



# Newsletter - Summer Edition

Volume 2020, Issue 7

July 2020

## Message from the President

As I sit back and write this letter, I think about the crisis that we are experiencing and how every individual is coping from day to day. We are adapting to a new way of everyday life, but none the less we have to continue to strive and help one another, and if we do this every day of our lives we will be winners.



**Ed Mangual, Club President**

So I urge all members that this is not just a club it's a unity of individuals that's share the same commonality with one another. Stay safe and stay positive.

I would like to take the time and thank all the members for being patient and for being members of the Long Island Paddlers. I also want to thank both the Executive board and Committee Coordinators for working together during Covid-19, we manage to give members a safe paddling guidelines, Job well done. As phases develop our restrictions will be lifted. We will continue to have virtual meeting until further notice.

The Weather has been much cooperative so take advantage and go kayaking on your favorite water way and enjoy! Most important stay safe and paddle like never before.

Thank you. Edwin Mangual

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## Peconic River at its best

Wednesday, September 6, 2017, a friend, Mike, and I paddled the Peconic River from Connecticut Ave. in Manorville to Downtown Riverhead. The water level was the highest I have seen it in many years and it was so clear you could see the bottom for most of the 2 ½ hour trip.

The past two summers, the water level was so low in the beginning that you had to get out and drag your canoe or kayak at least a 1/2 mile or put in at Edwards Avenue and forgo paddling the most scenic part. It rained enough this summer, including 9/6, so the water level was high.

We used an 18' Aluminum Canoe, \*bent-shaft paddles and \*Orbit Tour PFDs. We began our trip at 8:55 AM. Thunder, lightning and heavy rain started at 9. (We did not bring cell phones so there was no turning back.) After fifteen minutes of paddling hard we sprinted to an overlook shelter and waited out the storm for over forty minutes. We resumed the trip with wind at our back and high water.

Highlights of the Peconic River: All of the foliage is unbelievably beautiful. It is mostly many shades of green but there are poison ivy bushes with leaves turning red that are quite beautiful also. We saw a few great blue herons, dozens of swans, one cormorant, geese and ducks and many fish jumping out of the water including one about 18" long. A few turtles were sunning themselves on rocks. The only trash were 2 soda cans which I picked up.

In recent years the DEC has made many river access improvements such as parking lots along the river and rails on which to slide your canoe or kayak into the water. A few problems that I take care of myself: trimming poison ivy bushes, removing large branches and trees that had

fallen across the river and picking up trash at the put-ins and portage areas.

**Synopsis: The Peconic River is a gem that should be seen by all paddlers and nature lovers.**

For more information about the Peconic River and the Peconic Bay, you can call me or e-mail: 631-834-2525 or [jim@longislandpaddling.com](mailto:jim@longislandpaddling.com).

BTW, I paddled the river for the first time in 1977 and have done it over 100 times since then by canoe, kayak and stand up paddleboard.

\*Bent-shaft canoe paddles are very efficient.

We used an ultralite carbon paddle and a very light Kronen Paddle made of wood from an African obeche tree. Orbit PFD is a comfortable pull-over life vest. It leaves your arms unencumbered and your chest exposed for suntan.

**Sidebar: Hungry from paddling? Stop at Maple Tree Deli for outstanding sandwiches. Roadhouse Pizza for great pizza. Funchos for delicious tacos and burritos. Spicy's for the best wings, collard greens and fried oysters. Farmhouse Country Kitchen for more good food. These restaurants are on the Peconic.** ☺

Submitted by Jim Dreeben



Just chillin out



## From the Vault

Article taken from the Winter 2013 Newsletter by Tom Mulligan

The storm surge that was part of Sandy's assault on Fire Island resulted in numerous over washes and three breaches along this barrier island. These breaches are areas that allow ocean waves to directly intermix with south bay waters and have resulted in a lot of discussion as to what should be done. The breaches occurred at Old Inlet, Smith Point and Moriches Inlet. To get an idea of how massive the forces were to make these changes view the following website's for further videos, pictures and discussion.

<http://coastal.er.usgs.gov/hurricanes/sandy/photo-comparisons/>

<http://brookhavensouthaven.blogspot.com/2012/11/hurricane-sandy-open-new-oldinlet.html>

Photos included here are of Old Inlet, a site near Long Island Paddlers trips to Bellport Bay. This particular trip allows one to paddle Great South Bay waters and then hike over a short boardwalk to enjoy ocean beaches at Bellport.

For those who have taken this trip before you may remember that on the way over to the beach, we paddle around the north shore of John Boyle Island and then head south to Fire Island. As we pass by Old Inlet there is an island with a solitary house just yards from the northern side of Fire Island. This is Pelican Island which houses the Pattersquash Gun Club. This house (yellow arrow) faces the northern shore of Fire Island and overlooked the private dock and boardwalk of Old Inlet. We have frequently circled this island. It turns out that this is one of the thinnest sections of Fire Island, and is exactly where one the breaches occurred. The dock was orphaned to the water, the boardwalk was swept away, and now there is a new channel with direct access to ocean waves. 🌊



### Club Trips

Don't forget to check the Club website for posted trips and events; you may be surprised! New trips can be posted anytime so don't miss out!

[lipaddlers.org](http://lipaddlers.org)

Trips -> Paddles & Events

(You can even view past trips) 🌊



This edition of "In the Kitchen" features three yummy summer salads thanks to Debbi Gallucci.

### Asparagus, Tomato, and Quinoa Salad

#### Ingredients:

- 1 tablespoon plus 1 tablespoon of olive oil, divided
- 1 tablespoon of cumin seeds
- 1 pound of asparagus, trimmed and cut into 2 inch pieces
- 1 ½ cups of cooked quinoa
- 1 ½ cups of cherry or grape tomatoes, halved
- 1 garlic clove, minced
- 1 teaspoon of salt
- 1 small Indian green chile or Serrano chile, finely chopped
- 1 tablespoon of fresh lime juice

#### Directions:

1. In a large non-stick skillet over medium heat, warm 1 tablespoon of olive oil. When the oil begins to shimmer, add the cumin seeds and cook until they turn a medium shade of brown. Add the asparagus, cover, and cook for about 4 to 6 minutes, until slightly charred but bright green.
2. In a large bowl, combine the asparagus, cooked quinoa, tomatoes, garlic, salt, and chile. Add the remaining oil and gently mix. Just before serving, add the lime juice.

### Thai Noodle Salad with Peanut Sauce

#### For the salad:

- 1 small head (about 2 cups) romaine lettuce
- 1/4 head (about 2 cups) red cabbage
- 1 large red bell pepper
- 1 large carrot (about 1/2 cup), shredded

- 1 mango
- 1/4 cup cilantro leaves, plus more for garnish
- 1/4 cup green onions, plus more for garnish
- 1/4 cup roasted peanuts, roughly chopped, plus more for garnish
- 8 ounces (227 grams) pad Thai rice noodles

#### For the peanut dressing (makes 3/4 cup):

- 1/3 cup creamy peanut butter
- 3 tablespoons lime juice
- 3 tablespoons water
- 3 tablespoons brown sugar
- 4 teaspoons rice wine vinegar
- 4 teaspoons soy sauce
- 1 teaspoon sesame oil
- 1/4 teaspoon fish sauce
- 1/2 teaspoon sriracha, or chili paste
- 1/2 teaspoon minced ginger
- 1/2 teaspoon minced garlic

#### METHOD

**1) Cook the rice noodles:** Bring 3 quarts of water to a boil in a large pot. Add rice noodles, stirring occasionally, and cook until tender, about 5 minutes.

**2) Drain and cool the noodles:** Transfer to a colander, drain, and rinse with cool water until noodles are cold. Allow to drain well until ready to add to the salad. If noodles stick together, rinse them in cool water to separate.

**3) Slice the ingredients:** While the water is coming to a boil, and while the noodles cook and cool, prepare the vegetables.

(Continued on next page)



(Continued from page 4)

Put a large serving bowl nearby and add each element to the bowl as you slice or chop it.

Cut the romaine lettuce into 1/4-inch thin strips the short way.

Cut the cabbage into 1/4-inch thin strips.

Thinly slice the bell pepper.

Shred the carrot. You want about 1/2 cup of shredded carrot.

Peel the mango and cut it into slices about 1/8-inch thick.

Chop the cilantro. Thinly slice the green onions. Roughly chop the roasted peanuts.

**4) Make the peanut dressing:** In a small bowl, whisk together peanut butter, lime juice, water, brown sugar, rice wine vinegar, soy sauce, sesame oil, fish sauce, sriracha, ginger, and garlic until smooth.

**5) Combine the salad:** Add the rice noodles to the bowl with the vegetables, herbs, and peanuts. Pour half of the dressing over the salad.

**6) Serve:** Garnish salad with additional cilantro leaves, green onions, and chopped peanuts. Serve the remaining dressing on the side.

## Peach, Fig and Arugula Salad with Spicy Lemon Honey Vinaigrette

### Vinaigrette:

1 garlic clove, minced  
 Juice of 1 lemon  
 2 tablespoons honey  
 1 tablespoon sriracha  
 1/4 teaspoon salt  
 3/4 cup olive oil

### Salad:

5 oz. Arugula, rinsed and dried  
 4 peaches, pitted and sliced  
 8 figs quartered  
 1/3 cup pitted dates, coarsely chopped  
 1 small shallot thinly sliced

Prepare the vinaigrette: Combine the garlic, lemon juice, honey, sriracha, and salt in a lidded jar. Add the oil and shake well until incorporated.

Assemble the salad: Spread the arugula on a large platter.

Place the peaches, figs, dates and shallots in a small bowl and toss with 2 tablespoons of the vinaigrette, then place on top of the arugula. Add nuts or cheese if you like - walnuts, pecans, goat or blue cheese goes well with this.

Serve with remaining vinaigrette. 🍴

Recipes submitted by Debbi Gallucci



## The A, B, C's of a Good Pre-Paddle Talk

As we get into our paddling season, the pre-paddle talk is an integral part of any trip. So we don't forget anything important, remember A, B, C, D, E, F, G as follows:

**A=Area** Here we discuss the area of which the paddling trip will take place. A chart may be helpful here. You may also choose to discuss any hazards or areas of boat traffic that may be of concern.

**B=Boat** This is particularly important at the beginning of the year and often times overlooked. Here we remind folks to check the condition of their boats. Are deck lines secure and in good condition (i.e. not frayed)? Deck line fittings secure? Are hatch covers in good condition, fit properly, not dry rotted. Do rudder and skeg cables operate properly? Don't forget to operate skeg cables after leaving the beach and make sure there is no sand or pebbles that jam operation BEFORE you need it. Bulkheads dry? Foot pegs adjusted?

**C=Communications** Review communications with paddle (paddle vertical come to me and raft up, horizontal paddle stop paddling and hold position). Whistle signals, radio channels.

**D=Doctor** Any medical concerns or allergies the trip leader needs to be aware of? Does anyone have any special medications such as an EpiPen if so, where is it? Who is carrying a 1st aid kit, which hatch is it in?

**E=Emergency** What is the protocol for a capsize?

**F=Forecast** What is the predicted weather for the trip. You may want to include a discussion of expected currents as well.

**G=Group** Who is the lead? Who will be sweep? Anticipated pace. How close to each other will we paddle etc.

Although there is a lot of information here, it's important that the talk be brief and succinct. Do not get too long-winded as folks will be antsy to get on the water and will tune you out quickly. You can always finish the talk once you are underway if necessary. ☺

Submitted by Mike Matty

## How to Store Life Jackets the Right Way

There are few things more enjoyable than enjoying an adventure on the water. When boating, a PFD is critical for your safety and is in most instances [required by law](#). The importance of this piece of equipment makes properly caring for your PFD to ensure it functions properly, has an extended life expectancy, and doesn't emit unpleasant smells, a priority.

[PFD's save lives](#) but only if you wear them as intended and properly maintain, store and care for them. So you may be wondering how to store life jackets the right way, and we're here to help. Here we've gathered a few tips and suggestions on how to store and maintain your PFDs to ensure they last and are ready for your next adventure out on the water.

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To see the complete article, go to the following website:

<https://seasideplanet.com/how-to-store-life-jackets/>

Article borrowed from SeasidePlanet by Don Gorycki

## Downtown Riverhead circa 1966

Although the Route 24 Traffic Circle and half of Peconic Avenue are in Southampton Town, local businesses appear to be in the Riverhead business district. They use Riverhead zip code: 11901. I opened my first business in 1966, by the circle: Sinclair Gas Station at 2 Flanders Road.

**Over many years, the brand of gas in that Sinclair Station changed 6 times, starting with BP, then Northville, Cities Service, Gulf, Valero and now, 76, which is owned by Phillips 66.**

When I came here in 1966, there was a Texaco Station next to an Esso Station on Peconic Avenue. Getty and Shell Stations were by the circle. A few years prior to 1966, there was a Cities Service Station between Esso and Texaco. The Esso Station became Exxon, which I took over in 1976 and turned it into Peconic Paddler. I bought the Salvation Army property, a 60' X 60', lot next to BP. It was a great place to display U-Haul Trucks and trailers for rent.

George Raynor managed the Shell Station for the owner, Dewey Leavitt, whose brother owned Vail-Leavitt Music Hall on Peconic Avenue. Before the music hall opened for performances, Mr. Leavitt was a Boy Scout outfitter selling uniforms, jack knives, canteens, patches & compasses. I heard the Leavitt family grew up in a big house where the Route 24 Traffic Circle is now.

On the south side of the circle, where a new building just went up, was a Howard Johnson's with 28 flavors of ice cream. Ho/Jo's was open 24 hours a day. I got a knock on my door at home by a deputy sheriff at 2 AM. Someone tried to break into my Sinclair Station, but my vicious guard dog, Casey, chased him out through the broken window. The deputy herded everyone on the street into Ho/Jo's until I got there and locked up Casey before he attacked.

Generator Jack's and Kirshner Glass were on Flanders Road. Jack was a retired railroad man; he always wore his striped trainman's hat. He had a growler and soldering irons on his workbench. Jack was locally famous for rebuilding many generators and starters. Alternators came later. **(Growler, in this case, is an electrical testing device, not a jug of beer. But, you knew that, right?)**

North of the Peconic River on Peconic Avenue, there was a deli, a music store, Club 91 Bowling Alley, Suffolk Tire Shop (auto parts store) and an antique store. On the south end, there was a record shop owned by a man named Lacey, who came to an unfortunate demise, a paint store, Flaxman's Furniture, Tirecraft, and, when I first came here, an American Motors car dealership selling Rambler Rebels, Ambassadors, Rambler Rogues and the AMC Cavalier. There was a deli owned by Mr. and Mrs. Prager and 2 houses where McDonald's is now.

Around the corner on Main Street, there was Strauss Auto Parts, a bar/restaurant, Riverhead Savings Bank and a movie theater where the community garden is now. Riverhead Police used to be upstairs, in a building across the street from these stores. Griffing Hardware is still on the north side of Main St. Perkin's Clothing Store, upon closing, had merchandise so old that when you unfolded a shirt or sweater, the chest part was lighter color than the arms from sun-fading. McCabes Stationary was on northwest corner of Main and Roanoke.

Irma's Diner was on West Main Street as well as another diner, owned by Jim Capkanas, which became Spicy's BBQ. **Spicy's Tuesday special:** Buy one 10-piece wings, get second at half price. (Continued on next page)

### Downtown Riverhead circa 1966

(Continued)

Hyde’s Inn, was the place to meet your buddies for a beer and loud music. Now it’s Roadhouse, a great Italian restaurant with humongous heros and salads and great pizza and pasta dishes.

Mr. Marty’s Hole in the Wall clothing store was on the southeast corner of Peconic and Main. It is now Dark Horse Restaurant with great lunch specials. At some point, in between, it was a musical instrument store. Bull and Bear Tavern was next door. Now it’s Tweed’s, a very fine restaurant. Try Tweed’s rack of lamb, buffalo burgers, Pappy Van Winkle Scotch, and desserts.

100 year old, Papa Nick’s has been across the street from Tweed’s since 1920. Order a delicious BLT, an omelette or pancakes, and coffee from Nick’s grandson, Anthony. Papa Nick’s, aka Star Confectionary, sells homemade **chocolate Easter bunnies** and eggs. Order early, they sell out.

Just east of Papa Nick’s was Jacob Meyer, selling carpets, crockery, cretonnes, cotton wash goods, hassocks and furniture. Other stores, now defunct, heading east: Lentin’s Ladies Wear Store. Carl and Bobs, selling rugged men’s clothing and water-proof boots. Bomark’s Mens Store selling clothing for the well-dressed gentleman. Bomark’s had a sidewalk sale after each season; slacks were as low as \$3.00 a pair. All sales final: No Returns, Refunds or Alterations.

I am sorry to see the Sears Store on East Main is gone. Sears had a wonderful selection of tools for mechanics and woodworkers. I did snow plowing for Sears, by 5:30 AM, for over 35 years.

Woolworth’s had a luncheonette counter with 15 old-fashioned, low stools that swiveled. Beehive was a small luncheonette by the movie theater. Riverhead Grill (now Sunny’s Diner and Grill) was famous for meat loaf for dinner and for great breakfasts and lunches. Two sisters from Flanders were waitresses at Woolworths and Riverhead Grill for over 30 years each. ☹️

Article submitted by:  
Jim Dreeben, Retired CPO of Peconic Paddler, Prone Paddler, K&CS, SUPS, Writer

Author’s Note:

This letter is not finished. I would like to add more “history of Downtown Riverhead” but I need help. If anyone who reads this, can think of more local downtown facts, please send me an e-mail or call me or text.  
jim@longislandpaddling.com or 631-834-2525



Father and son go on a kayaking tour  
When they get home Mom notices he has a swollen black eye.  
Mom: "Omg, what happened to your eye?"  
Son: "There was a huge mosquito in the kayak"  
Mom: "Did he bite you?"  
Son: "Nope, Dad killed it with the paddle"

What does  
"kayak" sound  
like upside down?  
  
"Biblbblblvlglgl"



## Honesty Is the Best Policy

The Long Island paddling community is extremely fortunate to have a club like the Long Island Paddlers. Many people volunteer their time to make this the club what it is, including officers, committee members and trip leaders to name a few. Normally there are multiple pool sessions, two picnics a holiday party and numerous paddling trips to choose from. Even in this covid-shortened year there are 18 paddles scheduled to date. Trip leaders who lead trips receive training where they learn, among other things, how to properly rate a trip.

It would behoove us to review the trip ratings, so the participants know what they are signing up for, before they go on a paddle, to determine if the paddle is appropriate for them.

Long Island Paddlers rates its trips with a combination of a number (1-5) and a letter (A-D). The trip level rating chart can be found on the website under the "trips" menu. It contains 2 sections, a skills section, and an endurance section. The skills section has a rating of 1 through 5 as seen in Table 1.

Each level, 1 through 5, is broken down into 4 categories, required skills, wind conditions, water conditions (sea state) and miscellaneous. Generally speaking, conditions across a level are what can be expected for that level. For example, level 2, winds of 5 to 10 MPH generate about a 1-foot wave. However, given the proper conditions, such as open water with no obstacles like land masses, the waves can exceed 1-foot. In this case the trip would be rated at a level 3. Many times, you may see a rating of 2/3, meaning the trip is on the upper end of level 2 or the lower end of level

3. It may also mean that most times it is a level 2, however in certain weather conditions the trip may be a level 3.

Prior to signing on to a trip we must be honest with ourselves and ask ourselves a few basic questions. Can I paddle at the upper level of the winds and an occasional gust for that category? If I capsize, can I wet exit? When was the last time I did one? Can I perform an assisted rescue in that sea state? If I capsize can I get back in my boat with assistance? When was the last time I tried *in any conditions*?

To put environmental conditions into context, try sitting on the floor and measuring 1-foot, 2-feet, 3-foot with respect to yourself. For me, a 1-foot wave is chest high, a 2-foot wave is neck level and 3-foot waves are well over my head. Now ask yourself, can I perform an assisted rescue at the trip level in that sea state? If I capsize, can I get back into my boat with assistance in those conditions?

For the winds, ask yourself what was the wind speed and direction the last time I paddled? (You should know the forecasted wind and direction every time you paddle). How did I do in those conditions, was I a strong paddler or did I struggle? How does today's forecast compare to the last time I paddled? Honest answers to these questions will give us a basic idea of what level paddler you are and what trips you should be signing up for.

The second part of the trip rating chart is the endurance section, as seen in Table 2.

Here the endurance ratings are letters A through D. They include trip duration (entire trip), single segment duration, pace, and suggested rest stops. Once again, we must ask ourselves basic questions

## Honesty Is the Best Policy (Continued)

Conditions - Skills Trip Levels	Required Skills In Trip Level Conditions	Wind Conditions (MPH) Sustained Gusts	Water Conditions / Distance From Shoreline	Miscellaneous Requirements
1	Wet exit or permission from the trip leader	S 0 - 5 G 0	Flat water Less than ¼ mile from shore in protected waters	Entry and exit on soft beach sand
2	Perform in level 2 conditions: • Wet exits • Assisted rescues	S 5 - 10 G 15	Waves 1 foot or less Current 2 knots or less Less than ½ mile from shore Minimal boat traffic	Entry and exit from a dock and/or pebbled beach
3	Perform in level 3 conditions: • Assisted rescues • Self rescues • Bracing	S 10 - 15 G 20	Waves 1 - 2 feet, may break over kayak Current 3 - 4 knots Less than 1 mile from shore Moderate boat traffic with sufficient distance for safety	Spray skirts required for Level 3 and above. Entry and exit from a dock and/or rocky beach.
4	Perform in level 3 conditions: • Assisted rescues • Self rescues • Instinctive bracing	S 15 - 20 G 25	Waves 2 - 3 feet Currents 4 - 6 knots Exposed crossings up to 10 miles Heavy boat traffic in close proximity	Entry and exit into breaking waves and/or rocky coast line
5	Perform in level 5 conditions: • Assisted rescues • Self rescues • Instinctive bracing • Kayak roll preferred	S > 25 G > 30	Waves greater than 4 feet Currents greater than 6 knots Exposed crossings greater than 10 miles Heavy boat traffic in close proximity Possible crossing of shipping lanes	

**Table 1**

and give ourselves honest answers. If a trip has a level B endurance, can I paddle for 2-hours at 3.5 MPH? The trip leader may choose to go slower; however, he should not exceed this speed. When was the last time I paddled at this speed for this duration? Can I do it given the weather forecast for wind speed and direction? If the answer is “no” you may be slowing the group down affecting the other participants.

The Long Island Paddlers has never had formal skills assessments or ratings and probably never will. Instead we depend on honest self-assessments. Fortunately, most of our trips are appropriate for all paddlers.

## Honesty Is the Best Policy (Continued)

Endurance Rating	Duration*	Single-Segment Duration**	Pace	Suggested Rest Stops***
A	Up to 3 hours / 6 miles	Up to 1 hour	Up to 2.5 MPH	Minimum of 1 stop. Not less than ½-hour duration
B	Up to 4 hours / 10 miles	Up to 2 hour	Up to 3.5 MPH	Minimum of 1 stop. Approx. ½-hour duration
C	Up to 6 hours / 15 miles	Up to 3 hour	No Limit	TBD by the trip-leader
D	Greater than 6 hours / 15 miles	Greater than 3 hours	No Limit	TBD by the trip-leader

\* **Duration** - considered total time paddling, exclusive of rest stops. Actual trip time will be longer.  
 \*\* **Single-Segment Duration** - the longest time paddling between rest stops.  
 \*\*\* **Suggested Rest Stops** - to be used as a guide. Actual quantity and duration of rest stops will be determined by the trip leader.

**Table 2**

However, there are a few trips each year that are not appropriate for some paddlers. Given this, there are some paddlers that sign up for trips regardless of the trip ratings. Signing up for a trip above your skill or endurance level does several things. First, it puts the trip leader in an awkward position of deciding how to handle the situation, he did not sign up for this. Second it puts the group at risk. Slowing the group down can cause tides/currents to be missed, unplanned (i.e. late afternoon) weather changes to be encountered to name a few. Finally, it negatively affects the entire trip experience for the paddlers who are qualified for this trip. Honest answers to the questions above can avoid all of this and make the trip and the club better and safer. And do not forget, we are all getting older. ☹️

Submitted by Mike Matty



**Kayak of a different kind...**



**Ahhh...delightful**

## Long Island Paddlers Volunteer Points Program

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

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

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

**The Volunteer Points program will work as follows:**

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

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

[Mike.matty@verizon.net](mailto:Mike.matty@verizon.net)

[kayakchris@optimum.net](mailto:kayakchris@optimum.net)

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

Submitted by Mike Matty



## Put-In Alert...Shirley Beach



Being just a 20 minute drive from my house, Shirley Beach is an easy access point to Bellport Bay and all of its attractions. So far, there are no fees or permits needed for parking. Shirley Beach actually has more parking spaces than Smith Point Marina (40 vs. 35 respectively).

Recently renovated by Brookhaven Town, this park has restrooms, picnic area, and a children's play area.

There is no overnight parking and the park closes at dusk.

From here, the paddler has several destination choices:

North is the Carmans River

West is John Boyle Island, Bellport Marina, Ho-Hum Beach, the new breach at Old Inlet

South/East is Narrow Bay and Smith Point Beach  
Situated at Lat 40-45-6.58 N, Lon 72-52-58.54 W



**Restrooms and water sprinklers**

Do you have a favorite put-in?  
There's room in the next newsletter waiting for you!



**Looking north 1**



**Looking south**

Submitted by Don Gorycki (Continued on next page)



## Put-In Alert (Cont'd)



← Put-in Path to the Water Bellport Bay → View From the water



### STINKY BOOTIES ?

The last thing you want to do when going out paddling is put on wet, stinky booties ! I've tried various methods throughout the years and finally have come upon the easiest one for me. I use a simple, small size shepherds hook ( 24" tall). You can purchase these online or at a craft store. I got mine at Joanne Fabric . After rinsing the booties in clean water I just slip them over the top of the hook. This keeps the top of the boot open and allows air to get into the inside. They dry thoroughly and in less time. I can also dry them without having to put them in the sun. That is definitely better for the neoprene. Also a plus is that they store easily. Just a hook on the wall where I can quickly find them does the trick ! If you have a very small foot this might not work but worth a try ? 🤔

Submitted by Liz Marcellus



## How Long Does It Take To Kayak A Mile?

When you're planning your adventures on the water you'll probably want to know how far you will be able to go and how long it will take you. One of the most important questions you might be asking yourself is, how long does it take to kayak a mile?

Well, how long it will take you will depend on a number of factors but in this article we intend to address some of those factors to help give you a better idea of how long it might take you to paddle in your kayak and the distance you can travel.

### **Speed**

One of the main factors affecting how long it will take you to paddle a mile will depend on how fast you are physically able to paddle. An average kayaking speed for an experienced paddler would be around 3 miles per hour, but this very much depends on other factors.

The lighter the load in your kayak the faster you will be able to travel. On the other hand, if there are two paddlers in the kayak, you may be able to travel faster, providing your overall weight load is not too heavy.

**Beginners**, and those who are just out for a leisurely paddle, will usually average a speed of around 2 miles per hour. But of course, the more experienced you are, the faster you'll be able to go, particularly if you're racing your companions.

### **Conditions**

Weather and water conditions play an important role in determining how fast you'll be able to paddle. If the water is calm and there are no

currents, you'll be able to travel faster than if the water was choppy with strong currents and if the current is not in your favor.

Similarly, if you're paddling in windy conditions this will significantly affect your speed, whether you're traveling against it or with it. A lot will depend on whether you're out in the sea, a river or a lake. If the current and wind direction are in your favor you could travel at around 5 miles per hour.

### **Vessel**

Another important factor to consider is the type of kayak you're paddling in. The narrower and longer the kayak, the faster you'll be able to travel, which is why racing kayaks tend to be more streamlined for speed.

It will also depend on how light your kayak is to start with combined with the type of cargo you're carrying.

### **Conclusion**

So how long it will take you to paddle a mile in a kayak will differ for everyone. As a general guideline, it ought to take you around 30 minutes to paddle a mile, but as you'll see, this will depend heavily on your personal abilities, the conditions, as well as your kayak.

Generally, if you're paddling for a long period of time, you may find you won't be able to maintain a quick speed for the entire journey. If you're planning a trip, it's best to use the 2 miles per hour average as a guide and always remember to factor in stops. ☹

Submitted by Don Gorycki  
Article borrowed from KayakGuru

# CHOOSING THE RIGHT PADDLE FOR YOU



TIP BLADE DRIP RING GRIP SHAFT

The correct size of kayak paddle depends on your height, paddle length, and the width of your kayak.

## FINGER BEND METHOD

Select a paddle you think is about the right length and stand it upright next to you. Reach up with your arm fully extended, hooking your fingers over the tip of the paddle blade.



### PADDLE TOO SHORT

Hand bends over the tip of the paddle blade



### CORRECT FIT

Fingertips bend just over the tip of the paddle blade



### PADDLE TOO LONG

Fingertips are not able to bend over the paddle blade tip



## ALSO CONSIDER THE WIDTH OF YOUR KAYAK

Choose a paddle that is long enough to clear the sides of your kayak while paddling. A wider kayak will typically require a longer paddle.



dog paddle



## Do-It-Yourself Kayak Sail



This article was borrowed from:

<http://kayakingctwithlou.com/diy-kayak-sail/>

If you love kayaking and you haven't yet looked into sailing – give it a try! I made my first kayak sail and tried kayak sailing for the first time this past summer and it's a blast!

I made my sail from items found around the house and a few minor purchases; however, you can purchase a pre-made kayak sail online if you're not into making things, or you don't have the time and would rather spend the money. I thrive on creating new things; I just had to make one.

(Go to the URL cited above for the rest of this article).

Submitted by Don Gorycki



## Two Ways to Paddle in a Pandemic

While we were shut down in March due to the corona virus, now know as COVID-19, I posted my usual four trips - Scallop Pond, Birch Creek, Orient Point, and Robins Island. Never did I imagine that my June 6 to trip in the Town of Southampton would be impacted by rules designed to defeat the virus.

Fast forward to Memorial Day. In New Jersey, the governor began allowing groups of 25 to gather outside as long as everyone social distances or wears a mask. Assuming (you know what they say about assuming) that New York would do the same since both states had been coordinating their virus fighting strategies, I asked half the 40 members who had signed up for the trip to paddle on Friday, July 5, to get the count down within the guidelines. That plan worked, and by July 1st I had two groups of roughly 20 paddling at the same location, separated by 24 hours. Unfortunately, Governor Cuomo did not get Governor Murphy's email. New York State decided to limit outside groups to no more than 10.

At this point, Mike Matty, our Training and Safety Coordinator, came to the rescue. He offered to lead half the group each day at a different start time. Perfect! Mike would lead 10 paddlers, putting in at 10:00 AM, and I would take the other 10 paddlers starting at 11:00 AM. Of course, as they say, the best-laid plans of mice and men often go awry. The Friday paddle had to be canceled due to the threat of thunderstorms. Fortunately, I was able to reschedule the Friday paddle for the following Saturday, and the July 6th paddle went off without a hitch. Mike met his group at ten at the end of

Barkers Island Road, and everyone wore a mask until they were on the water.

Once on the water, paddles kept everyone at a safe distance. His group, Team A, paddled from Bullhead Bay, through Sebonic Creek to Scallop Pond where he stopped for lunch at our usual spot. An hour later, my group, Team B, passed his group on the water as we prepared to stop for our break. Later, at the take-out, everyone put their on their masks until all the boats were loaded and everyone was safely on their way. We were all able to enjoy a peaceful day on the water in one of the most beautiful places on Long Island. As a bonus, a male turkey was spotted with his tail feathers spread fan-like, strutting his stuff, hoping to attract a mate.

The following Saturday, July 13, proved to be a little bit trickier. Mike was unable to lead a second group as he had a previous engagement. So, while I had an offer from my good friend Frank Posillico (Membership Coordinator) to lead half the group, I decided on a different tactic for our 20 paddlers on this day.

As usual, everyone was to wear masks at the put-in. But instead of waiting for everyone to assemble for our pre-paddle briefing, each person was instructed to launch his/her boat immediately and wait for the rest of the group on the water. Doing this, kept the number of people on land to a minimum - less than 10 at all times. The briefing was then conducted on the water with social distancing adhered to at all times.

It proved to be another glorious day of kayaking! In addition to the numerous osprey, a bald eagle was spotted by some in the group. I guess that is becoming more common on the Island with the numbers of eagles here growing each year.

(Continued on next page)

## Two Ways to Paddle in a Pandemic (Continued)

The only other difference with this trip was where we stopped for lunch. Instead of our usual spot at the far east end of Scallop Pond, which was too small for our group of 20, we circumnavigated the pond and stopped on a long stretch of beach at the mouth of Sebonac Creek.

On the return trip, the group split into two equal groups. One group, led by Frank, exited Bullhead Bay through the East Inlet and returned through the West Inlet. The other group, led by me, headed straight for the take-out to get a head start and avoid having too many people in one place at the same time.

Two distinctly different ways to paddle in groups larger than 10 during this pandemic, both of which provided for the safety of everyone. I hope by the time my next big paddle at Orient Beach State Park on August 22 rolls around, I won't have to figure out a way for 53 paddlers to socially distance and that the worst of this virus will be in our rear view mirrors. 🙏

Submitted by Steve Berner

## Last Year's LUDWIGIA PULL in the PECONIC RIVER



This year's LUDWIGIA PULL was in the PECONIC RIVER on July 9.

Photos submitted by Liz Marcellus

## Photo Gallery



Some years ago I was making a portrait of our daughter Julia with her new boat. As we were working, this guy comes up to us with this huge fish he had just caught. He asked if he could get in the picture. Why not? In the viewfinder (Really!) I saw a poster idea, I had promised to create one for a clean water group a few days earlier. Until then a poster theme or concept had eluded me. All of a sudden, it was right there! 🌊

Photo and story submitted by Frank Chillemi



### 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 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? Been on a paddling trip? Why not share some photos? 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. 🌊

**More Photo Gallery****Short Notice Trip (Ed Goldenberg) June 16 2020 Connetquot River****Put-in area****Entrance to Grand Canal****Going under one of the bridges****Back to the take-out**

Ed Goldenberg led a short-notice paddling trip to the Connetquot River on June 16, 2020. Altogether there were 8 paddlers who enjoyed paddling this scenic waterway. The outbound trip to and through the Grand Canal and into the upper part of the river was pleasant. However, on the return trip the wind and waves picked up a lot. I have no photos of this because I was paddling intently just to stay afloat! 🌀

Submitted by Don Gorycki

**Even More Photo Gallery**



**Steve Berner**



**Chuck and Cindy**



**Emilio**



**Frank**



**Lunch on the Beach**

Scallop Pond Paddle Trip  
on June 13, 2020.

Photos submitted by  
Kristin Costa

## My trip in Cinque Terre (as experienced by Dawn Fornillo)

Last October I kayaked through the area in Cinque Terre which is an extremely beautiful and fragile coastline in the Liguria region of Italy. It is made up of rocky hills and cliffs along the coastline. There are 5 villages that make up the Cinque Terre and can only be reached by water or a single lane road that winds up and down which makes car travel very difficult and has to be done in the Fall because it is too crowded during the Summer months. I landed in Milan and rented a car and drove to Genoa. The group was to meet in the lobby of the hotel at 5:00 Pm so we could discuss the plans for the first day of travel and introduce ourselves and make plans to go for dinner in Genoa. The food during this Trip was sensational. I am gluten free due to a wheat allergy and I don't eat red meat and there was plenty of gluten free dough fresh made for pizza, bread, pasta. Etc.

Meat was available but fish was the regular favorite all fresh and local during the trip. During the trip we would have a picnic spread put out by Enrico, the guide and organizer of the trip. He would shop in the morning for fresh prosciutto, cheese, bread, fruit, tomatoes, and fennel and it would be spread out for us to join in and eat.

Dinners we all met together and dined and the same with breakfast. The first day we kayaked only 2 or 3 hours so that the Enrico and Juilano could get an idea of the capabilities of the kayakers. There were all couples except for myself so 3 of them went tandem and another went in separate kayaks as myself. The 3 couples were from Australia and 1 other couple were from New Zealand.

Once we got an idea of how we could handle the tandem kayaks and what the guides were working with we planned for the next day according to the wind and waves of the Ligurian Sea.

We went to Portofino which was fun it was wavy and some boat traffic but we stayed all together and it was quite a trip. Portofino is not one of the five villages of Cinque Terre but it is the playground of the rich and famous and we had a gelato homemade of course while taking a break in the port. I will enclose a photo of the port. Monterosso, Vernazza, Corniglia, Manarola, and Riomaggiore are the five villages that make up Cinque a Terre. We kayaked to each village dependent on weather and wind. One day it was so windy in the morning we rented bikes and rode along a path on the coast that was a railway pass and they built a new rail system so now just for pedestrians and bikes. We stayed in small hotels but they are farm to table resorts that serve their local produce and meat.

Photos will show, they were beautiful. It is wine country so one of the last days we did an 12 mile hike straight up into the wine country, had lunch up there and then descended down into the village Riomaggiore. That was quite a hike views were spectacular.

Enrico Carrossino, the organizer of the trip and will do other areas such as Sardinia and Sicily as well. Please mention my name and he knows that we have the club and he will take very good care of you. Unfortunately, Corona Virus came along as I was joining a unplanned trip he was organizing for a June to Sardinia and Sicily and then Italy blew up with the virus.

(Continued on next page)

## My trip in Cinque Terre (Continued)

He and his team are efficient, professional, fun, love to eat good food and experienced kayakers. They also can plan quickly to do something else if the wind and waves make it unsafe at the drop of a hat.

His information is below and please view my photos and you can see how much fun we all had! I made friends with the Ozzies and have been invited to stay with them when I visit. Great trip I highly recommend it! 🌊

Travelinkayak Riviera  
Genova Italy  
Tel Ita [+ 39 349 7762051](tel:+393497762051)  
E mail : [travelinkayakriviera@gmail.com](mailto:travelinkayakriviera@gmail.com)

Xplore di Enrico Carrossino  
Tel Ita [+ 39 349 7762051](tel:+393497762051)  
E mail : [travelinkayakriviera@gmail.com](mailto:travelinkayakriviera@gmail.com)  
Tel Ch [+ 41 79 1979869](tel:+41791979869)  
E mail : [xplore@bluewin.ch](mailto:xplore@bluewin.ch)  
[www.kayakxplore.com](http://www.kayakxplore.com)  
Skype : enrico.carrossiono.aka.sinsa  
Facebook: kayakxplore - travelinkayak riviera



Continued on next page

# My trip in Cinque Terre

# (Continued)



Article/photos submitted by Dawn Fornillo



## Long Island Paddlers Trip Leaders Skills Class

### July 8, 2020 – Sebonic Inlet

On July 8, 2020, a Trip Leader skills class was given by our Safety and Training coordinator Mike Matty assisted by Tom Auer. The Sebonic Inlet was the site of where the course was given. In addition to the two instructors, five trip leaders were in attendance: Jim and Lois Gibney, Tom Stirnweis, Chris Scalisi, and Don Gorycki.

The class was well organized and followed the following agenda:

9:00 – 11:30	Course Introduction at Barkers Island Rd
	Towing introduction at Barkers Island Rd
	In-line Long / Short tow
	Double In-Line
	V- Tow
	Tow /w/ injured or sick paddler
	Contact Tow
	In-line + contact tow /w/ sick or injured paddler
11:30 – 12:15	Lunch
12:15 – 2:30	Assisted Rescues (Covid style)
	Scoop Rescue
	Anchor Tow /w assisted rescue
	Back Deck Rescue
2:30 – End	Incident Management Scenarios

After being briefed on day’s agenda by Mike, off we went to practice a variety of towing techniques. Lunchtime found us on a pebbly beach overlooking the Peconic Bay. Immediately we saw a Jeep approach us with two guards who informed that the beach was private property and that we could not stay. However, all agreed that staying in the low-tide area was OK. As it was Tom A.’s birthday, Lois treated everyone to birthday cupcakes...yummy.

The afternoon was spent in practicing different assisted rescue techniques. Fortunately the water wasn’t that cold as each member bobbed in the water trying to re-enter his/her boat.

The day ended by paddling to the take-out while the blue sky overhead gave way to suspicious clouds.

Our club is fortunate to have skilled kayakers sharing their time and expertise to help members become better paddlers.



← Trip Leader Skills Class

Lunchtime!



## Long Island Paddlers Trip Leaders Skills Class

Julv 8. 2020 – Sebonic Inlet (Continued)



Heel hook rescue



Almost in...



Ready to tow



Towing in the inlet



Rescue in the inlet

Photos by  
Lois Gibney

Text by Don  
Gorycki

## 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. 🗣️

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

Since there are no meetings until further notice, the Club Library, Club Store, 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.



## Club Officers 2020

President: Ed Mangual

Vice President: Emilio Sosa

Treasurer: Lise Poulos

Secretary: Bob Hansen

Members at Large: JoAnne Paolino, Don Gorycki

Past President: Ken Fink

## Committee Coordinators 2020

Membership	Frank Posillico
Programs	Steve Berner (temporary)
Trips	Chiara Nuzzo
Training & Safety	Mike Matty
Public Relations	Dan & Donna DiGiovanni
Newsletter	Don Gorycki
Website	Robert Julius Condemi
Special Events	Shirley Espinosa
Librarian	Debbie Gallucci
Conservation	Liz Marcellus
Big Buddy Program	Bob Hansen
Hospitality	Irene Wiener
Merchandise	Diana Price & Tony Pelot

## Club Sponsors



**Kayak Lesson**  
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**Group Outing**  
**Gear Rentals**

Kevin Stiegelmaie  
 www.paumanoktours.ci  
 (631) 404-6447

Next Long Island Paddlers Publication Date:  
**October 15, 2020**

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).

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

Monthly meetings are currently cancelled until further notice due to covid-19.

**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.