



# Newsletter - Fall Edition

Volume 2020, Issue 8

October 2020

## Message from the President



Hello LI Paddlers,  
 Just a few words, I must say that our season wasn't a bad one considering we started late paddles. As Club members we did great we hang in there and made it our best. The fall is here and we all know what's next. However there are some warm sunny days so take advantage and get those paddles in. Most importantly keep safe.

I want to thank all the members for being patient and understanding during the covid-19. Special thanks to Trip Coordinator, Trip Leaders Trip Assistants Training Safety. Without the help of these members we wouldn't have trips during these tough times. The Dinghy Shop was very generous in sharing some space for us for conducting our meeting and it went very well .Once again Thank you from me and behalf of all the Long Island Paddlers.

Our Long Island Paddlers Shop is still active so members you can make purchases Just contact Diana Price or Tony Pellot. Election nominees are due in October meeting anyone that wishes to run against any board position you can do so. Contact JoAnne Polino. Once again LI Paddlers enjoy your paddles and stay safe.

Thank you, Edwin Mangual.

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## I Love to Eat in Hampton Bays and Environs

**Hampton Bays** is the place to visit for good food in all types of restaurants, including burgers, breakfast, seafood, Italian, Caribbean, steaks, lunch, Indian, Asian and Mexican. Here is a list of my favorite dish(s) in each restaurant. This list will be updated occasionally. Visit Hampton Bays often, enjoy your meal, go paddling at Red Creek Pond and Shinnecock Bay. Swim in the Atlantic Ocean or Shinnecock or Peconic Bays. Bike on Dune Road or walk, jog or bike over the New Ponquogue Bridge (not the old one) to the Atlantic Ocean or to the Shinnecock Inlet. Interesting bike ride: Cross Ponquogue Bridge and turn right onto Dune Road into Quogue. Cross Quogue Bridge and return on Montauk Highway (27A).

**Salvatore's** is the first restaurant I visited after restaurants re-opened. Outside tables were spaced far apart and all servers wore masks. Salvatore's makes delicious linguini with clam sauce, great pizzas and other entrees and the bartender makes a perfect martini. They serve Palm Beer on tap. Inside is spotless with tables far apart. They have a long, beautiful, well-stocked bar.

**Villa Paul**, 162 West Montauk Highway, has been serving great food for many decades. My favorite meal is the **escargot appetizer, roast L.I. duckling w/cherry sauce**, house salad w/blue cheese dressing, a Beefeater martini (w/3 olives) and peach melba for dessert. We like to sit by the romantic fireplace and eat and drink slowly; the food is so good.

**Rumba** on Canoe Place Road serves the best **guacamole** and pimento cheese and **Ahi Tuna** appetizers. I love their jerk chicken and Dominican ribs. Rumba makes refreshing **sangria** and rum punch by the pitcher or Mason jar.

Sit outside for a view of the beautiful Shinnecock Bay. The best way to go to Rumba is by kayak, canoe, prone board, jet ski or stand up paddleboard. Leave your car by the old bridge.

**Edgewater** on Montauk Highway (27A), ½ mile east of the canal, serves an unbelievably yummy **roasted corn salad** in the summertime, and, paired with a bowl of PEI mussels and a pint, you will have died and gone to heaven. They also make delicious linguini w/white clam sauce, lobster pasta, yellowfin tuna and potato gnocchi. Finish up with a Baileys on the rocks or a hot cappuccino.

**Canal Café** is very busy because the food is super delicious. I love their PEI Mussels, Clam Fritters, Caesar Salad w/Chicken, thick BLT sandwich and Oyster Po-Bo, and a 6 bucks draft beer. The view from the outside deck is beautiful; it overlooks the Shinnecock Canal. You can visit Canal Café by car or kayak. 44 Newtown Road. 631-723-2155. It's very busy so get there early.

**Cor-J's Fish Market**, 36 Lighthouse Road, has mahi-mahi, top neck clams, swordfish, bluefish, squid, mussels, scallops, porgies and flounder from local waters, and shrimp and sushi-grade tuna and from somewhere else. I shop there on the way home from swimming in the ocean or from paddling on Shinnecock Bay. The fish is always fresh and delicious, raw, sautéed or grilled.

**Dockers Waterside** on Dune Rd. E. Quogue has beautiful sunsets, **great lobsters** and other seafood dishes. Happy Hour is on Fridays: beer and wine: \$5.00, appetizers: \$5 each. Easter at Docker's: you will feel like you are at Prince William's and Kate's wedding reception:

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## I Love to Eat in Hampton Bays and Environs (Cont'd)

caviar, oysters, shrimp, baklava, beer, wine, martinis.

**Stone Creek Inn**, Montauk Highway, East Quogue, is one of the best restaurants on Long Island. I love the Rack of Lamb, the Oven Roasted Chicken and the Calamari, Octopus and Tuna Tartare appetizers. Stone Creek has a \$30.00 Prix Fixe menu. They have a unique, large, interesting wine list and great desserts. 631-653-6770.

**The Station Bar**: Fun to visit after a day at the beach. Go for the cold beer, clams on the ½ shell and Happy Hour Specials. Go on Tuesday for \$5.00 Margaritas and Taco Specials. Shinnecock Rd.

**1 North Steakhouse** is about 1 mile west of Rt. 24. I order delicious **bacon wrapped scallops**, prime beef burger w/onion rings and a glass of draft beer. They have a prix fixe menu on Tuesday nights and prime rib dinner special on Thursdays. You can sit inside or outside.

**The Inn Spot on the Bay** has food to die for – Be hungry and order this perfect meal: crab bisque, **salmon and caviar and oyster appetizers**, sesame seared tuna, Banana Napoleon and Bailey's on the rocks. 32 Lighthouse Road, HB. Check out their food truck on premises.

**Taqueria Mi Pueblo**, 204 East Main Street. I go there for the huge Burritos, Tacos, Enchiladas, Rice and Beans, Quedadillas and Guacamole and Chips. Please call ahead: 631-594-1463. They are busy.

**Saaz** on Route 27 in Southampton has outstanding Indian cuisine. Go for the buffet,

especially the goat, mushrooms, okra and mulligatawny soup. Over 20 items are on the buffet table; try all of them; they are delicious. 631-259-2222

**Riverhead**: Hy Ting– Best egg foo young. Crooked Ladder – Porter beer. Maple Tree Deli – Best barbeque. Carlo's Pizza – Best meatball/sausage heros. Spicy's – Best fried oysters. Snow Flake-Best chocolate ice cream w/sprinkles. Lolly's-Best breakfast. Perebell – Great burgers and tap beer. Dark Horse "Trio" for lunch. Jerry's mussels and wings. Westhampton Brewery Irish Eyes Cream Stout.

Please **don't drink and drive** in the Hamptons. Southampton Cops and New York State Police can smell alcohol before their radar can even clock your speed. Please drive safely.

The **ocean beach at Ponquogue** is the place to be on a hot summer day. The ocean water and the beach are clean. The swimming is good, although, on rough days, it can be a challenge, but, the lifeguards are capable and well trained. Ponquogue Beach is great for surfing, **stand up paddling**, body surfing and taking long walks and planking.

**Wildlife**: Fist-sized **baby seagulls** are on an island 300 yards east of the Old Ponquogue Bridge from June 20 until July 10. In the wetlands and marshes, west of **Docker's**, there are so many birds that Alfred Hitchcock could make a movie and call it "**The Birds**". We look at the birds by kayak or SUP, and binoculars. **Tropical fish** are in Shinnecock Bay east of the inlet. We paddle there by sea kayaks with our mask, snorkel and fins.

Wear a PFD, paddle hard and eat well. ☹️  
By Jim Dreeben, formerly of Peconic Paddler over 52 years.



## From the Vault

Article taken from the Summer 2012 Newsletter by Colin Mullen

### “Dear Colin”

I just want to start by saying how much I still love and missed you. Remember when we used to take those romantic sunrise and sunset paddles. Remember all the time we spent paddling on the bays of Long Island and the Long Island Sound. Remember the first night paddle we spent on the Long Island Sound together. There appeared to be a million stars out that night as we paddled lost in the darkness trying desperately to find our launch site. Remember all the trips we took to Maine and the secluded islands we enjoyed. At first I thought you forgot about me and that I would never see you again. I felt that you left me for that slender, long European with the sexy shape. I felt you abandoned me for that Tahe Marine Greenland-T kayak, tart. Since you purchased her I have mostly been just hanging out with your other kayaks in the kayak shed. I found myself longing for the times when you would carry me to the water's edge and we would gently and silently paddle off. But, the other day when you came into the kayak shed and took me, me off the wall I was so happy. That day you gel coated my every nick and scratch. You then gently waxed me from stem to stern and replaced all my worn bungee cords. That is when I realized that, that Tahe Marine Greenland-T, Charlatan might be fun and exciting for you but when you crave real adventure you return to me. I now know when you paddle one of your P&H kayaks it's because you don't want to damage my fragile Kevlar shell. And when you paddle that hussy Greenland-T it's because she has less volume and is better in the wind and is easier to roll. But she can't travel the distance we can together and she is not as comfortable for you as I am. Every island you have circumnavigated you have done so while sitting inside of me.

We both know you could not have circumnavigated Manhattan Island in any other kayak but me. You would have never been able to accomplish that feat in that Charlatan, Greenland kayak. And that is the roll I play in your life, the biggest roll for when you need a kayak that can travel long distances and keep you comfortable and safe you return to me. When you need a kayak you can rely on in really rough water I am the only boat for you. I was not your first boat but I was the first boat you loved. You have not forgotten me, you never will, nor will you ever abandon me. You still have the same feelings for me as when you first entered my cockpit, I am still your favorite. So go, go paddle your other kayaks because I now know I am still and always will be your favorite. Your loving Lincoln Eggamogin kayak. “Dear Colin” B 🔄



### 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  
Trips -> Paddles & Events  
(You can even view past trips) 🔄

## My Virginia Paddle Trip

Three and a half years ago I retired and moved to Fredericksburg Virginia. Although I enjoyed paddling in Long Island area I was looking forward to new adventures. I moved into Fredericksburg where the main body of water is the Rappahannock River. Starting at the city at the route 1 bridge the river changes from whitewater to tidal. It a magical place where the Osprey arrive in late March to catch the Shad and herring which run till Memorial Day. This year I tried to take photos of them from my kayak. Since the currents are strong when the tide gets high, I put an anchor on one of my kayaks. There is a catch zone and sometimes there are 3 birds grabbing fish one after the other.



The river itself is beautiful with trees on both sides. Opposite the City dock and on the other side of the river is Ferry Farm, George Washington's boyhood home. The river banks are partly owned by the city of Fredericksburg so you can exit for a break but during an out tide the land can get very muddy. It's a perfect place for Ed to land and curse someone. The river is full of eagles, herons, ospreys, green herons, turkeys, and owls. About 4 miles down the river is a boat launch called Little falls which I like better because there are less people. About a mile south of Little falls is a small

creek with a waterfall and sunken wood boat. There are a few other sunken ships along the river so at low tide you must be careful of the nails that are sticking up out of the water. Never go up river after a lot of rain unless you want to feel like a paddling hamster. I did it for fun one day and made it up about 1.25 miles before the tree on my right and I did not change positions for 5 minutes.

My favorite place to paddle is on the Potomac River. The Potomac has many launch areas and the closest one is the new state park in Aquia called Widewater State Park. The park is new and has beautifully clean modern bathrooms. Most of the population of the area has not discovered the place yet so social distancing is easy. The waterways open up to many different places, If you up the creek you arrive at Government Island where we went two years ago. This is where the stone for the Capitol was taken. There are walking paths and lots of birds including red tail hawks. If you travel south then you pass Aquia landing park a nice place to go swimming and another place to launch a kayak. If you continue another 4 miles there is another small beach On Potomac creek where you can land. Recently the property was purchased to become public land although kayakers have been treating it like that for years. Crows Nest a popular kayak launch is 3 miles north on the creek. The place is covered in Lily pods and is a part of a nature preserve. From Widewater you can also paddle across to Maryland about 3 miles and another 2 to Mallow's Bay where 200 ships are buried. Somewhere in this area is Shark Island where there are pre historic shark teeth.

The Potomac has many entrances. North of me is  
(Continued on the next page)

## My Virginia Paddle Trip

(Cont'd)

Leesylvania State Park in Woodbridge, Quantico Marine base town park, Mason Neck State Park which also has a nice bike path. You can enter it from Pohick Bay which is between all the parks and the home of George Mason. We launch from Pohick Bay and paddle over to the Gristmill which is part of Mount Vernon. The grounds are beautiful, and there is a bathroom on the premises. Exiting the boat can be a little difficult as Paul found out a few years ago. The trip takes you past an army base and Dogue Creek where there are lots of Herons. Along the shore line you paddle past large birds of prey including eagles. The creek is pretty with many types of trees and colorful plants. I also like to paddle in Washington D.C. Ever spring the cherry blossom bloom and kayakers cannot wait to paddle along the shore and view the beautiful trees. The colors are so pretty only this year it was strange, when we paddled along the shore there were no people. The police were the only people on land.



Across the Potomac from Virginia is Maryland. Aside from paddling over to Mallows bay there is Mattawoman Creek and General Smallwood State Park which are opposite Leesylvania. . It is a 2 1/2 mile crossing to the

and another mile and a half to General Smallwood. Never thought much about the name until I read a book about him. For the history fans in the group he is the man who formed and paid for the Maryland continental regiments which formed the backbone of the American army during the revolution. The creek itself is really pretty and full of eagles and herons. It's tough being a fish in Virginia and Maryland. So there are many places to paddle here and fortunately I have met many dedicated paddlers to go with. Last year we had the pleasure during the Maryland trip of paddling with the bucket list group and this year we plan on paddling with some of their members. Lastly I would be remiss to not mention the one spot I kayak the most. Only 2 1/2 miles from my home is a new man made 520 acre lake called Mooney.



When I just want to quickly go for a little exercise I can load the kayak and be there without worrying about traffic. I have seen all types of birds and deer and otters. No motor boats are allowed since it is the one of the reservoirs for county. They made it very deep over 100 feet so it takes longer to freeze. The water here is not salty so it freezes faster than Long Island. Now that you know about the area if you come down look me up. Don't forget the bagels and the PhD. ☺

Article by Alan Mindlin



## Low Carb Cream Cheese Fudge



### Prep Time

10 mins

### Cook Time

10 mins

### Total Time

20 mins

## Ingredients

- 1/2 cup Butter I use salted
- 2 oz. Bakers Unsweetened Chocolate
- 1 Tablespoon Vanilla
- 8 oz. package Cream Cheese softened
- 1/2 Cup Slenda or Stevia or any sweetener or your choice to taste (adjust to your taste)

## Instructions

1. Place butter and chocolate in a small pan and melt over low heat. When chocolate and butter is just melted add vanilla and sweetener and blend together.
2. Place cream cheese in a medium bowl and pour chocolate mixture over it.
3. With a hand mixer mix about 2 minutes.
4. Pour into a greased pan. I use a 6 x 8 pan and I freeze it and cut into squares.

## Recipe Notes

1. Beat fudge/frosting until fluffy and all ingredients are incorporated well.
2. I keep fudge stored in the freezer. Out of site, out of mind.
  - \* This makes a great frosting for muffins in a minute or low carb cookies etc. ☺

Recipe borrowed from [mariasmixingbowl.com](http://mariasmixingbowl.com)

## Conservation Corner

### Jewelweed (touch me not)

At this time of year you will see this native plant flowering along the banks of rivers such as the Carmans, Nissequogue and Peconic. Look around...you will almost always see them growing near Poison ivy. Lucky for us Mother Nature provides us with an emergency solution if you brush against the poison ivy. Simply mash up a few leaves in your hands with a bit of water and 'soap up' the affected area. It can also be applied as a preventive, or used as a poultice should you already have a rash (or insect bite!).



A fact I also found interesting is that the migratory route of the Ruby Throated Hummingbird follows the wave of the flowering of the Jewelweed plants. You may get lucky and spot one looking for nectar !

The name Jewelweed comes from the fact that water 'beads up' on the leaves.

The name 'Touch me Not' comes from the fact that the ripe seed pods 'explode' the seeds when touched. ☺

Submitted by Liz Marcellus

## How to Paddle a Kayak

When I started selling kayaks in 1984 most paddlers used a 230 cm paddle, feathered 90 degrees, for sea kayaking and 208 cm for whitewater and surfing. Now, 220 cm is popular for low angle sea kayaking, 205 cm for high angle and 187 cm for whitewater and surfing. Most sea and recreational paddlers use unfeathered paddles. Whitewater /surf paddles are usually feathered 45 degrees. My favorite paddle: 205 cm, lightweight, carbon fiber, one-piece, unfeathered. Surf: 187 cm 45 degrees.

Keep the shaft parallel to your chest and rotate your body using chest muscles, not arms. Put the blade into the water opposite your feet. Side of blade should be vertical to the water through the whole stroke. Please don't paddle air. Stroke should end by the back of your seat. Try to keep a rhythm going forward. If you start to drift to the left or right, do a hard stroke on that side rather than a back stroke on the other side. That way you will not lose forward speed.

To back up, rotate your body and plant your blade firmly just behind your seat. Rotate the other way. Please don't splash water. A slow powerful stroke is more efficient than a fast, splashy one.

To come into the beach without grinding your bow hull on the sand or stones: Paddle at moderate speed toward the beach. One kayak length before the beach, do a low brace on either side and lean kayak to that side. Your kayak will turn 90 degrees and drift in sideways. To do a low brace, use back of the blade and keep the leading edge up about 20 to 30 degrees. It is a very cool maneuver, and impressive.

Turn your kayak with a wide sweep stroke with the blade tilted back just a little in case you must brace.


How to paddle a stand up paddleboard or a canoe with a bent-shaft paddle. Blade should be angled forward. Rotate your body, reach both arms forward and put your blade vertically into the water. Rotate back. Feather paddle forward and "snap" in into the water before you start your stroke.

Remember: Always rotate your body and use chest muscles, not arms, to power your paddle. Your chest muscles are much bigger than your arm muscles. You can paddle farther and not get as tired.

Prone Paddling on a prone board gives you a great upper body workout. It strengthens muscles in your chest, stomach, neck, shoulders and arms. A prone board goes fast and it's fun to use (swim).

Another good workout is the plank, either forearm or high position or both. Start doing it for 15 seconds and try to increase 5 to 10 seconds a week. You will see results and feel stronger after 7 days.

To become a faster paddler, try interval paddling/training like the racers do. Paddle at a steady, moderate pace for a few minutes, then paddle 10 or 20 strokes as hard as you can. Continue this for one hour. Moderate then sprint. Your stamina will increase tremendously. Call me with the results.

Current Designs has a carbon fiber kayak paddle that is very light and adjustable for length and angle. 

Submitted by Jim Dreeben, Retired CPO of Peconic Paddler (53 years), K&CS, SUPS, Paddling Instructor 631-834-2525 or jim@longislandpaddling.com



## Mystery of whitewater fears

Last year two club members took the whitewater class at Notheast PA School in Lehigh PA. They both enjoyed it so much they purchased boats immediately to be able to do it whenever they could. I had the pleasure of being an assistant instructor for their class. It is utterly amazing how much one can learn in only one weekend. They spent a day doing new skills on a lake and then next day ran a class II section of the Lehigh river. This we call the family section.

I have been trying to get club members to try the class for years, mostly for the selfish reason of being tired of doing the three-hour drive alone. I did it every other weekend for my first three years of doing the Lehigh. Now I just go when I have company.

I had a grand plan of action for them for this season and like all other things Covid 19 put stop to most of the dreams. We did get to go three times over the summer. Better than not going at all. Shuttles were done wearing masks and leaving car windows open. I was even going to do some bicycle shuttles, but they were never necessary.

First trip was on the Lackawaxen in July. This trip we had four whitewater boats, two recreational kayaks and one whitewater canoe. The highlight of the trip was the long swim Pat took in the rec boat ( I should say out of the rec boat) We were able to get her boat to the bank and Dion got Pat to the bank but unfortunately the boat was bumped back into the current by the Neil in the canoe and it took another 100 yards to get Pat back to her craft. Unlike coastal kayaking we get the boats to land to empty and get back in. I think she was pleasantly surprised the long swim was no big deal. Tom and Gavril did some practice over the day, but Dion was really getting into eddying in and out of the current which is the most important skill for whitewater.

Helen found the very last rock before the confluence with the Delaware River to get herself pinned on top of. At least we got her off without her getting wet! As in all my Lackawaxen trips we ended with a trip to the Riverside Creamery for a nice ice cream Sunday.

Next time out we did a two-day trip on the Lehigh. This is a little bigger than the Lax, so it was only whitewater boats. Dion brought his adult son who has never kayaked whitewater. I gave him one hour of wet exits and basic safety instruction while the others were doing the car shuttle. When we were all together, we did some more on the water instruction and proceeded to our first class II rapid. I made Tom lead and told him to take the easy line river right moving to left before the big rock. I was the only one who did this, and all the others followed Tom through the biggest part of the whitewater, staying right, they all made it through without a swim. We had lunch then practiced in the wave train doing peel out and ferries in the fast water. Now we had a few swims.

Sunday, we did a new section of the river (Glenn Onoko) with one rapid a little bigger than they have done before. Unfortunately, Gavril tipped over and tried to roll and got his paddle stuck in the bottom. We never did find it not for not trying. I always bring a breakdown on my trips so now we had no backup if we lost another one. Father down the river at one of the train bridges I think Tom was admiring the bridge and misses a rock he should have seen and took a swim at the top of the rapid. This was not a good place to swim as there is a concrete wall river left and had to find a spot river right. I had his boat and Dion had him after the rapid. Tom said at first,

(Continued on the next page)

**Mystery of whitewater fears (...Cont'd)**

he was a little scared but soon realized if he just relied on his PFD and relaxed he just floated on down not problem. The rest of the day we had only one swim and had to miss our planned practice spot to do the rescue and take out was a few hundred yards later.

The next trip the Lehigh was running double the normal release. 1700 CFS. Normal is 850 CFS so we knew we could do a slightly longer trip. This time we had two whitewater canoes and three kayaks. The canoes handled the bigger water very well and us kayakers played it very conservatively. Rescues at higher water get tougher because the trees on the banks are in the water so it is tough to find a good spot to pull up onto the bank. Today we had no swims. In some ways the river is easier at high levels, many of the rocks get covered. The only spot we did any real practice was a place we call Jungle Boogie, a little side channel with an easy eddy line good to practice ferries and s-turns. Soon after we get to the last rapid which we call Final Exam! Everyone went right through the biggest waves and blasted through without a mishap. Another great day on the water and after picking up the shuttle cars as always, we find the ice cream store!

Hopefully, next summer we will not have this covid to weigh us down and a few more paddlers will get into taking the class and joining in the fun we have been having. The Lax is always good for a rec boat and ask Pat or Tom a swim is no big deal; it is part of the game. Those fears of whitewater are unfounded. Yes, you can get banged up on rocks, usually not more than bruises or bump on the butt. Remember when you paddle a river if it starts as a class II it stays a class II. When we do coastal the wind could make a class I novice into a class III in a matter of minutes. I think we have all gotten caught like this if you have done enough paddling! Come join us, take the class, Chris. ☺



Submitted by Chris Scalisi



**A kayak instructor hands two kayak paddles to her student and asked, “which one do you prefer?”**

*The student replied “either, oar”.*

**A kayaker couldn’t get into the marina because a boat was blocking the entrance.**

*That’s what I call pier pressure!*

**One kayaker said to the other kayaker “do I need to tie my kayak at the marina?”**

The other kayaker replied, “knot sure”.

## A day at the Beach

As a trip leader I try to discover new and different paddle destinations. Since summer is my favorite season, I thought what summer kayaking activities could be fun. What better way of celebrating summer than going to the beach.

Lo and behold, I thought of spending “A day at the Beach”. The group can paddle to a not too distant beach and spend a few hours there doing whatever they want. Whether to explore and appreciate nature, fly a kite, play freebee/football, practice your skills, or just enjoy the sunshine.

The question then became, where?

Years ago while I was paddling in Narrow Bay (that slice of water between Bellport Bay and Moriches Bay) I came across a stretch of beach that the locals christened “Pretzel Beach” located on Fire Island. It had a nice stretch of sandy beach on the bayside with a short path to the ocean side where a longer and less populated ocean beach exists – perfect!

Then hurricane Sandy came and reshaped the geography of the area. Fortunately Pretzel Beach survived albeit with some alterations. One of the changes was a name change, again by the locals, to “Flag Beach”. Apparently a favorite spot with the locals, they setup beach chairs, tables, BBQ and a paddleboat.

Flag Beach is only about an hour’s paddle east from Smith Point Marina, just past Pattersquash Island.

A paddle trip to this beach dawned on me and “A Day at the Beach” paddle trip was born.

This year’s trip occurred on July 22 and was attended by seven paddlers. The weather was near perfect, although a few temporary cloud coverages made us a bit nervous, then a short time later we welcomed back the sunshine.

We left Smith Point Marina, paddled east just past Pattersquash Island to Flag Beach in about 90 minutes. Yup, all the paraphernalia from the locals was still there. So we unloaded our gear from the boats and settled in to enjoy the next few hours.

While I was on the bay side guarding the kayaks, three armed park rangers approached and said that we had to leave the area. Apparently they thought we were the owners of the beach paraphernalia which I guess was considered taboo. After I explained to them that we had nothing to do with it and that we were just a friendly band of kayakers, the rangers were convinced and allowed us to remain.

A short time later several park personnel came and carried away all of the beach belongings leaving ‘Flag Beach’ in a more pristine state.

Some of us wandered over to the ocean side then came back and waded in the bay since it was a hot day. Exploring, relaxing, and practicing skills all added up to a great time.

As the agreed-to time of 2 P.M. approached, we gathered our gear, packed up our kayaks, and left the beach. Instead of paddling around Pattersquash Island, we paddled through the low-lying islands not only to save time but to enjoy more of the great scenery.

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**A day at the Beach (...Cont'd)**



**Launching from Smith Point Marina**



**...at Flag Beach**



**Ocean on left side, bay on the other**



**The 'locals' stored their stuff here**

The wind in Narrow Bay, especially in the afternoon, can increase, bumping up the paddle level a notch but this time the water, wind and waves behaved as we made it back to the take-out in one hour.

Will there be other "Days at the Beach"?

In a word...absolutely.

The next "Day at the Beach" (aka "Another Day at the Beach") occurred on August 9. This paddle trip comprised of 9 kayakers.

We followed the usual route, paddling east from Smith Point Marine to and through Pattersquash Island. Upon nearing 'Pretzel/Flag' beach, we noticed several boats anchored close to shore.

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**A day at the Beach****(...Cont'd)****Here we are again!****...a very popular place****Path to the ocean side.****The bay side.**

Some of our group hiked to the ocean beach side where they found, as far as the eye can see, trucks and more trucks with sunbathers spread out on the beach.

The remaining group stayed on the bay side, wading and enjoying the day and each other's company.

At the agreed time of 1:30, we re-grouped and paddled back to the Smith Point Marina. The wind did pick up as expected but was manageable all the way back.

Aaahhh...the joys of summer! ☺

Submitted by Don Gorycki

## 5 Lifesaving Tips for Kayaks, Paddle Boards, Rafts and Canoes...

### 1. Float Plan

Before stepping foot into kayaks or boats, we highly encourage paddlers and operators to leave a *FLOAT PLAN*. Regardless of size, if it has a motor or even if you're going out for just a 20 minute jaunt, a float plan is a must.

A *float plan* is a sheet of information that identifies where your intended route and location will be. It will list your emergency contact as well as your own. This small bit of information will, in the event of a 'real' search and rescue situation, escalate search methods.

As Coasties, we've been on those cases where a Search and Rescue case has sadly turned into a Search and Recovery. Don't let this happen to you and your family.

### 2. Be a Weather Watcher

We can't stress this enough! **PAY ATTENTION TO THE SKY!** Before you head out to the water, check the day's weather forecast and radar. If it looks like it may storm, it's best just to wait it out or go another day. If you do go out, it's imperative to know how to recognize and read the clouds, wind direction, currents and tidal variations. Remember, you may be paddling down current heading out and battle against the current coming back to your destination.

Be aware of your natural surroundings and always...**ALWAYS**

**RESPECT THE WATER AND WEATHER.**

### 3. Wear your Personal Floatation Device (PFD)

*"When you fall out of the boat, you'll want to float"*

**ALWAYS** wear your personal floatation device while boarding kayaks, paddle boards, canoes and rafts! We know it's not the most stylish,

however, being dead isn't sexy either. It's not a matter of *IF* you'll fall in but *WHEN* you'll fall in. You'll want to be prepared for that moment. Even if you're the most skilled swimmer, wear it!

### Dress for submersion!

Make certain when choosing your PFD, that a) it's Coast Guard approved and b) it fits properly. Though they come in different colors, we personally recommend wearing one that is of a bright color for visibility purposes. Also, we recommend replacing your PFD every couple years as the sun degrades the fabric. Age and elements may affect its buoyancy.

Like kayaks, paddle boards, rafts or canoes, we suggest writing your name and phone number on your PFD for the same reason as labeling your watercraft.

### 4. Dress Accordingly

In addition to wearing your PFD, consider wearing a brimmed hat, wick-away long sleeve shirt and quick-dry pants. If the water temperature is cooler, you may want to invest in a wetsuit.

In a waterproof sac, you can pack a light waterproof paddling or sailing jacket. Polarized glare-free sport sunglasses are a must to wear. Don't forget your Croakies Floating Sunglass Strap so you don't lose your sunglasses in the water. Oh, and don't forget your SPF 50 sunscreen as the sun's glare is intensified on the water. And if you're going to be kayaking or paddling through the bayous and shady inlets and coves, insect repellent might be a good idea to have as well.

(Continued on next page 20)



# Put-In Alert...Miramar Beach

As a trip leader I'm interested in finding new places to launch kayaks and explore its surrounding area. Two books that are excellent sources are "Paddling Long Island and New York City" by Kevin Stiegelmaier and "Exploring East End Waters" by Mike Bottini. Recently I discovered another put-in not found in either book, Miramar Beach. This small beach is located on Bayview Avenue in East Patchogue (Lat 40°44'48.57"N, Lon 72°58'22.90"W). This beach faces Patchogue Bay, part of the Great South Bay.

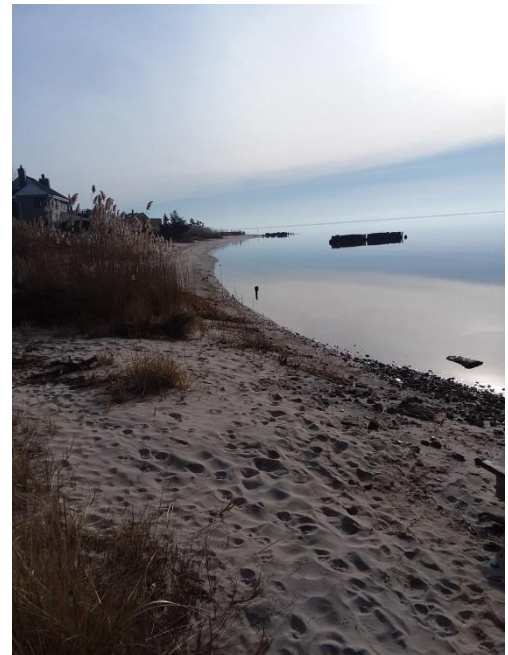
This beach offers a dock by the beach. It includes a picnic area, playground, and volleyball courts.

Paddling west brings you to the Swan River and the Patchogue River. Paddling east brings you to Howell's Point and further east to Bellport Village Dock. All great places to paddle and enjoy.

One word of caution – there's only room for a handful of cars. But if you are adventurous and want a different place to paddle, give Miramar Beach a shot. (Continued on next page)



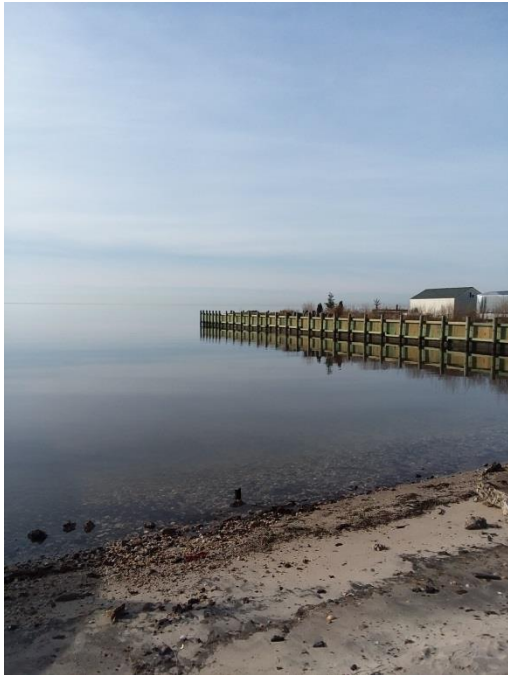
Play area



Looking east



## Put-In Alert...Miramar Beach (Cont'd)



Looking west



West again

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

Submitted by Don Gorycki



Paradise is just a paddle away





# Landing Update Indian Landing on the Carmans River

One definition of Indian Landing:

“Indian Landing Trail is a trail on Long Island in Shirley, NY on Carmans River, Little Neck Run, and Yaphank Creek in Wertheim National Wildlife Refuge.”

Indian Landing is also a clearing on the lower Carmans River, just before it widens and opens into Bellport Bay. It serves as a convenient rest-stop for paddlers going south from the Carmans River Canoe and Kayak shop or for paddlers going north from either Shirley Beach or Smith Point Marina. Some years ago the landing served as a starting point for hiking one of two trails. Afterwards, probably due to economic problems, maintenance of the landing was severely reduced, allowing Mother Nature to overwhelm it with weeds and underbrush. However, recently maintenance seems to have returned making the landing once again a good place to stop. ➡

Submitted by Don Gorycky



Once upon a time there was room...



...but then nature took over...



...things are better now.



Still a good place for a rest-stop.

## My Most Memorable Paddling Trips

My first time paddling was in a 17' Grumman Canoe on Lake Wauwepex in Wading River in 1952. In 1969 I took my young children out in a canoe on Lake George. I learned about safety: Always wear a life jacket, now called PFD. In the late 70s, I canoed down the Peconic River. Then I canoed to Iron Point with the Suffolk County Canoe Club. I became hooked on paddling so I started a canoe business.

We spent a day on the Hudson River in Cold Spring, New York, with canoe manufacturers: Old Town, Grumman, Sawyer, Blue Hole and Mad River, and some local canoe dealers. Well known newspaper reporters were there also. I met Jerry Kenny from The Daily News and Nelson Bryant from the New York Times. Weeks later they both visited my shop and wrote stories about "Paddling the Peconic". Paddling on Long Island took off. I learned about the power of the press.

Canoe guru, Harry Roberts from Sawyer Canoe, invited me to go paddling on a 99 mile canoe trip in the Everglades. I used a 17' long DY Special, a tippy, solo racing canoe, named after Dave Yost. I did not tip. It was a tough trip; the wind was blowing most of the time and the bays were choppy for hours.

Aquaterra Chinook was the first rotomolded sea kayak; then came the Sea Lion. Perception/Aquaterra arranged a few kayak trips using these two models. The first trip was from Everglades City into the 10,000 Islands and Lostman's River. We camped out on shell mounds and chickies. Shell mounds are islands created by thousands of oyster shells being thrown into mangrove thickets. The Calusa Indians sure ate a lot of oysters. Chickies are wooden platforms that were built in shallow water by the U.S. National Park Service. Some chickies even have out houses.

(Continued on the next page)



## DIY Kayak Cart

A few of you may have noticed that I use a homemade kayak cart. The concept is not mine, its copied from something another club member had. I liked the design, so I decided to build one myself. My design however had to fulfil specific criteria. First, it had to be small enough to fit through the 9 ½ inch round hatch openings in my kayak and stow inside either the front or rear compartments. Second, I had to make maximum use of material already in my garage. Third, the purchased materials had to be inexpensive (not cheap) and readily available.

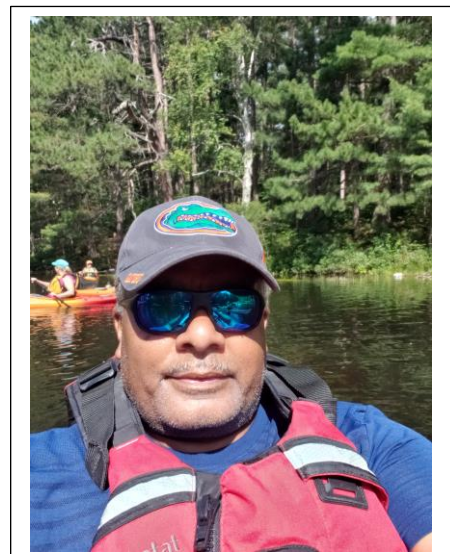
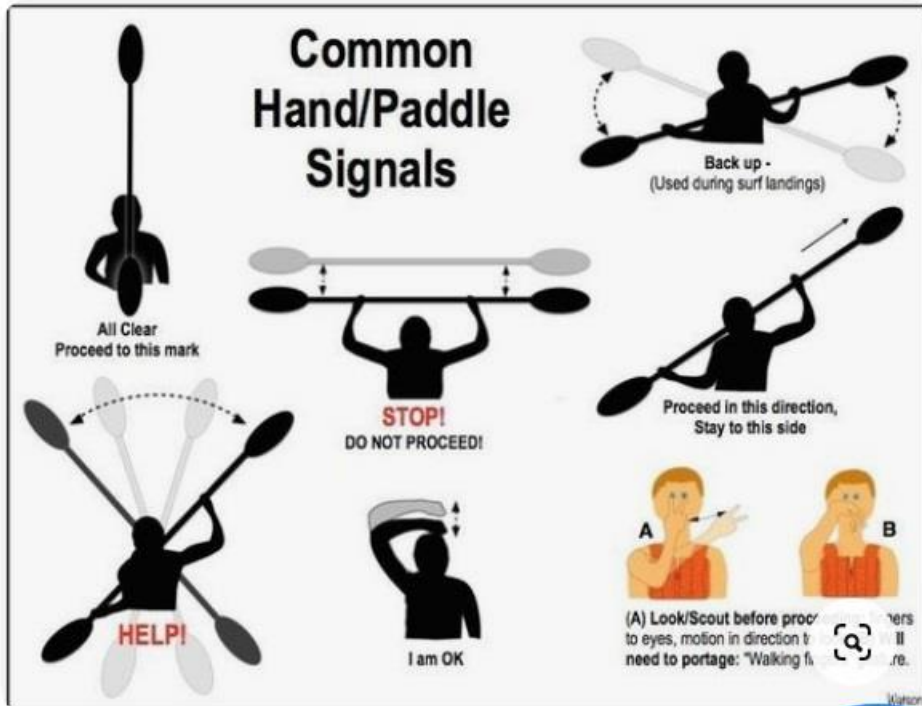
Here is the finished cart:



The bill of materials is:

1. Aluminum sides 6" W X 7.5 H X 1/16 thick (I had the sheet of aluminum in the garage, but you can buy it at Home Depot)
2. Aluminum 90° angle - ¾ X 6" L (Home Depot)
3. Wheels – 6" lawnmower replacement wheels (Home Depot)

(Continued on page 22)



Do you recognize this paddler?

Yes, it's our very own President, Ed Mangual

### My Most Memorable Paddling Trips (Cont'd)

We paddled from 10 to 15 miles daily on mostly open water to the next campsite. Ospreys screeched at us if we got close to their nesting poles. Dolphins swam in the water near our kayaks. It was exciting to be so close to them. At night, raccoons stole our food until we found a way to secure it.

Another Aquaterra trip: We went by boat from Ft. Lauderdale to the Bahamas. Every morning we launched the kayaks from the 90' boat for 8 hours of paddling on open water and met up with the boat in time for dinner. We ate a lot of conch, PB&J sandwiches and drank Belicin Beer.

A trip to Belize was very cool. We lived on a small island, slept in hammocks, ate conch and drank more Belize Belicin Beer. You could paddle around the island in only 15 minutes. The next island was 3 miles away on open ocean. You had to cross the reef to get there. We stopped our

kayaks over the reef, got into the water with our mask, snorkle and fins and towed our kayaks while looking at beautiful fish and coral. We climbed back into the kayaks and paddled to the other island and back to our island.

Looking back, I cannot believe that I had ever paddled on the open ocean, and to even get out of my kayak. I would not do it now. I'm older and wiser, I guess.

A few years ago we paddled from Orient Point to Riverhead, right down the middle of the Peconic Bay. It was an exciting trip, something I always wanted to do. It took 9 hours. We ate only nuts and apples and drank lots of water. I thought that would be my last big challenge until Agnes invited us to paddle around Manhattan – at night. Agnes runs a not for profit boathouse in Long Island City.

(Continued on the next page)

## My Most Memorable Paddling Trips (Cont'd)

I did a few races, called Paddle Battle, in Riverhead, put on by the Long Island Aquarium. It is a 2 ½ mile race. I did it twice by SUP and 3 times by kayak. I trained hard for the 2019 race and was able to sprint the whole way. I trained for the 2020 race but it was cancelled two days before the July 25 race.

This summer my paddling is mostly teaching kayaking, canoeing and stand up paddling. My new favorite watercraft is a prone board. You lie face down (prone) and swim the board. No paddle. It is very tiring until you train with it a lot. It is fast and challenging, and a great upper body workout. 🏊‍♂️

Submitted by Submitted by Jim Dreeben, Retired CPO of Peconic Paddler

## Photo Gallery



**Do you recognize this put-in?  
( See next page for the answer)**

## 5 Lifesaving Tips for Kayaks, Paddle Boards, Rafts and Canoes... (Cont'd)

It's a no-brainer that you're going to be taking your phone, so a waterproof case with lanyard is a great idea!

### 5. Stay Hydrated and Know Your Limits!

Its summer and the water's atmosphere breeds alcohol use. We're not saying you can't enjoy a few beers but not while you're paddling. Alcohol affects are actually magnified on the water because of sun and dehydration. Adding to that, consider this...BWI's (boating while intoxicated) are an arrestable offense. You can be cited on the water for intoxication just the same as operating a motor vehicle.

So, if you're going to take something

to drink, take your Camelback Eddy Water Bottle or Nalgene 48 ounce Solo Tritan Wide Mouth Bottle filled with water. Save the brews and alcohol.

On another note, it's easy to forget or not recognize your physical capabilities and limits once you go out on the water. Be mindful of the distance that you've paddled away from your departure location. Pay attention to your time spent on the water. Sun, wind, and other elements can bring on fatigue.

Adding to all we've said above, learn and practice the Coast Guard Navigation Rules of the Road while paddling or operating your watercraft on the water. You need to know what to do when others are on the water with you, around you, and approaching or overtaking your watercraft. You are responsible for your own boat, safety and yourself. 🏊‍♂️

Borrowed by Don Gorycki from [alwaysonliberty.com](http://alwaysonliberty.com)

### More Photo Gallery



Some time ago Mike Matty and I were doing an early morning paddle on the North Shore when we came upon this giant 'sculpture installation'. You simply could not miss the color match between the eggs and the deck of Mike's kayak. I asked Mike to haul his boat up near the 'nest' and he agreed. Just as I was about to make the photo the clouds parted...only for a moment, but long enough to get the picture. 🌤️

Photo and story submitted by Frank Chillemi



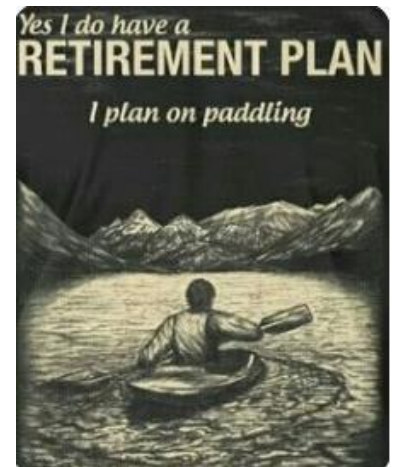
**Answer to the put-in question:**  
Yes, it's the put-in ramp to the Nissequogue River located at, where else, the Nissequogue State Park.

**Blessed** are the curious for they shall have adventures



Several paddlers participated in the cleanup of the Upper Carmans River (Sept. 24,2020) 🌤️

Photo by Liz Marcellus.



## Calling all paddlers !



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. 🌐



## DIY Kayak Cart

(Cont'd)

4. Axil – 12" L X ½ inch diameter (Home Depot)
5. Spacers – ½ "PVC (Home Depot)
6. Foam ¾ inch (I had this in the garage, but you can buy it at Home Depot it is sold as flooring. Comes in 24" X 24" squares in packages of 3)
7. Straps (I had this in the garage, but an old kayak strap will do)
8. Buckles – Purchased at REI
9. Channel Edging – Purchased on Amazon

Here is the cart disassembled:



First, I cut the sides to size and pop riveted them to the 3/4 aluminum angle. Next, I drilled two ½-inch holes, one on each side of the aluminum angle for the axil. When doing this it is advised to first drill a small pilot hole, then use progressively larger drill bits until you reach the final diameter of ½ inch. However, to get the axil through both sides, the hole needs to be elongated. I elongated the hole to an oval using the drill with the ½ bit by tilting the drill. The slot for the straps was ground using a Dremel with a thin cutting wheel. Alternatively, you can drill a of hole and use a jig saw to make the slot. The straps go through both the aluminum sides and the foam and are held in place with plastic buckles. The ¾ foam rubber and channel edging were adhered to the sides using contact cement, however I noticed the contact cement holding the foam to the sides has since failed and the only thing keeping the foam in place is the straps. The contact cement was supposed to be waterproof but with the straps as they are, they are holding the foam in place nicely.

(Continued on the next page)



## DIY Kayak Cart (Cont'd)



When using the cart, I attach the straps, forward of the rear deck-line cleats on my kayak to prevent the cart from slipping off the kayak. This way the kayak can be pushed or pulled.



Finally, there are some pros and cons to this design.

Pros:

1. Inexpensive
2. Stows in hatch.
3. Works well on firm or hard-packed surfaces.
4. Can be attached to the boat while the boat is still in the water. (Like a trailer.)
5. Nothing to rust.
6. Does not take up space in your car.
7. Satisfaction of a DIY project.

(Continued on the next page)



**DIY Kayak Cart**

Submitted by Mike Matty

**Cons:**

1. Does not work well on sand. (I am considering the “beach version” by adding a larger axil and 3 wheels per side).
2. Awkward turning radius for larger boats. However this is only an issue when in tight spaces.
3. Since it attaches to the rear of the boat, when you pull from the front, you are supporting a lot of the weight of the boat plus what you packed in it. 🌀

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

While the Covid-19 pandemic still has the library closed, Jim Koehler of the Dinghy Shop offered to host our general monthly meetings at his shop in Amityville. Some of the restrictions include (but not limited to) : bring your own chair, maintain social distancing, meeting limited to 40 people maximum, no refreshments available. In addition, 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.



It’s that time of year again to vote for next year’s Club Officers. Stay tuned for emails providing additional voting information.

**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/ Debbie Gallucci |
| 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 Pellet        |



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Next Long Island Paddlers Publication Date:

**January 15, 2021**

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

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