



Blazing Paddles

Newsletter - Spring Edition

Volume 2020, Issue 6

April 2020

Message from the President

I hope that all members their families and friend are doing ok. Spring is here the days are looking beautiful, As we all know our daily lives and the things we like to do is being affect by the covid-19 pandemic. This is what we hear everyday. We are fighting a war that is universal. However we have to keep fighting. I urge members to safe guard themselves. I know that you hear this on the media everyday. But this is how we



Ed Mangual
Club President

have to fight to overcome this pandemic. The next thing that we should do is tip your hat or say thank you to the men and women that are in the medical profession, law enforcement (all branches) fire fighters etc. At the end of the tunnel there's light. We need to keep positive and help one another through this. Our paddling season is near, we just need to take things one day at a time. I will keep everyone posted by email as things progress. Communicate with one another and if you know something share it you can email me as well. Enjoy spring as it comes in but remember stay safe. Thank you.

Edwin Mangual

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Put-In Alert

Long Island has an abundance of put-ins for launching kayaks. This edition of 'Put-In Alert' highlights the put-in at Swan River in Patchogue. This put-in is described in Kevin Stiegelmaier's book, "Paddling Long Island Waters and New York City".

In this book Kevin describes this river as "one of only a few spring-fed streams on Long Island that are still free-flowing, the Swan River, in the South Shore town of Patchogue, may be the cleanest and most unspoiled of them all".


This book can either be bought at our Club Store or signed out of our Club Library which also has an extensive collection of books, CDs etc. It's definitely worth checking out while you are at the next Club meeting.

I have only launched from this site a few times and from here you can choose several destinations;

Patchogue River is to the west, Mud Creek, Abets Creek, Hedges Creek and Howells Creek to the east, Bellport Village Dock further east, and Fire Island is four miles across the Great South Bay to the south.

Last paddling season after a long hiatus I decided to check-out this put-in and was surprised at what I saw; the last hundred feet or so the road was filled with many potholes, some large and some rather deep. Traversing this short span of road requires an Abrams tank. It makes the surface of the Moon look smooth. So I thought forget this put-in until the Town repaves the road.

Fast forward to February 2020, I took another look at this put-in and was delighted to see that the road was indeed repaved. Great! This put-in is back on my list. I certainly will paddle from here not only for solo trips but also for Club trips.

GPS coordinates N40/44.942 W72/59860 

Submitted by Don Gorycki



Path to the water



Newly paved road



Kayak Stonehenge



Put-In Alert (Cont'd)



Looking east



Looking west

South Fork – A Paddler's Paradise

Long Island is a Paddler's Paradise, especially the South Fork from Speonk and Riverhead, east to Montauk, including Shelter Island. There are bays, rivers, lakes, inlets, ponds and the Atlantic Ocean. I have paddled on the waterways below. There are dozens more on my bucket list. Longer trips are usually by kayak or surf ski because they are faster and easier to paddle than other watercraft to cover many miles. Shorter trips, are by canoe, stand up paddleboard or prone board. I race kayaks and SUPs, sometimes canoes and, maybe, someday, a prone board.

My favorite place to paddle is the **Peconic River** from Manorville to Riverhead. The 7-mile trip takes about 4 hours by canoe or 3 hours by kayak. It is peaceful, the scenery is beautiful, and the fishing is good. The river varies from narrow and winding to wide lakes with nice beaches.

The Peconic Estuary (Peconic Bay) is considered by the Nature Conservancy to be **“One of the Last Great Places in the Western Hemisphere”**. It abounds with many varieties of fish, turtles, mollusks and crustaceans. It is a beautiful place to paddle. There are nice beaches for sunning, swimming, snorkeling and picnicking. The Peconic bay is one of the best places to paddle on Long Island. I have used kayaks, canoes, prone boards, surf skis and SUPs on the Peconic Bay.

A fun paddle on the Peconic is from **Orient Point or Easthampton to Riverhead**. If you plan the tides right, it should take between 8 and 10 hours. Bring lots of water, Gatorade, apples and nuts. It is best to go on a warm summer day. Restaurants along the way welcome paddlers.

(Continued on page 12)



Easy No-Bake Breakfast Cookies



These No-Bake Breakfast Cookies are easy to make, healthy, packed with protein and simply delicious. They can be whipped up in less than 5 minutes and stored for up to two weeks.

Using the base ingredients for your breakfast cookies (peanut butter, honey, vanilla, chia seeds, oats), each breakfast cookie will have about 189 calories each. The calories will change if you add in any extras, like chocolate chips or almonds. Each serving is packed with protein and will keep you staying full and energized throughout the morning or afternoon!

Ingredients

- ¾ cup peanut butter
- 1 tablespoon honey or maple syrup
- 1 teaspoon vanilla
- 1-3 tablespoons chia seeds
- ¾ cup old fashion oats

Optional mix-ins: ¾ cup mini chocolate chips, chopped almonds, raisins, pumpkin seeds, protein powder, flaxseeds.

Instructions

1. Place peanut butter, honey and vanilla into a microwavable bowl and microwave for 20 seconds.
2. Stir the mixture until well combined then add the remaining ingredients (and any extra mix-ins).
3. Stir well and ensure that everything is well incorporated.
4. Roll the mixture into 8 balls and place the balls on a baking tray lined with parchment paper. Press the balls flat slightly and place them in the fridge for an hour to set.
5. Store breakfast cookies in an airtight container in the fridge for up to two weeks.

Recipe borrowed from

<https://www.iheartnaptime.net/breakfast-cookies/>



Interesting places to visit on Long Island

Bayard Cutting Arboretum in Great River (near Oakdale). Explore the Manor House where the Cutting family used to live. See period furniture, staircases and the beautiful carved/bent wood banister. Visit the Hidden Oak Café for delicious food. Hike the 691 acres along the Connetquot River. Many trails. Drive the **"Hills of Farmingville"**. Blue Point Road and Adirondack Drive, north of Horse Block Road, dispel the idea that Long Island is flat. These roads have very steep hills like no other place on L.I. The **brick castle** with a turret is in Southampton Village on the corner of Little Plains Road and Herrick Road. It's easier to find the house after most of the leaves have fallen. It is just south of Town Hall. Visit the **Big Duck** on Route 24 in Flanders. It was built in 1931. The souvenir shop has **duck T-shirts**. **100' high Clock Tower** on Shelter Island just off Westmoreland Drive on the southwest, West Neck, part of Shelter Island. Take the south ferry, go north on Rt. 114, turn left on Smith Street, turn right on Menantic Road and left on West Neck Road to Westmoreland. You will be amazed.

The Tower of Roslyn. The clock tower is in the Historic District of Roslyn just south of Old Northern Boulevard. It was built in 1895. It is 44' tall, maybe 55', depending which historian you talk to. The walls are 2 1/2' thick. The Clearview Roslyn Cinemas, nearby, was built in the 1920s.

Cupsogue Beach, Westhampton. Swim there in summer and hike there anytime, to the Moriches Inlet. **Suffolk County Historical Society** is, actually a museum. It appears to be small but there are tons of artifacts to peruse. In their book shop, there is a large selection of history books published by **Arcadia**. Three of my favorite places to **bike ride**, on weekdays, after Labor Day: 1) Southampton, on the back roads across 27A from the movie theater. 2) Quogue Village. Park on Quogue Street and ride south toward Quanquanantuck Road. Go over the bridge to Dune Road. 3) Dune Road in Southampton, starting at Halsey Neck Lane and ride south, then west on Dune Road to the inlet. A very cool place to bike ride anytime: **Grumman Property, Calverton**. There is a 10-mile trail inside the fenced in area. Park in the lot off Route 25, across from Calverton National Cemetery in Calverton. More will be added as we find out about new places. ☺

Submitted by Jim Dreeben

Retired CPO of Peconic Paddler (53 years), Prone Paddler, SUPS, C&KS



Remember:

If you are interested in either buying or selling kayak artifacts, including various items, you can take advantage of our Club's website. Just go to the

main menu and select the 'Classifieds' item. This will show the following sub-menu items:

Boats, Paddles, Gear, Clothing, and Miscellaneous. Click on any one of these to show what is available.

You may contact the Club President to either add or remove items from the classified sections. ☺

Club Trips & Meetings

Due to the coronavirus pandemic all Club trips, meetings and events are cancelled until social distancing rules are relaxed or until further notice.

Please keep checking your email for any latest Club news.

Let's hope we can all get together again soon. ☺

Safety Gear for Sea Kayaking



Personal Flotation Device (PFD):

No matter what type of boat you're in, make sure you're wearing a PFD. Not all PFDs are the same; look for a USCG-approved Type II or Type III PFD, both of which are designed for paddling.

Sprayskirt:

In addition to making it possible to roll, sprayskirts keep out water from errant waves. Neoprene sprayskirts can make some people feel claustrophobic at first, but they're easy to remove after a capsize and the benefits far outweigh the initial discomfort.



Paddle Float:

These are either inflatable or made of foam and slide onto the end of the paddle. Once it's on, the paddle blade will float, which helps with re-entry into a capsized boat. Capsizes are rarely predictable, making these a mandatory item.

Spare Paddle:

Solo paddlers should always travel with an extra paddle in case of a capsize.



Bilge Pump:

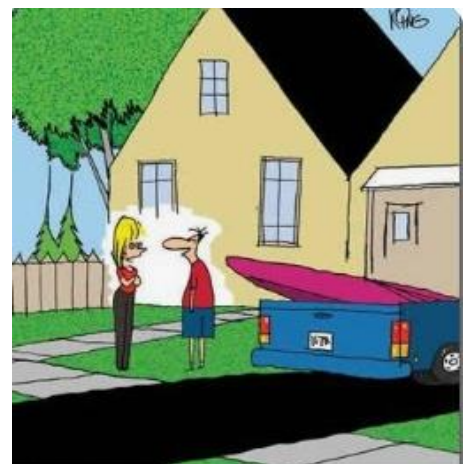
A pump will help you bail out a capsized boat.



Positive Affirmations

1. I have the power to control my thoughts.
2. I am confident I can achieve any goal.
3. I am releasing self-judgement & embracing self-love.
4. I am at peace with my past.
5. I am resilient, strong & brave.
6. I choose to be happy right now.
7. By being myself, I bring happiness to others.
8. I am letting go of all that no longer serves me.

...and remember



"What do you mean your paddling trip went so well you lost track of time? You were supposed to be home over a year ago!"

Safety Gear for Sea Kayaking

VHF Radio:
A radio allows you to communicate with other boat traffic and the Coast Guard.



Dry Bag:
A special waterproof bag that folds shut and then clips closed.

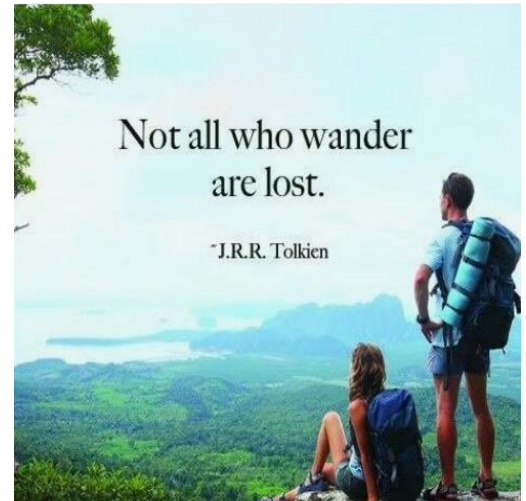


Extra Clothes:
In case of a capsize, having spare clothes packed in a drybag can be a lifesaver.



Chart:
You never know when you'll need to check where you are or navigate between sections of coast. Most charts are now printed on waterproof paper.





Venison or Beef Taco Pie

Adapted by Kara, originally in Taste of Home
So easy, so fast, so delicious...a great way to use the ground venison at the bottom of your freezer.

Makes 1 pie

- 1 lb ground venison or beef
- 1 can (11 oz) Mexicorn, drained
- 1 can tomato sauce (8 oz) or bottle taco sauce
- 1 envelope taco seasoning
- 1 tube (7 1/2 oz) refrigerated buttermilk biscuits
- 1 cup shredded cheddar or pepper jack cheese



In a large skillet, cook venison/beef over medium heat until no longer pink, drain. Stir in the corn, tomato/taco sauce & taco seasoning. Keep warm.

Press biscuits onto bottom & up the sides of an ungreased pie plate. Bake at 350° for 5 minutes. Spoon venison/beef mixture into crust. Sprinkle with cheese. Bake for 20-25 minutes or until filling is bubbly & biscuits are golden brown. Let stand 5 minutes before serving. 🍴





Oil Canning in Plastic Kayaks

Whether you're looking to purchase a used kayak or you're looking for ways to fix up your own, knowing what oil canning is can be useful, especially if you intend to repair it on your own.

But before you can know how to fix it, you need to know what oil canning in plastic kayaks actually is. So we're here to give you some advice on how you can prevent it and how you might be able to fix it on your own.



What Is Oil Canning?

Oil Canning is a term used to describe the indentations that your kayak may have on its hull. These indentations can happen as a result

of your yak being tied down too tightly on a roof rack or being stored on the bottom of its hull.

It can also happen because of the wear and tear that can occur from dragging your yak along the ground ([keel guard anyone?](#)). You will often notice it as a large dent on the underside of the hull causing that section to curve inwards, instead of outwards in line with the rest of the hull.

Usually it will appear in the areas that have suffered more stress or pressure, such as from where the vessel has been resting on a [roof rack](#).

Because of the way in which plastic kayaks and canoes are designed it might be that the [bottom of the hull is thinner than the sides](#), which could make it more susceptible to damage and oil canning.

While it may be more likely to occur in older vessels that have seen a lot of use, it can also happen in newer vessels. The type of indentations that can occur could mean that your vessel's performance is affected, usually because of the location of the dents on the bottom of the hull.

(Continued on next page)



This edition of DIY features a home-made kayak leash.



Editor's Note: There is a lot of controversy regarding paddle leashes. Some say it can cause entanglements which may lead to a risky situation. Others would not venture out without one.

Carrying a spare paddle can mitigate the risk and fear of losing your main paddle.

You should always seek advice from multiple sources on equipment and how to use them.

However, if you feel comfortable using a paddle leash, refer to the following link:

<https://www.youtube.com/watch?v=ojUSPapgWCI>





Oil Canning in Plastic Kayaks (Continued)

Depending on the areas where the dents are, oil canning could affect your speed or tracking as it can alter your hull's original design. However, you may or may not notice these performance issues, depending on the type of paddling you do.

Can You Prevent It?

While not all instances of oil canning will be preventable, there are some things you can do to make sure you get the most life out of your plastic yak or canoe.

When you're taking it to and from the water, try to make sure you don't need to drag the hull along the ground. Ask a second person to help you carry it if you can't carry it yourself.

How you store your boat can also affect the longevity of the hull. It can be a good idea to make sure the hull is not sitting on the ground. Racks and suspended systems can be ideal for storing kayaks on their sides of upside down to avoid the hull from being damaged or weakened. 🔄

Article borrowed from:

<https://kayakguru.com/oil-canning-plastic-kayaks/>

Notable Mention Ray Smith

(Article submitted by Frank Chillemi.)

During this past Holiday Party I was speaking to a relatively new club member. She mentioned all the good things she had heard about Ray Smith. No surprise there. She then mentioned that she had never had the chance to meet him.

Frank remembered a portrait he had made of Ray in the summer of 2007.

Ray Smith Memorial Fund and Ray Smith Memorial Picnic named in his honor. 🔄



Hear Ye, Hear Ye!

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 nautical you have to share. 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?

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



Spotlight on...

This edition of "Spotlight on" features Jim Dreeben's
"Fond memories of visiting the East End's South Fork."

I moved to Riverhead in 1966 shortly after starting a business of running a gas station, renting U-Hauls, doing oil changes, washing and waxing cars, installing trailer hitches, snow plowing and doing moving jobs. My business was in Riverhead but in Southampton Town. The Peconic River, on the north side of my property, was the dividing line between the two towns. It was a perfect location to branch out and add a paddling business to my automobile businesses. I got into canoeing, kayaking and now: SUPing.

Over the years, I often visited the South Fork all the way to Montauk. Most of my visits included eating at fine restaurants in the Hamptons. The most memorable restaurant was "Lunch" or Lobster Roll in Amagansett. I was friends with Dave Terry whose family owned the restaurant. We made a deal: Dave got a special rate on a U-Haul Trailer for the summer and I got free lobster roll or fried clams and coleslaw. I also ate at Shagwong's, Gosman's, Herb McCarthy's, John Duck's and Sip 'N Soda.

I usually went to Montauk and The Hamptons to deliver canoes or U-Haul Trucks or to go paddling. I delivered a Mad River Canoe to the lighthouse keeper in Montauk and I had dinner at Shagwong on the way home. A few times, around Christmas time, I would visit the Montauk Lighthouse to see it all lit up.

The most fun out east was paddling. We paddled 2 fast solo racing canoes from Accabonac Harbor to Napeague Harbor. It was my first open water paddle. We did not follow the shoreline; we did about a 45-degree crossing. After swimming at Napeague Beach, and taking a nap, we had lunch at "Lunch". In the 80s, Ken Walls and I did a canoe race in Accabonac Harbor using an 18' Sawyer Outrage Canoe. To see both East End Forks at the same time, paddle a kayak from Orient Point to Riverhead. We did it a few years ago; it took 9 hours of steady paddling and drinking lots of water. We passed Nassau Point, Greenport, Shelter Island, North Haven, Jessup's Neck, New Suffolk, Kimogenor Point and Robbins Isl.

A fun place to put in kayaks is at the marina by Library Avenue in Westhampton Beach. Paddle west for lunch at John Scott's Surf Shack or east for dinner at Docker's. If you go to Docker's, bring dress clothes in a plastic bag, change under the deck, leave your PFD in the kayak and bring your paddle to the table.

Early one morning, we parked a car at the Lobster Inn and drove a second car, with kayaks on top, to Riverhead. We paddled back to the Lobster Inn for "splatt", a signature dish with lobster, clams, shrimp and corn on the cob. That was a memorable paddle, and great exercise. We saw scallops swimming.

(Continued on next page)



Spotlight on...

Fond memories... (Continued)

An interesting trip is to circumnavigate Shinnecock Bay by kayak or stand up paddleboard. Try to avoid the inlet and the fishing trawlers. The inlet causes strong currents and the trawlers cause whirlpools as they enter or exit the marina. Carry a snorkel so you can see tropical fish by east side of the inlet beach.

Visiting Shelter Island is always exciting and riding on the ferry is fun. Paddling by Mashomack Preserve, we usually see fish jumping and turtle heads sticking above the water. An unusual site to visit on Shelter Island is Turner's Tower off Westmoreland Road on the southwest part of Shelter Island. It is a 100' high, red brick clock tower that was built in 1909. I heard it had been used in a Peter Pan movie.

I have not yet circumnavigated Shelter Island by kayak, but a few friends have. It takes about 7 hours if you time the tides and currents correctly. You can stop to eat at Ram Island Inn or Chequit or The Dory. Bike riding on Shelter Island is fun, especially in the off-season when the snowbirds have gone south or back to the city. For a drink, visit Shelter Island Brewery, The Dory Restaurant or Maria's Kitchen.

A 20' U-Haul Truck, parked at an old diner in Montauk, was long overdue. U-Haul Company asked me to recover it. I unlocked the truck door with a slim jim, hot-wired the ignition, rolled out of the driveway and popped the clutch. The engine started. I drove off just as the overdue renter ran out of the diner with a shotgun. He came to Riverhead the next day, paid the rental fee and took back his furniture.

Another overdue truck was at a restaurant by Georgica Pond. I went inside the restaurant and asked politely for the rental fee. Restaurant employees were not as polite; they told me to get lost. On the way out I saw the U-Haul Truck key laying on the piano. I grabbed it and ran out and drove off. They came to Riverhead the next day, paid the rental fee and got their furniture.

Calvin Klein's wife bought Calvin a beautiful, special edition, wooden canoe. It had serial number 3. It was a surprise. I paddled it across Georgica Pond and delivered it to his boathouse. He was surprised. Don Hewitt bought a beautiful, lightweight, 16'4" Mad River Kevlar Canoe. I delivered it to his home in Bridgehampton and built him a wooden rack near the water, a perfect location for canoeing.

Alan Alda bought a 15' Grumman Canoe and asked me to deliver it to Watermill or Bridgehampton. As I was leaving my shop, my 2 daughters and 6 friends got into my truck. They wanted to meet Mr. Alda. My first new car was a Volkswagen Beetle from Germany while I was in the Army. My second new car was a 1971 Buick Electra 225, aka Deuce and a Quarter. (It was 225 inches long.) I bought it from **Glennon Buick/Cadillac** in Southampton. It was a big beautiful car: 2 doors, blue with a black vinyl top. On the way home from Glennon, I stopped to eat at **John Duck's** in Southampton. I had a house account there, which I thought was very cool. You sign the check and John Duck's billed you monthly.

(Continued on next page)



Spotlight on...

Fond memories... (Continued)

Then I stopped at **Shep Miller's** clothing store on Jobs Lane and bought a beautiful tweed sport jacket, solid gray pants and a red knit tie to celebrate my new car. Shep Miller's was on the corner across the street from the Parrish Art Museum. Shep Miller's clothing store was in a beautiful brick building. In Southampton Village, there is a red brick house that looks like a small castle; it has a turret. It's on the corner of Little Plains Road and Herrick Road. It's best to see it in winter when the leaves are down. In the 70s, I took over a Sinclair Gas Station on the corner of Windmill Lane, just north of Shippy's Pumpnickles Restaurant. Gristede's Supermarket was just east of it. (Gristede's sold Elephant Malt Beer.) Judge Kendrick's house was across the street, about where Southampton Library is now. My gas station was not profitable; in the 70s, most residents went to Miami or New York City after Labor Day so there was hardly any traffic between Labor Day and Memorial Day. I gave it up after only a few months.

Last summer, we went kayaking off Meadow Lane in Southampton. We saw "necklaces" being born, coming out of conch shells. We saw thousands of sea stars (starfish) and dozens of cherrystone clams. There is so much to see and do on the South Fork, I can't wait for warmer weather. I swim in the ocean at my favorite beach, Ponquogue Beach, almost every day in the summer and stand up paddleboard or kayak most evenings in Shinnecock Bay, Red Creek or Squires Ponds, or I canoe on the Peconic River. 🌊

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



Save
Your
Photos

We all hope that this pandemic will quickly be over and find all of us to be safe. As we then move forward into the paddling season save your photos for the slide show to be presented at the November meeting. More information will be available in the next edition of the newsletter. 🌊

South Fork – A Paddler's Paradise (Cont'd)

A very cool trip is to **circumnavigate Shinnecock Bay** by kayak or SUP. Do it counterclockwise from the Hampton Bays Coast Guard Station, past the inlet, into Southampton to see beautiful homes along Meadow Lane. Then head west and stop for dinner at Edgewater Restaurant.

(Continued on next page)

South Fork – A Paddler’s Paradise (Cont’d)

I love paddling on **Red Creek Pond** in Hampton Bays. It is clean, good for swimming and usually not too windy for SUPing. Clams thrive there. From the pond, you can paddle into Peconic Bay if you want to paddle a few miles. Red Creek Pond is great for teaching (and learning) paddling.

Sag Harbor: Put in by Long Wharf or Long Beach and paddle east or west along the shoreline. I love paddling under the Northhaven Bridge and looking up at the massive structure. Sag Harbor Cove and Paynes Creek are fun paddling spots; put in across the street from Long Beach. Stop at any beach for a swim or go into town for ice cream, pizza, tacos, water or a great burger.

Kayaking around Shelter Island is on my bucket list. Friends have done it. It takes about eight hours. It is important to plan your trip according to the tides and the weather. Bring much H2O.

Jessup Neck or Morton Wildlife National Refuge. Park on Cedar Point Ave. Ride the currents by Clam Island. Paddle into the refuge or around the tip of Jessup. Picnic and swim at the tip. Fun.

I love to paddle to lunch or dinner. In Hampton Bays, paddle from the Coast Guard Station to Rumba or Indian Cove. In Westhampton, go from Library Ave. marina to Docker’s for good food. Along Peconic River you can get pizza, BBQ, fried chicken, ice cream, a grilled Reuben or tacos. There are many put-ins along **Noyac Road** In Southampton; just park and paddle on Wooley Pond, Bullhead Bay, Scallop Pond, Fish Cove, Fresh Pond, North Sea Harbor or Peconic Bay.

East Hampton. Paddle on Accabonic Harbor or Three Mile Harbor. Both harbors have miles of shoreline and beaches that are ideal for paddling, sunning, swimming or kayak race-training. A little farther east is Napeague Harbor, Hicks Island and Goff Point for swimming and picnicking.

Races for fun: Riverhead Town puts on a Cardboard Kayak Race in June. Long Island Aquarium sponsors a kayak/SUP/canoe race in July. There is a race around Shelter Island in September.

For a change of scenery, after paddling the above, I paddled **around Manhattan** at night on September 16, 2017. A group of us left Long Island City at 6:30 PM on a Saturday night. We paddled north, up the East River, and west on the Harlem River which becomes Spuyten Duyvil Creek before it enters the Hudson River. We paddled to Hoboken, N.J. to use the bathrooms, and back across the Hudson to the tip of Manhattan. The Empire State Building and the N.Y.C. skyline are beautiful to view from a kayak in the middle of the night. After a tide change, we paddled up the East River to L.I. City. A full article is available at jim@longislandpaddling.com.

When I started selling canoes in 1979, most people were going upstate to paddle on the Fulton Chain of Lakes or the Delaware River. Then they found the Peconic River; it became popular with about 100 canoes every Saturday and Sunday. Kayaks surpassed canoes in popularity in 1985 and paddlers discovered many new places to paddle. The first SUPs came in 2005. Prone Boards came after SUPs. They are not as popular as SUPs but they sure are fun, they give you a great workout, and they go fast. My favorite watercraft: SUPs, kayaks, prone boards, canoes. ☹️

Submitted by Jim Dreeben, Retired CPO of Peconic Paddler, SUPS, prone paddler, C&KS.

Skills, Endurance and Majesty: A Paddling Expedition in Cape Breton

By Kerry Kirk Pflugh

The driving rain and low atmosphere created a fog-like effect as I looked at the distant shoreline. The waves crashed around me and the sudden force 6 winds were carrying me further from my companions, who were in their own struggle with the wind and waves. I was losing sight of White Rock, our destination on the opposite shore of St. Lawrence Harbor, as the wind and waves swept me into the Gulf. It was then I remembered my skeg was partially down. I lifted it and instantly, I was able to bring my bow around into the wind and get a ferry angle. With all my strength, I battled the squall and made my way back into the harbor and to the White Rock where my companions were anxiously waiting for me.

Like every trip I have ever embarked on, the trip to Cape Breton had been planned and discussed for over a year. Debbie, Troy and I decided that Cape Breton would be our destination for our next adventure even before we had completed our Maine trip. With its famous remote mountain range, the historic Cabot Trail, and a promise to paddle with whales, this seemed like the perfect blend of great paddling, history and a wild and rugged coastline.

The plan was to launch from Pleasant Bay and paddle over the next four days to Cabot's Landing. We built in time in the event that foul weather grounded us. Research told us that this stretch of water had the potential of being very rough and unpredictable, depending on the weather. We spoke to experts and local guides including, Scott Cunningham who wrote the book on paddling in Nova Scotia. We learned the prevailing winds, looked at weather history for the area, and studied maps and navigation charts. We even took some rough water training to brush up on skills, just in case.

All of this was useful and valuable, but in the end its good judgement, accurate risk assessment and dealing with the conditions you find yourself in that makes or breaks a trip. Even with all the planning and preparation, conditions happen and you must deal with them. And so, it would be for this trip. We arrived in Pleasant Bay, a small, humble coastal town on the Cabot Trail, after a two day ride from the New York/New Jersey area. The coastline is rocky and rugged, but the mountains reaching up to the sky are green and pastoral. Horses range freely and we would learn, make themselves quite at home in your campsites.

It was late when we arrived and getting dark. It had been raining most of the day and we decided that instead of doing the necessary shuttle in the dark, we would arise early the next morning to drop a car at Cabot's landing, our pullout on the other side of the mountains.

The drive over the mountains the next day was nothing short of magnificent and terrifying. The narrow winding roads reached up to the sky as we wove our way around and up, and then down the other side of the mountain range to Cabot's landing. The mountains were thick with stately Spruce trees. Streams seemed to flow from their depths, traversing down mountainsides, through valleys and emptying into the sea. In the valleys, the landscape was pastoral, dotted with small farms and Hamlets. We passed numerous hikers and bikers looking for that special trail or road challenge on the Cabot Trail.

Skills, Endurance and Majesty: A Paddling Expedition in Cape Breton (Cont'd)

Cabot's Landing is a lovely well-kept local park with an expansive sandy beach. Standing on the shore, looking out on the vastness of the North Atlantic gave me pause. A paddler would be completely vulnerable to the elements should a storm or squall come through. I hoped that the journey from Pleasant Bay to Cabot's Landing would be kind to us, but I had every expectation that we were about to embark on an adventure of endurance and a test of our skills.

Pleasant Bay was a bustle upon our return. Tourists gathered to join one of several whale watching boats that moor there. Other visitors walked along the pier in hopes of spotting whales swimming by. It took about an hour to load our gear and make sure we had what we needed for the return shuttle. We left a float plan with one of the whale watching companies and exchanged contact information. The owner, advised that we stay off the water the next day because winds were predicted to be about 40 miles an hour. We had already decided that Tuesday would be our off water day, but we were grateful for the advice and asked about future forecasts. "Too early to tell," was the answer we received from everyone we asked.

We launched at around 11 a.m. The paddle to Pollett's cove was about nine miles. Conditions were perfect – light wind, sea state textured but gentle, sunny, and warm.

I was conflicted about where I wanted to paddle. Hugging the shoreline, I would have the opportunity to see the beautiful rock formations or maybe a sea cave, but off shore I might see whales. For the first half of the trip I stayed near shore. I was not disappointed by this decision. The surrounding green mountains eroded to a sandstone rock face that dropped into the sea. The coast was littered with cobbled stone guaranteeing a bumpy landing should one need to pull off the water.

Just as we neared Pollett's cove, Troy and I got hailed by Debbie and the whale watching captains. They advised we paddle about a mile off shore where we would run into a pod of whales. Without hesitation, we paddled into the Gulf and right into a pod of whales.

On the drive up the mountains from Cheticamp to Pleasant Bay, Debbie and I had seen two whales swimming up the coast. Even from our distant vantage, we could see they were enormous. We speculated whether they were or Minke or Fin whales. Remembering their size, I was a little nervous about what whales we might see. As it turned out, they were Pilot Whales. Pilot Whales are similar in features to Belugas. They are about 19 feet long and grey or black in color. I immediately relaxed and enjoyed watching them dive and swim under our kayaks and all around us.

There must have been plenty of bunker, because there were pod upon pod of whales swimming and diving in the area. As one group pulled away, we caught up with another. At one point a cow and her calf swam in between our three kayaks. The calf broke the surface and literally looked around at each of us before diving. It was awesome!

We played with the whales for about an hour, then little by little, the pods pulled away and soon the water was quiet again. We waved goodbye to the whale watching boats and paddled to Pollett's Cove. It was long past lunch and we decided to take a break. Once on shore, we talked about paddling on, but in the end decided to stay at Pollett's cove for the next two nights and hike the next day, while we waited for the predicted storm and wind to pass.

(Continued on next page)

Skills, Endurance and Majesty: A Paddling Expedition in Cape Breton (Cont'd)



Pollett's cove was every bit as beautiful as was described by numerous writers and paddlers. However, despite its limited accessibility - either by foot or boat, it was quite busy. More than half a dozen campers had hiked in for an overnight. We chatted with several folks, about where they were from and where they were headed. Most had heard of Pollett's Cove's beauty and wanted to experience it firsthand. Even though the site was filled with campers, we decided to stay and make camp. A fresh water stream flowed from the mountains through the valley and out to the Gulf. Green pastures, and rolling hillsides with free ranging horses abounded. Throughout the cove you could see makeshift fences and barricades, presumably to keep the curious horses away from tents and food. Because of the approaching storm, we looked for a site that would be somewhat sheltered from the wind. We tucked in behind a hillside on the north side of the cove away from the other campers, who were nestled against the hill across the stream. As we made camp and prepared our meal, the sun was sinking rapidly. We grabbed cameras and climbed to the top of the hill just in time to see it dip into the Gulf. It left a rosy, orange and purple sky in its wake and we watched until all color faded and gave way to deep purple, then blue, then black. Once in our tents, we settled in and hunkered down for the wind and rain. Somewhere in the middle of the night, it hit. Pouring rain pelted us, followed by intense wind. My tent bent flat, but never gave way. The rain lasted for just a short time, but by dawn the wind was still blowing, just not as intensely as it had overnight. As we made breakfast, we watched the campers on the other side of the valley pack up and one by one head out. Soon we were alone with the horses. After breakfast we made sure our tents and other belongings were secure and went for a hike. On top of the mountain ridge, you could see for miles. The Gulf was choppy and white caps dominated the gray and angry sea. I wondered if the sea would quiet down once the wind had stopped or if the waves and chop would persist. By the time we returned to our camp site, the wind had subsided a bit more. We began making plans and packing for the next day. It was decided we would leave early and paddle the 12 miles to Meat Cove, arriving before the predicted afternoon winds picked up. Wednesday dawned bright and sunny, but a bit breezier than expected. Waves were crashing on the rocky beach as we launched into a choppy and confused sea. It became immediately evident that the wave height was bigger than we had realized and the waves were breaking near shore. To prevent a spill, we paddled about a mile off shore. For the next couple of hours, we paddled in three to five foot

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Skills, Endurance and Majesty: A Paddling Expedition in Cape Breton (Cont'd)

waves with a following sea. On occasion, a rouge breaker would sneak up on us, but we managed to avoid being rolled.

At one point, one of my companions felt queasy. We rafted up and shared some ginger and discussed the possibility of attempting a beach landing on one of the rocky little beaches we were passing. In the end, we decided that the wave height and intensity of the breakers would have made for a precarious landing and difficult relaunch. We pressed on until just before Meat Cove, when the seas quieted and we saw a chance to take a break safely. With a little rest and some food, we relaunched without incident and paddled the remaining two miles to Meat Cove.

Meat Cove is a busy public beach and campsite. The cabins and tent tents were located on top of the hill far above the beach. We decided that we would ask permission to camp on the beach because the idea of hauling gear and kayaks to the top of the hill to the designated campsites, was not at all appealing. Meat Cove was bustling with activity and the small restaurant on top of the hill was busy with tourists and campers. It was warm and the beach was filled with families and children playing and swimming. Dressed in our dry suits and paddling gear complete with radios, tow ropes and helmets, we looked like we have returned from some grueling expedition – completely overdressed and out of place. People just stared as we landed.

With permission to camp on the beach granted, we took advantage of the restaurant and showers and then made camp for the night. Little by little families left the beach, until finally, it was just Debbie, Troy and I. We prepared for dinner and built a small fire from the stray pieces of wood we found along the beach. It was about this time, that I realized I wasn't feeling well. I decided to skip dinner and went straight to bed, hoping that by morning whatever it was would pass. Unfortunately, that plan failed, and I was up all night with stomach ailments.

By day break, I was tired and weak and not at all hungry. We had a five mile open water paddle facing us and another two or three miles to our campsite. A rain storm was predicted for the late morning with the following day predicted to be another high wind day. Given the circumstances, I felt I needed to push myself to make the passage and get settled ahead of the storm.

We launched as the day dawned grey and deeply overcast. Debbie and Troy wolfed down power bars and we packed at record speed. The cove was glass-like, not a ripple broke the surface. As I paddled, the fresh air seemed to pick me up a bit and I felt I would be ok. As we made our way into the Harbor of St. Lawrence, the wind picked up and the sea state built, becoming textured and confused. About half way to White rock, an unexpected squall hit. The three of us were blown in different directions and I found myself alone, battling to remain in the Harbor. The driving rain was coming down so hard, it felt like hail and the wind was unrelenting.

As I was being carried out of the Harbor into the Gulf, I remembered my skeg was partially down. I lifted it and was able to maneuver my bow into the wind and get a ferry angle that carried me back into the Harbor and across to where my companions were waiting for me. At this point, I was exhausted, but also pleased that I had managed the squall and was safely reunited with my companions. The pouring rain had not let up, so I pulled my CAG out of the day hatch for additional protection.

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Skills, Endurance and Majesty: A Paddling Expedition in Cape Breton (Cont'd)

We discussed our options – going back, paddling into the Harbor or continuing. Realizing we were just two miles away from our pull out, we decided to continue. As we paddled past sea caves and unique rock formations and spires, we were joined by a pod of seals. At times they were skittish and at other times, brave enough to be within two feet of our kayaks. They were completely unaffected by the wind, waves and rain.

We rounded Cape North and passed the Lighthouse at Money Point, the feature that indicated our campsite was near. By this point, we had endured at least two more squalls and whatever strength I had left had vanished. I called to my companions for help. We rafted up and they insisted, despite my stomach upset, that I eat and drink something. I did so with great trepidation. Knowing that I was completely out of juice, I asked to be towed. About five minutes into the tow, I started to revive and reached for another power bar that I had placed in my pocket. After another 10 minutes, I was paddling while in tow. It seemed, the food and water revived me enough so I could continue.

We looked for the description of our pull out, but after paddling four miles, we knew we had missed it. The weather was continuing to be unfavorable, although the intensity of the wind had died down. However, the sea state was still choppy and we were all tired and anxious to take a break. We consulted our maps and GPS and Troy indicated we were less than a mile to the Gulch, the location of a beautiful waterfall and possible pullout. We paddled until we reached the falls. The rain had by now subsided significantly and the winds remained tolerable, but the sea state seemed to be building. Troy inspected the possibility of using the Gulch as a campsite, but after landing and walking around, he decided that it was very wet and with waves from the North Atlantic crashing into the small cove, we figured it would be best to find something else. By this point, we were running out of options. The next safe pull out was Cabot's Landing, which was scheduled to be our final stop the next day. Apparently, in our pursuit of a landing, we had paddled well beyond our planned pull out.

Troy estimated that we were only four miles away. We decided to go for it. In the distance, I could see the beach. Waves were crashing against the rock wall of North Mountain and the sea state continued to be big and confused. Fortunately, the wind and rain had stopped and with our destination in site, the only thing I could think about was how to safely land in the crashing surf.

About a mile from the beach we paused to put on our helmets. We discussed the best approach for a landing in big breaking waves and then made our way to shore. As we got closer, the crashing waves seemed to subside. Perhaps it was the contour of the land, or the slightly sheltered configuration of the cove, but the landing was anti-climactic in comparison to the day on the water.

All three of us rejoiced by kissing the sand and laying there for several minutes calming our nerves and getting our land legs. It felt like we had been on the water for days. In fact, it was only early afternoon. Considering the squalls, wind and waves, we had made excellent time covering the 15 miles from Meat Cove to Cabot's landing.

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Skills, Endurance and Majesty: A Paddling Expedition in Cape Breton (Cont'd)

It was a paddle trip for the record books – a test of endurance, strength, skills, fear, anxiety and team work. Conditions ranging from benign to challenging with five foot waves, following seas, breakers, squalls with driving rain making visibility nearly zero and winds gusting to 30 knots with no place to land. There continues to be much to process about our decisions. The trip, however, definitely solidified my confidence in and knowledge of my skills; the importance of eating and drinking even when not hungry; the value of good research, planning and preparation, and the absolute gravity of choosing good and skilled paddling pals that you can depend upon to join you on eventful expeditions. 🚣

Submitted by Debora Horne

Club Library



At our Club meetings why not stop by the Club Library and peruse the wide variety of DVD's, books, and even waterproof local navigation charts.

While you're there say hello to Debbie Gallucci, the Club Librarian who is glad to help you find what you want.

Many books and DVDs are instructional in nature; covering paddling skills such as rescue techniques, rolling a kayak, and much more. Whether you're a veteran paddler or a novice, we've got something for everyone to help enhance your paddling skills.

The library materials rental program works as follows:

- 1) Any material borrowed from the library will require a \$10 cash deposit per item. The deposit will be returned upon the timely return of the item.
- 2) The loan period is for ONE month with an additional ONE month grace period with no penalties.
- 3) If the material is not returned by the third month, all deposits will be forfeited and Library privileges will be suspended.
- 4) If the material is not returned by the fourth month, your club membership will be suspended until the item is returned, replaced or purchased.

The club library is open for business at every monthly club meeting. Stop by, say hello, and check it out! 🚣



What meeting would be complete without rewarding club members with different types of goodies at the end of the meeting?

Thanks to our Hospitality Coordinator, Irene Wiener, our snack table is always filled with a cornucopia of tasty treats.

Membership Renewal

Haven't renewed your Club membership yet?

Not to worry!

There is still time to renew your Long Island Paddlers membership with all of its benefits.

On the next two pages is a copy of the membership renewal form that you can complete and mail in (address is on the form). 🚣



Paddlesport
 Risk Management, LLC

RAYAK CANOE OUTFITTERS DRAGON BOAT SUP



ANNUAL RENEWAL / NEW MEMBER WAIVER OF LIABILITY

(PLEASE NOTE)

Everyone, including Life Members, must fill out both pages completely each year.

PRINT MEMBER NAME (S) _____

PRINT MEMBER NAME (S) _____

EMAIL _____

I AM A NEW MEMBER (Y / N) _____

I / WE ARE ADDING AN ADDITIONAL VOLUNTARY \$5.00 DONATION FOR THE RAY SMITH MEMORIAL SCHOLARSHIP FUND, WHICH HELPS PAY FOR TRAINING FOR OUR CLUB MEMBERS

DUES (expire January 1, 2021)

- Individual \$25.00
- Family \$40.00 (Under 18 Included)
- Full Time Student \$10.00 (Free Under Family Membership)
- Active Military Free Family Membership

Dues include your online subscription to Blazing Paddles, Skills Days, short notices, club trips, and access to the members-only sections of LIPaddlers.org. **Mail check payable to Long Island Paddlers, Inc. with both pages of your completed application to:**
Frank Posillico, Membership Director, 49 Vidoni Drive, Mt. Sinai, NY 11766



CLUB/ORGANIZATION/EVENT NAME: **LONG ISLAND PADDLERS**

Event Date/CLUB Coverage Term : 01/01/2020 - 01/01/2021 Check here is paddler is a Guest: _____

In consideration of being allowed to participate in any way in this sports activity, related events and activities, the undersigned acknowledges, appreciates, and agrees that: The risk of injury from the activities involved in this sport is significant, including the potential for permanent paralysis and death; and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and, I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, even if arising from negligence of releasees or others and assume full responsibility for my participation; and, I willingly agree to comply with the stated and customary terms and conditions for participation.

If, however, I observe any unusual or significant hazard during my presence or participation, I will remove myself from participation and bring such hazard to the attention of the nearest official immediately; and, I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS PADDLESPORT RISK MANAGEMENT, LLC; LONG ISLAND PADDLERS; THE TOWN OF HUNTINGTON AND THEIR BOARD OF DIRECTORS; ST JOSEPHS COLLEGE ; their officers & directors, officials, agents, and/or employees, other participants, sponsoring agencies, commissions, sponsors, advertisers, volunteers, coaches, steerers, and, if applicable, owners and lessors of premises used to conduct the event ("RELEASEES"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE.

I also acknowledge that photographs and video may be taken of me in my participation in, and attendance at this event, and hereby freely agree to allow without restriction all uses of such photos and videos in the reporting of this race, and/or in the promotion of this event, its location, other sporting events, sport in general, and/or related purposes. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND I understand that videos and photos may be taken by event host I further agree to the release of photographic and video media.

Address: _____

(Participant/Member Name: PLEASE PRINT) _____

Phone: _____

Signature: _____ Date _____

Email: _____

FOR PARTICIPANTS OF MINORITY AGE (UNDER AGE 18 AT THE TIME OF REGISTRATION) This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

Participant Date of Birth (if under 18): _____

Parent/Legal Guardian Name & Address: (PLEASE PRINT) _____

Address: _____ Emergency Contact # _____

Email: _____

Signature of Parent/Legal Guardian: _____ Date: _____

THE CLUB STORE

When you're looking to buy the following items or that money is just burning a hole in your wallet.....there's no need to make an extra trip or go traveling anywhere other than to our monthly meetings. If there's time, these items will be on sale before the start of our General meetings, otherwise you can start shopping as soon as the meeting program is over.

While you are looking over the great selection, say hello to Diana Price (Store Coordinator and her assistant, Tony Pellet).

For your shopping pleasure, our store is stocked with:

| | | |
|--------------------|-------------------------------------------|---------------------------------------------------------------------------|
| 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) | Clun 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 subject to change due to market conditions.)

We also have a limited supply of FREE Coast Guard ID stickers for your kayak. 

Did You Know?

One of the LI Paddlers Club benefits is to allow a non-member to participate in one of the club sanctioned paddle trips as a guest. This is a good way to show her or him how a trip is run as well as to enjoy nature as we paddle the many routes on Long Island. There are, however, some rules:

- (1) A Club member can only bring a guest on one trip each year,
- (2) You must inform the Trip Leader that you are bringing a guest,
- (3) The guest must sign a waiver (supplied by the Trip Leader), and
- (4) You must be responsible for your guest. Also, for safety reasons, please be mindful of the guest's skill level with that of the trip level (i.e., a novice paddler is not compatible with a level 4 trip). So if you know someone who is interested in kayaking, this may be a good introduction. 

Business Partners



P & L Watersports
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Paumanok Tours
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**Kayak Lesson
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Kevin Stiegelmaie
www.paumanoktours.ci
(631) 404-6447

Next Long Island Paddlers Publication Date:
July 15, 2019

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. ☺

Mailing Address:
Long Island Paddlers, Inc.
P.O. Box 115
West Sayville, NY 11796



MEETINGS: Members and non-members are always welcome at our monthly meetings. We meet the third Tuesday of each month. We meet from 7 to 9 PM at: Brightwaters Public Library 1 South Country Road Brightwaters, NY

Remember!
All Club activities, meetings etc. are cancelled until further notice due to the coronavirus pandemic.

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.