthwhile stop is the island's eastern tip where, through a wildlife blind, you enjoy watching dozens of bobbing grey and harbor seals dotting the water amidst the many partially submerged boulders.

— Standing on the edge of the large, tree-edged pond, watching basking turtles and birds and dragonflies flitting over the surface.

-Birdwatching on the wooded trails and bluff tops to view songbirds, shorebirds, ospreys and other birds-of-prey, swallows, sea ducks and so many other species. Perhaps you'll see a peregrine falcon zipping by during fall migration, sending flocks of shorebirds scurrying away as fast as their streamlined wings can take them.

— Strolling along the island's eight miles of undisturbed coastline, with the beauty of eastern Long Island before you, offering distant views of Great Gull, Little Gull and Gardiner's Islands, Montauk Point, and the Connecticut and Rhode Island coastlines.

— Lodging at the Plum Island lighthouse, converted into a Bed & Breakfast and enjoying a glass of wine as the sun sets over Plum Gut and Orient Point. (Continued on the next page)

## Plum Island Revisited (Continued)

— Learning about the role Fort Terry played in protecting the United States and the port of New York as you explore the many parts of the fort — the barracks where soldiers stayed, the gun batteries that once housed the cannons angled skyward to repel a foreign attack.

— At the end of day, if you don't stay over, take the ferry back to the mainland of the North Fork, tired after many miles of hiking in the salt air of the East End, stopping at a North Fork restaurant to share a chat among friends and family about what you've learned relating to this fascinating place.

This legislation has given Plum Island (based on the above perhaps we should call it Treasure Island!) a second chance and an opportunity for us to achieve this vision. But this law is only the first step. We need to take the vital second step of new ownership and management in the public interest if all of the above adventures are to become realities. We collectively need to tell those elected officials who represent us, and who can make a difference in determining the island's fate, that we want Plum Island protected in perpetuity and the opportunity for its many wonders to become interwoven into the fabric of life on Long Island. Go to [www.preserveplumisland.org](http://www.preserveplumisland.org) to learn more about the Coalition, receive updates, and what you can do to help. 🌐

Article submitted by Frank Posillico and written by John Turner who is the spokesperson for the Preserve Plum Island Coalition.



## The Law of the Sea



I'm sure we all realize that if you see a person or boat in distress on the water, the "law of the sea" demands that you render assistance. Common courtesy and decency would require no less and since times past this has been known as the law of the sea.

The law of the sea is a body of customs, treaties, and international agreements by which governments maintain order, productivity, and peaceful relations on the sea ([oceanservice.noaa.gov](http://oceanservice.noaa.gov)).

The term "at sea" doesn't evoke the Forge River or Setauket Cove, or does it? Centuries of practice would argue that they are part of the seas and, in fact, the United States Coast Guard Rules of Navigation (Rule 1) states the connectedness of our waters. "These rules shall apply to all vessels on the high seas and in all waters connected therewith navigable by seagoing vessels". (Taken from the article, "On the Sea" by Vincent Pica, Commodore).

I realize that we don't paddle on the high seas (or do you?) but mostly on rivers, bays, coves, inlets, and the Long Island Sound.

Even so, opportunities may arise where you may have to come to someone's rescue. Sometimes all it takes is a friendly tow back to shore or calling the US Coast Guard on VHF channel 16 for advice and/or instructions.

(Continued on the next page)



## The Law of the Sea (Continued)

Two kayaking incidents come immediately to mind regarding the “Law of the Sea”.

The first one occurred on a club-sponsored paddle trip to the “Creeks of Narrow Bay” on June 25, 2017.

While our group was paddling in John’s Neck Creek, we encountered a couple in a small outboard boat (no oars) with engine trouble. They couldn’t start their engine and were drifting farther away from their boat slip. Now, they were in no imminent danger, but trying to return to their boat slip would have been frustrating. One of our members, Tony Pellet, threw them a line and towed them back to their slip – LI Paddlers to the rescue! They rewarded us with bottles of water and much thanks.

The second incident occurred in Flanders Bay.

I was on a solo paddle trip returning to the take-out at Birch Creek Road when I heard faint cries for help. It was hard to hear especially with the wind blowing in my ears. I knew something was up and turned around and spotted in the distance what appeared to be a large round rubber raft which was slowly drifting out to the middle of the bay. The two people in the raft were struggling to paddle with their hands to get back to shore.

I turned my kayak around and paddled to them. After confirming that there were no medical concerns which required immediate attention, I towed them back to shore where they started from. Grateful to be back on “terra firma”, they thanked me very much.

I then paddled back to my take-out happy that I was able to help. 🙏

Submitted by Don Gorycky

## Do you recognize this put-in?



Answer on page 33

## Did you know?

The club’s website has a comprehensive list of put-ins that contains additional information such as parking info, launch type, permits/fees and more. 🔄



## Announcing the New LI Paddlers Photography Committee

by Alina Wilczynski

We are excited to announce the formation of the new LI Paddlers Photography Committee! Kayaking and photography naturally go together because we often get to see stunning vistas, shallow inlets and tight twisty byways, as well as a variety of wildlife that can't be seen any other way than from the cockpit of a kayak. And clearly there are many shutterbugs among us! We've showcased the work of several pro photographers over the years at library programs, and an all-smiles group shot at the end of a trip is usually our way of putting an accent mark on a great day out on the water together.

The objective of the committee is to collect photos from club members and share them with each other and the public in the following ways:

- Here in the Blazing Paddles newsletter and on our website
- On flyers to be displayed at local stores promoting the club to new members
- Social media, including Facebook and Instagram (being launched soon!)

We also have some exciting projects we're working on, including:

- LIP Photo Kayaking Trip(s) specifically designed to scope out great photo spots, allow time for meandering and taking photos, sharing of photo-taking and camera tips, and sharing of photos from the day
- A promotional video to be created from photos and video clips taken over the course of the upcoming season!
- A public "Intro to Kayaking" Zoom presentation that can be presented online (and eventually in person) via local libraries and other activity groups, as well as to the general public via promotion on Eventbrite, etc. (stay tuned for our first event planned for early June!)
- Several members have expressed interest in an Annual LIP Photo Calendar

Have ideas and suggestions for the committee? Interested in joining our next meeting?

Email [alina@moonkissedmedia.com](mailto:alina@moonkissedmedia.com)

Sincerely,

Photography Committee Members — Alina Wilczynski, Frank Chillemi, Don Gorycki, Donna & Dan DiGiovanni, Alan Mayors, Edwin Mangual, Patricia Burnside and Helen Vloyianitis


See accompanying photos on next page. 

Photo Credit: (Left to right) Frank Chillemi, George Golab, Mike Matty and Alina Wilczynski

## Announcing the New LI Paddlers Photography Committee (cont'd)



### Springtime On the Chipola March 17<sup>th</sup> to 23<sup>rd</sup> (Or Wrong Way Tony)

For the third year I decided to do a trip with Paddle Florida. For me this is like an icebreaker for the coming season. I personally do not do any cold weather paddling. I spread the word about the paddle and had 6 from the club signed on. Pat withdrew to get her second covid shot, Bob and Joanne I think because of her sprained thumb and Irene for an injured pelvis. This left only Tony and me. I made motel arrangements for the drive down and planned on 12 hours the first day and 7 the second day's drive. Paddle Florida sent an email only a few days before the trip. They had arranged a tour of the  
(Continued on the next page)

## Springtime On the Chipola March 17<sup>th</sup> to 23<sup>rd</sup> (Or Wrong Way Tony) (Cont'd)

Florida Caverns and if we wanted, we could leave our car at the end instead of the start. Unfortunately, it was too late to change my plans. They also mentioned it was advisable to use a plastic boat as there may be some shoals and one rock drop that may harm glass boats. With this information I checked with Tony and agreed to use a canoe instead of our good kayaks. First mistake!

Travel, we had a 12-hour drive to Rock Hill SC, Tony wanted to leave at 2am, I said 6am, we compromised, and Tony was out my door at 4am. I like to use 81 instead of 95 which misses the traffic from Baltimore and DC. When we hit around Harrisburg PA, we had some snow flurries then changed to drizzle and cleared after daybreak. As we headed south around Virginia, we started to see the white flowers of the pear trees then later in the Carolina's there was the purple flowers of the wisteria vines. By the time we made Georgia the azaleas were bright pink or purple, spring is a few weeks earlier here.

Being that we left so early we made our motel by 5pm and Tony wanted to do some shopping for some gun supplies he could not find here on LI. He did not find them here either. We went out for dinner and returned to the Motel for what may be our last hot shower for a few days then to sleep.

Next morning was our 7-hour drive to Florida Caverns State Park. We arrived by 3 pm as planned. Checked in with our outfitters, set up camp and received the instructions for the week on the river. They mentioned there was some foul weather possibly coming in tonight. It may pass north of us but then again maybe not. Sometime in the wee hours I was awakened by the wind, lightning and thunder. The wind was so strong I moved close to the wind side of the tent so it would not blow down.

I kept counting the time from the lightening to the thunder and it was always around 7 seconds which is only one mile. If it got any closer, I would have gotten into the car. This area of Jackson and Calhoun counties was devastated by hurricane Michael in 2019 and the damage clearly visible all around. Trees were scattered like pick up sticks. The dominate trees were tupelo and some evergreen with pines only near the tops.

Next morning for our first paddle we had to shuttle to the river a few miles away drop off our boats and paddling gear and return the cars to the camp where they will stay for the week. I think the first day's paddling was torture for Tony. I think fellow paddlers were taking bets how long it would be till we tipped! We never gave them that satisfaction!!! Only 10 miles with a lunch break, the river was slow but gave a good push. Paddling was easy for me and the last mile Tony relaxed! There was about 50 boats total on the trip from all over. A few we remembered from last year and many new for this trip. As soon as we landed and got our camping gear from the truck, set up tents and Steve from Maryland who we knew from last year came over with a few beers which really hit the spot. There was not supposed to be any alcoholic beverages on the trip (Ha Ha).

For the next day's paddle, I was approached by a couple from Toronto Canada, Liz and John, and John asked if his wife could paddle the canoe instead of her rental kayak. I said yes but it is up to Tony. Oh, how this made his day! The Epic boat was a little narrow for Tony, but it was better than a canoe. Today was a 20-mile day and for me it was easier than the 10 miles of yesterday. Tony did OK today. We passed the Look and Tremble bridge where the rocky drop was (the reason for the canoe) totally covered by the high water. We made  
(Continued on the next page)

## Springtime On the Chipola March 17<sup>th</sup> to 23<sup>rd</sup> (Or Wrong Way Tony) (Cont'd)

the takeout a few miles later. Tonight, the social group got a lot bigger. The circle was about 15 around and the name game started and a good time for most. I did not see anyone get loaded so all was fine. A few paddlers took a walk for some beer and the bottles came out. There was rum, bourbon, rye scotch and wine. I just stayed with my two-beer limit. Dinner varies every day. Chicken, pork, fish pasta and meatballs a little heavy on the starches but all in all not bad. The Dobbie Brothers (the catering truck) did a good job feeding us for the week.

Next day we were told we were to go 7 miles and take out before the next bridge on river right. The start takes a few minutes to get 50 boats on the water. Some paddled a little upstream till we got the go ahead to start. At the takeout when I hit the ramp Bill (one of the directors) asked "did you see Tony". I last saw him at the put-in. No one has seen Tony! MIA! Bill sent two boats back to the put-in and two boats from the end to find Tony. My tent is all set up and no Tony. Finally, an hour after everyone returned, they got the call from Tony. Being around the bend at the start he did not hear the go ahead call and suddenly found himself alone and started paddling, still no one, so he paddled faster for a few hours until he saw the first bridge, "I remember this bridge". It was the Look and Tremble bridge we went under yesterday. Tony pulled his boat out and tried to call Bill, no service! He managed to ask a guy in a pickup to make the call. Bill sent the trailer and van to pick up Tony who paddled 4 miles upstream, the wrong way. Now at camp it is "wrong way Tony". A few beers fixed that problem.

Next day's paddle we were told there were fallen trees in the water and there would be some spots where we had to be single file. At one point Tony

was about to go through and three lady's cut in front of him and as a gentleman he let them through first and as the current grabbed his boat Tony was in for a swim. Debby the sweep got him back in his boat with a scissor rescue along with Bob who also tipped over for the same reason.



Next day's paddle was an easy 10-mile day. I did ask Liz's husband if he would maybe like to paddle the canoe with his wife and said no so I had another good day. The last day was through the dead lake section. Today John asked me if he could paddle with his wife and I said sure. Turned out to be good for me again as we had a strong head wind and I think they did better than I would have. The kayak was OK, but they could not adjust the foot peddles so I paddled with no foot peddles the 10 miles.

(Continued on the next page)

## Springtime On the Chipola March 17<sup>th</sup> to 23<sup>rd</sup> (Or Wrong Way Tony) (Cont'd)

Good thing I was taught this in my instructor class. This the final day we had to load the boats for the shuttle back to our cars 70 miles up the road. The Dobbie's prepared a nice pulled pork BBQ for our last paddle together. After lunch, the drive back to the start and an exchange of emails and phone numbers and parting goodbyes.

This year the water was high which made the paddling easy but all the springs we would have stopped at were flooded over with dark water. Next year if I do again, I would add an extra day

of travel each way. 1200 miles is too much for only one motel night. I would like to do Skyline drive on the trip home next trip. I wanted to last year but Covid interfered. I did not plan for it this year, hey what is the rush! I do hope a few more will join us next year as the group is what makes the fun and it's always great to make new friends. 🌊

Use the following link to see more great photos of this trip:

<https://cluster.co/i/3WJ5LKU5>

Submitted by Chris Scalisi

## Member-to-Member Match-Up Interviews

By Alina Wilczynski

### Editor's Note:

A new newsletter topic has been created by our Photography Coordinator, Alina Wilczynski, and is introduced here. With the help of club members, it can continue to be an interesting and long-lasting series.

We thought it would be fun to have members match themselves up with each other, chat about how they came to discover, learn more about and love kayaking (and Long Island Paddlers of course!), and print their recorded conversations here. Alina, Chiara, Debbi and Emilio helped us kick off our first set of interviews. Enjoy!

Here is a suggested text to be used at the end of each interview:

Want to be next?

Reach out to another LI Paddlers member and arrange for a phone/zoom/in-person meet-up. Record your conversation (most smartphones come with a voice recording app). Use the suggested set of questions from these first interviews, or ask your own. Send your recording and a photo for each person to [alina@moonkissedmedia.com](mailto:alina@moonkissedmedia.com) by the next newsletter deadline. 🌊

## Member Match-Up Interview #1, featuring

Alina Wilczynski  
Member since 2007  
LI Paddlers Photography Committee Member  
Graphic Designer & Adjunct Professor of  
Photography, Farmingdale College

Chiara Nuzzo  
Member since 2007  
LI Paddlers Trips Coordinator  
Arborist Apprentice

(Continued on the next page)

**Member Match-Up Interview #1 (Cont'd)****CHIARA: Alina, what sparked your interest in kayaking?**

ALINA: Since I was young, I'd always wanted to try it, but didn't get the chance until I moved to Long Island 15 years ago. For my partner, it was her main interest, so I was thrilled! She took me out on my first kayak right out here on the Long Island Sound where I live now in Rocky Point. It was everything I had imagined! And you?

CHIARA: I grew up on Long Island, so being near the water was an everyday thing. The first time I got into a boat was on the Jersey Shore with a kayaking outfitter. The guide put me in this gorgeous sea kayak, skirt and all. I thought to myself as I was out there, I haven't gotten a lesson on how to get out of this thing if I go over! I wasn't scared. I just absolutely loved it. I knew that I was gonna get me my own kayak, because this is where I belong. It's a wonderful memory that I had totally forgotten about.

**CHIARA: Do you have a dream kayak trip?**

ALINA: I really want to do a multi-day kayak camping trip. Baja is one of the places I had been thinking about for a long time.

CHIARA: My dream paddle wouldn't be so much camping, as glamping, where I've got a really nice bed. And then I go out to paradise with tropical birds and little froggies at night, tropical flowers and palm trees and clear water where you can see everything.

**ALINA: What do you love the most about kayaking?**

CHIARA: When I was working as a psychologist, kayaking was like a lifeline. It wasn't just recreational, it was a way to renew and take care of myself, and still is. It's like yoga, necessary for my soul.

ALINA: I feel the same way.

**CHIARA: Did you find something surprising about kayaking after you got started?**

ALINA: Yes! I had no idea how amazingly immersive the natural elements are here on Long Island. To be able to meander and explore for hours and not see signs of civilization is just amazing to me, being so close to NYC. You could spend a lifetime exploring the waterways of Long Island and never see it all.

**ALINA: Do you have any standout wildlife encounters?**

CHIARA: I was kayaking on a river leading to the New Jersey Shore with two guides and between us comes this bird, orange and black and white, flying just above the water with its bottom bill in the water! It was the first skimmer I had ever seen! We have them on Long Island too, on the west end of Jones Beach. They're large birds and they're beautiful. And you?

ALINA: Seeing a bald eagle on the Carmen's River! I was just so excited. One standout trip that comes to mind was the first time my partner and I went to Shelter Island Harbor. We went during the week and had the harbor to ourselves. We followed the Coecles Harbor Marine Water Trail, tucking into little

(Continued on the next page)

**Member Match-Up Interview #1 (Cont'd)**

coves to watch fiddler crabs and then we docked at the Smith-Taylor Cabin on that little island for lunch.

**ALINA: When did you join Long Island Paddlers and what was your first trip?**

CHIARA: I joined the summer of 2007, but the first thing I actually went to was the holiday party! Yeah, my first club trip was eating at a holiday party. Same question for you.

ALINA: I got my first boat around the same time, 2007 and joined the club right after. My first trip was one of the picnics, which was a great first trip! Everyone was so welcoming.

**What's your favorite thing about LI Paddlers?**

CHIARA: Oh, the people! Of course paddling itself is wonderful, but I feel like you find your tribe. 🌊



Alina Wilczynski



Chiara Nuzzo

**Member Match-Up Interview #2, featuring**

Debbi Gallucci  
Member since 2009  
LI Paddlers Library Coordinator  
Reference Librarian at Mastic-Moriches-Shirley  
Community Library

Emilio Sosa  
Member since 2013  
LI Paddlers Vice President & Trip Leader  
Electrical Engineer

**EMILIO: Debbi, how did you get started kayaking?**

DEBBI: I ran track and cross-country for most of my life, until I had a serious foot injury. I needed to find something else and I was in a healing process. I was going through a divorce, my dad died, and I was just  
(Continued on the next page)



## Member Match-Up Interview #2 (Cont'd)

floundering, looking to reconnect and heal. I happened to be invited to a friend's summer place on Fire Island. I noticed some kayaks just sitting on the shore and I asked her if I could take one out. I'd never been kayaking before, just canoeing with family. I took it out on the Great South Bay and I was in heaven. I felt so at peace. And I thought, I think I finally found what I've been looking for, that missing piece to help me find peace and balance in my life.

My first kayak was a tandem, thinking I can get my kids and my friends to go with me. But that didn't pan out so I bought a 9 ½ foot Perception Swiftly. I would go out into the Setauket Harbor and Port Jeff Harbor and paddle by myself, not knowing much about safety beyond having a PFD. I was introduced to LI Paddlers through Alison Berner, who is my best friend's step-sister. I joined the club and graduated to a 13 foot boat. One of my most favorite trips I went on with the club was to Assateague to see the ponies. I was hooked after that. That was just magical!

### **DEBBI: How did you get into kayaking, Emilio?**

EMILIO: I had a friend who had gone to Antarctica... as some people know, I'm dying to go to Antarctica! She said that the people who had the best experience weren't the ones on the Zodiacs, they're the ones that knew how to kayak. So this pushed me to get a kayak and I actually bought one online before I even kayaked. Then I found the club and joined it. I like being close to nature, especially late in the season when the migratory birds are in. I particularly like going out when it snows, it's very quiet and muffled, and snow is falling around you. All in all, it's basically so I can go kayaking in Antarctica... and the rest is just gravy.

### **EMILIO: What are your favorite places to paddle on Long Island?**

DEBBI: My very favorite place is Shelter Island and Coecles Harbor. It's exquisite, the landscape is just beautiful. And I especially love going to Taylor's Island and seeing that beautiful log cabin and lunching there. I love log cabins. I lived in a log cabin so I'm partial to log cabins. Paddling into the Mashomack Preserve is one of my number one places and I also love Stony Brook Harbor. I love going there during the season when the Diamondback Terrapin Turtles are out. It's magical seeing all those little heads popping up in the water. The Carmen's River has become one of my favorite spots. That magical Bald Eagle moment that we had back in December was just amazing. My jaw dropped!

### **DEBBI: What are some of your favorite places where you love to lead trips on Long Island?**

EMILIO: I like going into narrow maze-y places. One of my favorite places to introduce people to is Captree Island. After my first year of paddling I was searching Google Earth trying to figure out if I was good enough to cross the Bay and beyond. As I'm measuring stuff and I get to Captree Island, I see there's a creek, it goes there... and basically I figured out a circuitous route to get through it all. Since then, I've been leading a couple of trips there a year. It's a lot of fun.

My second favorite place to lead trips is Birch Creek. It's open water, but then it leads you to some places that are secluded with little trails through reeds. A lot of people tend to be surprised by what we find at

(Continued on the next page)

## Member Match-Up Interview #2 (Cont'd)

the end, some lakes or little ponds. The waters are very clear so you can see the baby fish or Diamondback Terrapins.

I also enjoy Orient Point Beach, where again, it's open water and then I find a little trails, where people are like, "What are we doing?" and suddenly there were thousands and thousands of Bunker Fish that we were driving like cattle, and when we were out in the Bay, all the fins were glistening like diamonds.

### **EMILIO: Debbi, what would be your dream trip?**

DEBBI: I've been to the Greek islands, which was at the very top of my list, but one place I haven't been to yet, is Italy, home of my people. I would really love to be able to paddle on the Amalfi Coast and see Cinque Terre and the island of Capri. I have a list of places, but number two would be California, The Sea of Cortez. And number three, I've always had the dream of paddling on the Colorado River through the Grand Canyon and camping.

### **DEBBI: In addition to Antarctica, where else do you dream about going?**

EMILIO: Patagonia and the glacial lakes and the fjords along the Pacific Coast. It's majestic scenery with snowcapped volcanoes and being able to hike in there. I was lucky enough to be there a few years ago. It's almost untouched.

Another place I recently figured out I want to go to is Baja California, Sea of Cortez, after putting together a program for LI Paddlers. I found some videos that are just spectacular with everything you can do there, the desert on one side and the sea on the other. And all the different types of whales, seals, sea life, it's the calving grounds for Gray Whales, as well as Humpbacks and Blue Whales. There's the Blue-Footed Boobies that are there besides the Galapagos, the only other place where they breed. The only difficulty is that the animals vary by month, as well as the temperature of the air and water, so do I go in November when it's warmer but there are no Gray Whales? Do I go in January with the Whales but the water is 65 degrees? I don't know!

For whatever reason, I always think of cold places like Iceland or Greenland. And New Zealand... but Antarctica is number one.

### **EMILIO: Besides kayaking, what are some of your other favorite activities?**

DEBBI: I discovered yoga and kayaking around the same time, and they've both been my medicine. They helped me with healing and getting through some really hard times, and they brought a lot of peace and tranquility into my life. I always think of kayaking as meditation in motion, and with the yoga and the kayaking and meditation combined, I've just gotten to a place in my life where I'm just happy! One of my other activities that I enjoy is mountain biking.

EMILIO: Do you go around here or on a ski lift and barrel down the mountain at 50 miles an hour?

DEBBI: No, I leave that to my daughter who likes to jump out of airplanes! I enjoy the trails right here in my backyard in Rocky Point.

(Continued on the next page)

## Member Match-Up Interview #2 (Cont'd)

**DEBBI: Emilio How long have you been in the club and what made you want to be a trip leader?**

EMILIO: I joined the club in 2013. With very little experience, on my first trip we went out to the middle of the Bay to John Boyd Island... I survived. I really enjoyed going out on the next set of trips, so the very next year I wanted to become a trip leader so I could share with others. I realized that the club is all about running trips and sharing the experiences with others, and sharing some of the surprises you get out there. As an engineer, I sit and figure out how to make it the most enjoyable for everybody.

Recently I started to run trips to Stony Brook Harbor, especially going up towards the North and West Meadow. If you can get past the first 15 minutes of paddling against the tide, you get into very serene quiet water filled with Diamondback Terrapins, Yellow-Crowned Egrets or Herons. It's a magical, quiet place and we get to stop at a beach, have a nice lunch together... communing with everybody in the club. 🌊



Debbi Gallucci



Emilio Sosa

## Club Trips

By the time you read this the artifacts of winter (snow, ice, freezing temperatures) are a thing of the past (at least for now). Springtime finally ushers in a new paddling season.

So, as we say good-bye to winter's attributes you may want to check out our Club's different website categories, including (but not limited to):

Trips, Meetings, Resources, Classified, and Member-Only. 🔄



☺️ A newbie paddler asked his instructor if it was difficult to learn how to whitewater kayak.

“No, it's really easy to learn whitewater kayaking”, replied the instructor, “you just go with the flow”.

☺️ A kayak instructor and a priest sit at the gates of heaven. An angel says to them “sorry, but there is only room for one more person in heaven. “ He then leaves to go consult with the other angels. The priest says “it's obviously going to be me because I'm the most spiritual.” The angel then returns and says that the kayak instructor is going to go in. The priest, who is now very confused, asked why. The angel replied “well, whenever people came to your meetings, they would go to sleep. Whenever people would go kayaking with the instructor, they would be praying.”



## Turkey or Beef Chili with sriracha – Slow Cooker



This Chili with Sriracha can be made in the slow cooker or in a heavy pot. Either way, the result is certain to be the BEST chili your friends have ever tasted! Don't be afraid to make a big pot of this

good stuff. Leftovers are incredible!

### Ingredients:

- 2 lbs lean ground turkey or beef
- 1 tsp garlic powder
- 1 tsp kosher salt
- 1/4 cup Sriracha hot sauce (found in major grocery stores, in Asian aisle)
- 1 can (32 oz) tomato sauce
- 1 tsp table salt
- 2 tsp sugar
- 1 can (16 oz) kidney beans, drained
- 1 can (16 oz) black beans, drained
- 1 can (16 oz) can Italian diced tomatoes, with juices
- 6 cloves garlic, minced
- 3 large green peppers, seeded and chopped
- 2 medium onions, chopped
- 1 tsp cumin
- 1/4 tsp allspice
- Shredded cheddar for garnish, if desired

## Thoughts on Solo Paddling

A four part anthology



### Part One

My solo paddling years

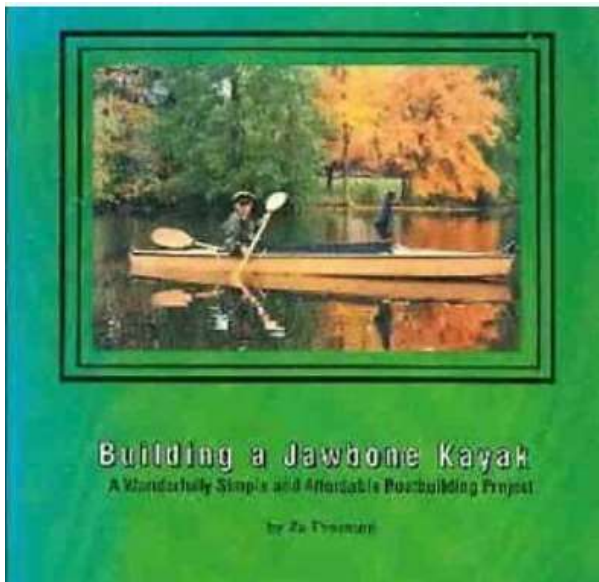
I've always been interested in water sports ever since I was very young.

I remember spending the day at Jones Beach, body surfing in the waves as it tumbled me over and over until I finally bobbed to the surface to do it again and again.

Later on as a boy my father had an 18 foot skiff (partnered with my brother-in-law) and I came along on many boat trips. I learned a lot during that young age; basic boat handling, marlinspike seamanship, safety, and a respect for the water. I'm always amazed at how much water there is on this earth; where did it come from? My love for kayaking came later in life when I constructed a home-made skin-on-frame kayak (reference: "Building a Jawbone Kayak"), see the following photos.



**My first kayak**



After a few years of paddling this simple boat (more like a covered canoe) I decided to make another one, this time altering the design to make it more "kayak-like". Knowing that submerged rocks and the like can puncture the canvas skin, I limited my solo trips to 'hugging the coast', making sure I can reach land easily if I has to abandon ship.

As my enthusiasm and skill grew, I received as a birthday gift from my wife, a 'real' kayak; a 16 foot Perception Carolina (called the 'Captiva' at that time). With this very stable boat I was able to expand my horizons and venture out into deeper waters.

(Continued on the next page)

## Thoughts on Solo Paddling (Continued)

Up to this time my paddling experiences were exclusively solo – not many of my friends or associates were into paddling. I eventually learned of a kayak club that offers many benefits and camaraderie, the Long Island Paddlers - I signed up.

Even though paddling with a group is a wonderful bonding and enjoyable experience, I still do solo paddling. You can set your own schedule, route and pace...the oneness with nature can truly be a cathartic experience

Of course solo paddling requires a different mindset and as well as taking additional precautions.

This article represents one man's opinion and every solo paddling trip should be taken seriously.

If you do plan to paddle solo, please seek out professional advice to ensure maximum safety. Be honest about your limitations and do not take any chances.

### Equipment

Having the right equipment is essential for safe solo paddling. This includes the basic essentials: PFD, whistle, spray skirt, spare paddle, paddle float, pump, phone, VHF radio, spare clothes

### Weather

Know the latest weather forecast for the trip. Even so, always keep a watchful eye towards the sky, keeping a lookout for unexpected weather patterns. Calm waters on the outbound leg can change to swells and waves on the return leg. On a solo trip in Flanders Bay, the weather called for

possible thunderstorms in the late afternoon. I paddled there in the morning with the plan of returning just after lunch. It turned out that *during* lunch the storm clouds were forming and advancing quickly in my direction. Fortunately I just made it to the safety of the 105 bridge underpass when the full fury of the storm hit.

### Water conditions

In cold water a wetsuit can prevent hyperthermia in case of a capsized. Cold water sucks out 25 times more body heat than air. You may think that you can swim to shore but in cold water the chances are very slim. During the cold water months I always solo paddle close to shore.

### Skill level

You have to be totally honest about your skill level and know your limitations. Any risk taking can lead to trouble, changing an enjoyable trip into a nightmare. Are you comfortable in choppy water? Waves and swells? Can you roll if you had to? Can you perform a wet exit and self-rescue? Leave nothing to chance.

And by all means leave your float plan with someone who knows exactly where you are going to paddle. Call in periodically to notify people of your situation. 📞

Submitted by Don Gorycki



Patrolling the waters

## Thoughts on Solo Paddling (Continued)

### Part Two Paddling Solo

I prefer to paddle with other people. It's fun to have someone to talk to, and it's safer. If one person flips, a two-person rescue is easier than self-rescue. Also, after a hard day's paddle, 2 people can lift a kayak onto a car's roof easier than one person. Occasionally I would paddle solo but I would go on a calm day and I would stay close to shore, just in case. I would tell someone ahead of time where I'm paddling and what time I should be back. And, of course, call them as soon as I was off the water.

Three safe places I paddle solo: (1) Put-in by Hampton Bays Coast Guard Station and paddle north 1 mile and back. Stay parallel and close to the beach the whole time. (2) Circumnavigate Red Creek Pond. (3) Peconic Avenue in Riverhead: paddle east, paddle under Route 105 Bridge and around Colonel's Island and back. It's about 2 ½ miles and you are close to land most of the time.

Ken Walls trained solo for canoe and outrigger racing on the Peconic River, around Colonel's Island.

At symposiums and on the water, I have met some paddlers who have done solo paddling trips that I would not have done. One paddler had paddled across one of the great lakes, not exactly the diameter, more like a chord. He was alone, unsupported for 14 hours. He carried lots of water and granola bars.

In Stuart, Florida, I paddled 20 miles with a paddler who had paddled down from New Jersey. He stayed "inside" as much as possible, except when crossing Delaware Bay. He was going to the Keys.

Two friends told me about some of their trips between islands in the Caribbean: John Dowd, who wrote Sea Kayaking, one of the first books on that subject. Ken Fink from Maine has done many trips in Maine, Florida, the Bahamas and the Caribbean. They used folding kayaks for most of their trips.

Ed Gillette told me about his solo trip from Monterey Bay, California to Hawaii in a 20' Necky Tofino tandem kayak. He was alone on the ocean for over 2 months. You can read about his epic journey in The Pacific Alone. Ed's trip is also mentioned in A Spec on the Sea, an interesting book about paddlers and rowers who have crossed big bodies of water in small boats. Some journeys are unbelievable.

Eric Soars lived near the Pacific Ocean. He was the commander of the Tsunami Rangers. Jim Kakuk was second in command. They built high performance, Kevlar kayaks. They also paddled them in extreme conditions: caves, rock gardens, big tide changes, rough seas. They wore helmets and hockey armor. At a symposium, Eric and Jim let me paddle a Tsunami X-15. I was hooked so I bought one. It was tippy but it was fast for a 15' kayak, and it was fun to paddle. Eric passed away a few years ago.

I did a few paddling trips in Florida, the Bahamas and in Belize. The paddling was mostly laid-back, easy-going (slow), but I like to take off and burn calories so our group leader let me sprint ahead for about ½ mile and then sprint back. I like to say: "I was all alone in the middle of the ocean."

A friend, Milt from Mattituck, has done much solo canoeing. His canoe: 15'8" long Summersong and

(Continued on the next page)

## Thoughts on Solo Paddling (Continued)

a Shaw and Tenney Beavertail Paddle. Milt likes to paddle the Oswegatchie River in the Adirondacks. He uses a homemade bamboo "blanket" to cover beaver dams to protect his canoe's hull when crossing the dams. He pitches his tent along the river banks, and he cooks homemade freeze - dried food. ☹️

Submitted by Jim Dreeben

### Part Three Additional Information

For additional information on solo paddling please follow the following link:

<https://www.iwentcamping.com/is-it-safe-kayaking-alone-tips-for-solo-kayaking/>

Submitted by Don Gorycki

### Part Four

#### God Looks Out for Drunks, Fools, and Sometimes Foolish Kayakers

There is an old saying that "God looks out for drunks and fools". Well, I do not fall into the first category but the second definitely describes my early years of kayaking.

While still a kid, I purchased my first kayak out of a P&H kayak catalog at Sterns Marina in Sayville. It was a P&H orange and white Swift, thirteen-foot kayak. I had to wait weeks for it to arrive but finally I had my first kayak. It had no bulkheads and no storage hatches, its foot peg consisted of one aluminum bar that ran across its width. The only flotation it had consisted of two Styrofoam blocks, one in front of its foot-peg/bar and one behind its seat and the

smallest wave would knock the cheap nylon skirt off the kayak's coaming.

There were no kayaking clubs or kayak instructors when I purchased my P&H Swift. No one kayaked back then so I ended up paddling alone for years. Additionally, back then there were no kayaking instructional DVDs or VHS tapes. Hell, back then, VHS tapes were not even invented so with no other options if I wanted to learn how to kayak it was up to me to teach myself.

Like most kids growing up in Oakdale at the time I knew the Great South Bay. I grew up on and in the bay. I had no fear of the bay believing that over the years I had seen it at its worst. I could handle motorboats as well as rowboats and canoes. The latter two had oars or paddles so to me a kayak was nothing more than another human powered boat with a paddle. Besides by the time I purchased my Swift a friend of mine and I had spent years paddling an open canoe in the Great South Bay duck hunting in the middle of the winter and somehow , we survived so I figured the transformation to kayaking would be a simple matter. Well, I would find out that regardless of all my over confidence and experience in other boats kayaking was not as easy as I thought.

Determined to teach myself how to kayak I would either shoulder my kayak and cut through the woods, cross Montauk Highway, and walk a block to launch my kayak into a canal before paddling out into the Great South Bay or I could tie it atop my MG Midget and drive to the beach. During the summer months I often walked, since I did not have all the extra added weight of a wet or dry suit, PFD, pump, water bottle etc., etc. just a lightweight fiberglass kayak, paddle, T-shirt, shorts, baseball hat and flop-flops. I cannot even estimate how many times I paddled my P&H Swift across the Great South Bay dressed only in my modest summer paddling attire, without any



## Thoughts on Solo Paddling

(Continued, Part Four)

safety equipment or anyone accompanying me.

I often arrived at Fire Island completely spent and either lacking the energy to paddle back or the bay became so rough as I paddled across that I would not attempt to paddle back. Luckily having grown up on the bay in the Oakdale, Sayville area I knew every ferry and freight boat captain and most of the clammers and at the end of the day, they all had to return to Brown's River in Sayville. Even the clammers that docked their boats at the West Sayville Docks first had to go to Brown's River to sell their clams so thankfully someone always volunteered to give me and my kayak a ride back across the bay. Once back in Sayville if I could not paddle back along the shoreline to Oakdale, I simply left my kayak at someone's house and walked home. What a great and incredibly stupid and unsafe way to learn how to kayak.

Since my kayak's skirt imploded with every wave and lacking adequate flotation, often my Swift kayak seemed more like a bathtub than a kayak or a submarine from one of those old WWII submarine movies. The movies where captains filled their submarine's ballast tanks with just enough water so the sub remained on the surface with its deck's awash below the ocean's surface to reduce the submarines silhouette. Yes, that is how my kayak often appeared once filled with water but amazingly, it never capsized and like my earlier winter canoeing days on the Great South Bay I somehow survived.

In my early years of kayaking, I paddled alone, without a PFD or any other of safety equipment. I paddled in conditions which I lacked the training and skills for. I paddled with no knowledge of

tides or currents. I paddled with no regards for the wind or weather. In the winter, lacking a wet or dry-suit I often arrived home cold and shivering with ice hanging from my clothing, kayak, and paddle. In my early years of paddling, I made every stupid mistake and every bad decision a paddler could possibly make so when I read stories of paddlers perishing for doing the same stupid things that I have done, I wonder why they perished when I did not.

And the only explanation I have ever been able to come up with for my surviving my early years of paddling is that God really does look out for drunks, fools, and sometimes-foolish kayakers. In my case, God must have looked down from the heavens and thought to himself, look at this moron, paddling that little kayak in the middle of the Great South Bay and He took pity on me. God must have spared me because He felt so sorry for my tremendous stupidity and lack of common sense or judgment, or maybe He protected and spared me because my stupidity just made him laugh and He could not wait to see what asinine thing I was going to do next. 🤔

Submitted by Colin Mullen

Answer to the **"Do You Recognize This put-in?"**

This is the Connetquot River put-in at Timber Point.




## Calling all paddlers!

Spring-time is finally here welcoming in a new paddling season. It will be time to get your boats out of mothballs, perform any needed maintenance, and plan your paddling trips. There's plenty of room in our next Newsletter for your paddling adventure stories. No need to be bashful, we're all interested in your photos, stories, anecdotes and anything you have to share.

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

Been on a paddling trip? Have a favorite trip or put-in? Why not share some photos (with captions)?

As the saying goes, "a picture is worth a thousand words".


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



(Continued from page 29)

### Instructions:

1. Brown the ground meat together with 1 tsp garlic powder and 1 tsp kosher salt. Drain. Place all ingredients in a slow-cooker or a heavy pot. Stir well to combine all ingredients. If using a crock pot, cook on low 6-7 hours or on high about 4-5 hours. If using a heavy pot, bring to simmer and let simmer covered for 4 hours.
2. Serve hot. Garnish with cheese, if desired.
3. Add more Sriracha, if you prefer a spicier chili!
4. Sometimes I add frozen sweet corn kernels to the mix!

Recipe borrowed from 'chewoutloud.com' 

## Our meeting place in the Brightwaters Public Library is still closed

The Covid-19 pandemic still has the library closed.

Please be advised that club meetings are still being held virtually. Meeting notices will be distributed prior to the meeting day.


In addition, until further notice, the in-person Club Library and Hospitality Table are not available to us. When the pandemic is no longer a threat and the library re-opens, the newsletter will continue advertising these club services. Merchandise, however, can still be purchased remotely from our Club store. You can contact the merchandise assistant (Tony Pellet at [juanpellet@yahoo.com](mailto:juanpellet@yahoo.com)) to arrange for your purchase. Items for sale are shown below.

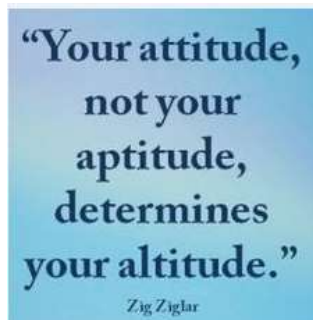
303 Cleaner	(\$12)	Works great on more than just your kayak
Croakies	(\$5)	You won't lose another pair of glasses
Hats	(\$13)	Heavy weight. Logo on front & Long Island Paddlers on back
	(\$10)	Light weight. "Long Island Paddlers" embroidered on front
Horns	(\$6)	Don't leave shore without one...works great
Lights	(\$20)	A must for night-time paddling
Shirts	(\$25)	Long sleeved with logo...keeps you warm or keeps you cool
T-Shirts (Men)	(\$8)	You can't beat this price for great t-shirts. Available in several colors
T-Shirts (Ladies)	(\$8)	Special colors and v-neck shirts with club logo
Decals	(\$1)	Club logo decals, not only looks great but good advertising
Fleece Jackets	(\$26)	individually ordered – just choose size and color
Cell Phone Dry-Pak	(\$13)	Wet phones don't work too well
Whistle	(price not available at publication time)	

And for your reading pleasure we have the following books:

Inside Passage	(\$15)	Fearless	(\$12)
Canoeing the Peconic	(\$1)	Canoeing & Kayaking	(\$10)
Exploring east End	(\$12)	Trip Planner	(\$8)
Paddling Long Island	(\$10)	More Deep Trouble	(\$10)

(Prices and items are subject to change due to market conditions.)

There is also a limited supply of FREE Coast Guard ID stickers for your kayak. 



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Next Long Island Paddlers Publication Date:  
**July 15, 2021**

Deadlines for submission are two weeks prior to publication date. Members are encouraged to submit articles, pictures, letters to the editor, newsworthy notes, recipes, trip reports or future trip information etc. to the editor. Editor reserves the right to editorial privileges. Unless otherwise stated, the views expressed are those of the authors and do not represent official position statements of Long Island Paddlers Club, Inc. Please submit all newsletter articles, pictures, letters and advertising by deadline, to the Newsletter Editor at: [DGorycki6@gmail.com](mailto:DGorycki6@gmail.com). 🐼

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**P.O. Box 115**  
**West Sayville, NY 11796**



Long Island Paddler's Publication Dates April 15 •  
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### **New Club Member Recruiting**

The Long Island Paddlers Club is always looking for ways to attract new members. Word-of-mouth, website access, and business-type cards are just a few. Another way of advertising is using a flyer. Attached on the last page is a flyer (compliments of Frank Chillemi) 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.

### **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.

# You don't have to go to extremes for great paddling



## Come paddle with us!

We're Long Island Paddlers...Everyday people who enjoy the fun, good times  
and great camaraderie that makes kayaking and canoeing so special.

We invite you to be part of the enjoyment.

Visit our website: [www.lipaddlers.org](http://www.lipaddlers.org)