

Blazing Paddles

Newsletter - Fall edition

Volume 2019, Issue 4

October 2019

Message from the President

Hello to all Long Island Paddlers. By now we all know that summer has left us for a while, however the days in September was like having an extension of summer. We then had a great season with great trips. Soon the leaves will be starting to fall, and now we'll enjoy fall paddles so paddlers don't put your kayaks away and keep paddling and enjoy the fall. I want to thank all the trip leaders for a job well done and all the certified instructors for their training and expertise in helping our members in our club. Remember working together is what our club is about. So thank you Long Island Paddlers for all the great season that we had so far. Reminder - November is elections and our holiday dinner is our next event. 🌊

Thank you Edwin Mangual



Ed Mangual, Club President

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A Kayak Sailing Adventure

A paddle, of course, is the main propulsion instrument of the kayak. Paddles come in all shapes, sizes and weights. Plastic, fiberglass, carbon fiber, the choices seem endless. I myself have a collection of four different paddles. But is the paddle the only means of nautical locomotion?

Once, as I was paddling Moriches Bay, I noticed a small sailboat being lazily pushed along by a gentle breeze. The man at the tiller was just relaxing and enjoying the ride.

Now don't get me wrong, I love to paddle, but that scene was etched in my mind.

I always had an interest in sailing and once on vacation in the Caribbean, tried my hand at sailing a Sunfish. I was on a beach with my family watching as others sailed their sunfish up and down the length of the beach. I thought to myself, heck, that doesn't look so hard, I can do that! So, after paying the rental fee and receiving a ten-minute instruction, off I went. Well, after jibing and capsizing three times, I finally got the basic hang of it. Zooming up and down the beach was exhilarating.

When I returned home I thought, why not try sailing a kayak?

So, as an experiment, I fashioned a 'V' shaped sail out of PVC piping and a plastic drop cloth, see photo below.



To my surprise it actually pushed my big Carolina-16 along quite well, forming a small wake. Later on I obtained a commercial kayak sail (WindPaddle Adventure model), see photo below.



After some minor deck rigging adjustments, off I went to try it out on my Tracer 165.

Engineered for basically downwind sailing, a fair amount of wind will easily propel your boat while you sit back and enjoy the ride. So far I've taken a few trips with the sail and am gaining more experience in its use. A word of caution, though, taking down the sail while underway requires the use of both hands for a few seconds. Time enough for a spill if conditions are right, so one has to be very careful.

So if you see a red kayak with a red sail being pushed along by an afternoon breeze, give a wave because it just could be me. 🌊

Submitted by Don Gorycki

Don't forget to pick up your free "If Found – Contact" identification sticker (Club Store). Place it inside your kayak where it can be readily noticed. It can help you to recover your kayak. 🌊



"No wonder why our computer is slow. You have 17,987,623 photos of you on your boat on it."

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. 🌊



This is almost trivially simple and can be done with endless variations. You can buy things like this on Amazon, but it's a fast project that can be accomplished with mesh slings, some PVC from the local building supply store, and an hour or two of time.

There are lots of good reasons to keep kayaks off the ground... including general boat hygiene, keeping rodents and spiders from nesting in them, speeding the washing and drying process, raising them to a working height that's easy on your back, and expanding available storage space by opening the area beneath the boat. This little trick is a lightweight solution to the problem, and can be scaled to whatever height and width needed.

For detailed instruction, go to the following website:

<https://microship.com/how-to/kayak-stands/> 🌐



Club Trips

Don't forget to check the Club website for posted trips.

lipaddlers.org

Trips -> Paddles & Events

Photo Gallery 1



Conscience Bay Club Trip – July 19, 2019
The day was a typical summer day – hazy and hot. Twelve boats paddled into Setauket Bay and Conscience Bay with rest stops at a beach. Cooling off in the water was a delight. This was another great trip by Jim and Chi-Chi Gibney. ☺ Photos by Chi-



Paddle Battle 2019
Once again Long Island Paddlers volunteered as spotters under the Guidance of Steve Berner. Fortunately all participants completed the course safely. ☺ Photos by Don Gorycki



Club Trip to Bannerman's Castle, September 15, 2019, led by Ed Mangual with Chris Scalisi as Assistant

This skill level ½ A&B paddle on the Hudson River to one of Historical sites Known as Bannerman's Castle. Build by the Bannerman family during the closing of the Civil and Spanish American Revolution, for the storage of ammunition. For more historical information you can visit Bannermancastle.org and Hudsonriver.com.

Paddling out of Cold Spring N.Y. to Donahue Memorial Park there we will have a relax lunch, afterward we will continue to Pollopel Island where Bannerman's Castle is located. Paddle is 4 miles traveling along the river shore line. Thirteen paddlers signed up for this great trip. 🌊

Photos by Karen Farrel



No-Bake Chocolate Oat Bars

Makes 16 to 20 bars

Prep Time: 15 minutes

Total Time: 2 hours 15 minutes

Ingredients

- 1 cup butter
- ½ cup brown sugar, packed
- 1 teaspoon pure vanilla extract
- 3 cups rolled oats
- ½ teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- 1 cup dark chocolate chips
- ¾ cup chunky peanut butter

Directions

1. Line an 8-inch-by-8-inch baking dish with parchment paper, and set aside.
2. In a medium saucepan, combine the butter, brown sugar and vanilla extract. Heat over low-heat, until the butter has melted and the sugar has dissolved.
3. Add the oats, cinnamon and kosher salt. Cook, stirring constantly, for 4 to 5 minutes.
4. Pour half of the oat mixture into the prepared baking dish. Spread out the mixture evenly, pressing down.

5. In a small microwave-safe bowl, combine the chocolate chips and the peanut butter. Heat on high in the microwave, in increments of 40 seconds, stirring in between each increment, until melted and fully combined.

6. Pour ⅔ of the chocolate mixture into the pan over the pressed oats, reserving about ¼ cup for drizzling. Top with the remaining oats and drizzle with the remaining ¼ cup chocolate mixture.

7. Refrigerate for 4 hours, or until set. 🔄



Where there's a will, there's a way!

10 tips for group paddling (Part 1)

Paddling group dynamics are very interesting and they vary from group to group. I thought I'd compile a bunch of tips that have worked for me in the past as I discovered how each group got along and how each group enjoyed being on the water.

1. What Type of Paddling?

The first thing I always like and appreciate whether I'm the group leader or someone else is the group leader is if there's the definition to what the paddle is going to consist of. Is it going to be an all-day leisurely paddle? Is it going to be a short leisurely paddle? Is it going to be a training day in rough conditions?

Pretty much everyone in the group will know exactly what they're in for before they show up to paddle. They know how to dress, they know what food to bring, they know how much water, and they know who to call if they want to invite anybody else. That also goes with level of paddling experience.

A lot of times groups will say well if you want to join us for this group you need to know this, this and that, or you need to have at least these kinds of rescues down, or this is going to be a training session. It's good to define those things before the trip happens.

2. Check Everyone's Skirt Pull Tabs

This next one applies if you're paddling with a group that uses spray skirts. This is something that I like to do all the time and I like to pass on to newer paddlers as well because it's very easy to make the mistake, and that is, to look around before you set off that everybody in your group has their pull tabs on their skirts outside of the cockpit.

It's very easy to make the mistake of keeping it tucked in. Just look around and make sure

everybody's tab is out so that it's easy to pull the skirt out. It's not crucial for safety because you can get a skirt off the coaming without the pull tab, but it could be a very scary moment if you're upside-down and you go for the pull tab and it's not there.

I just find it to be a reassuring thing and it's easy enough to do. I just look around and make sure that everybody's tab is out before setting off.

3. Check Everyone's Hatches

Along with skirts and pull tabs, same thing goes for hatch covers. When we were getting trained and getting our certification our instructors would go and pop our hatches anytime we were taking a break or we were having lunch, so that we wouldn't notice, get back on the water, do a rescue, capsize or do an exercise and all of a sudden our hatches would be filled with water. One of the things we got used to doing is every single time you go back on the water check that all of your hatches are nice and sealed.

It's very easy to miss them. I still miss them from time to time. If you're on the water, you pull something out quickly, you're taking a sandwich or maybe sun block, or when you're on the beach you remember you need to change the battery on your camera, and then you forget to seal your hatches completely. Of course this will only apply if you're paddling with a group that has sealed hatches, but a lot of kayaks nowadays have sealed hatches so I think this applies. Emptying out a hatch full of water is a pain if you're on the water doing a rescue, so it's just so much easier look around and check your hatches. Ask around, make sure everybody's good and then set off. It's also good to look while you're on the water at other people's hatches as well.

(Continued on next page)

10 tips for group paddling (Part 1) - Continued

4. Communication (Visual and Technological)

This next one I found very important, and it changes so much from group to group, and that is communication. Hand signals and communication devices. You need to discuss all these things the moment you join a new group. Everybody has different hand signals. There are a couple of signals that are kind of universal. A lot of times people will say if you tap your head that's asking "are you okay?" and then you tap again to say "yes, I'm okay", or using a paddle to hold it up in the air straight up means usually come to me, holding a paddle overhead across usually means stop or stay in place.

Different groups have different signals, so it's always good to figure these out ahead of time so that when you're on the water, if something happens you don't have to try to figure out what people are saying. That even starts with having communication devices as small as having a whistle on your PFD, which everyone should have because if someone is a little bit further away from you and they're not able to hear you but something happens to you or someone near you, you can easily blow the whistle to get people's attention and then get help. But then that goes a step further depending on the type of paddling you're doing.

My group always carries VHF radios and then most groups that I join while sea kayaking usually have VHF radios. Every group seems to use one of the many leisure channels, but you need to figure out which channel ahead of time. Even if you don't think you might be using the radio all day, it's always good to at least talk about it beforehand. "Are we on channel 68, channel 69?" or whatever leisure channel is in your particular area. Discuss it ahead, put that

into your radio, put it away and you're good to go.

5. Knowledge of Groups Health Conditions

Now, this next topic could be a little touchy but I think it's very important. And that is any health concerns. And what I mean is, a lot of times we want to keep health concerns private, but when you're paddling, depending on the level of paddling you're doing, you're essentially having a group that's going to be taking care of you if something were to happen to you on in a remote place, or while you're on the water, or let's say you're surfing or you're in rough conditions. If there is a health concern, they need to know about it so that they can help you if something does happen. Things like: do you have any injuries? Do you have any recent injuries? Are you a diabetic? Do you have asthma? Do you have any specific allergies, let's say to peanuts? and if so, do you have an EpiPen with you and where is it in case something happens when you're on the water?

A lot of times the way to do this is if there's a group leader you can share those things in private with them and then they are able to assess and know when to share the information with whoever is taking care of you at that moment if needed, so that it can still remain private. But whoever's in charge of safety of the group has that in consideration. That might be a big part of decision-making. Let's say they see or they hear that a storm is coming, and they need to make a decision: do we make this crossing? or do we turn around at this time? and then we might have someone in the group that cannot be out for that many more hours - they need to make a decision according to that new information, and if you don't share that information they might make the wrong decision and not help you in the process.

10 tips for group paddling (Part 1) - Continued

If you're paddling with a group of friends, then there's no big deal in them knowing something like this because we're all really just taking care of each other while out on the water. ☺

Submitted by Jim Dreebin



Put-In Alert!

One of the put-ins for Flanders Bay is at Birch Creek Road in Flanders. During the summer months, at the height of the paddling season, a huge pot-hole formed at the beginning of the road. Getting around this depression was a challenge. Recently a trip there found that the pot-hole was filled in, as the photo shows making the put-in more assessable.

Note: There are still several small pot-holes and areas of sand that need to be passed carefully. ☺

Submitted by Don Gorycki



Don G's solo trip to Sandy Beach located between Shirley Beach and the Carmans River. ☺

Future Kayak Launch Site



Good news for all club members, especially those living in the southwest portion of the Island. Baldwin Harbor is constructing a kayak and canoe launch in the Baldwin Town Park scheduled for completion by the end of next year. This is part of \$4.38 million project that includes new bulkheads and "living shoreline," 14 acres of new open space, a new gravel path and parking lot.

The "living shoreline" along the canal will mitigate the impact of future storms by absorbing and filtering water, weakening incoming waves, and reducing the distance water travels inland.

This information was obtained from an article that appeared in the Our Towns section of Newsday's August 29th, 2019 publication. [🔗](#)

Submitted by Clement Muniz



Hear Ye, Hear Ye!

There's plenty of room in our next Newsletter for your paddling adventure stories. No need to be bashful, we're all interested in your photos, stories, anecdotes and anything nautical you have to share. From personal stories (how you got involved in kayaking or what brought you to the Club) to reviews to recipes. How about a paragraph on a committee that you're serving on? It's so easy; just send an email to dgorycki6@gmail.com. A thank-you email is returned as a receipt acknowledgement. [🔗](#)

Flanders Bay Grand Tour – July 30, 2019

A lot of the paddling trips that I take, as well as the Club, leave from the put-in to some destination and then return along the same route. It would be different and interesting, I thought, to plan a trip having a continuous route to and from the put-in.

A circular route seems the right choice and Flanders Bay offers a perfect location. With its many creeks, beaches and other beautiful sceneries, the Flanders Bay Grand Tour was conceived. The plan is to put-in at Birch Creek Road and paddle in a counter-clockwise direction following the coastline. At the end of Red Cedar Point (south side) we cross over the Bay to Simmons Point (north side) and continue paddling the coastline. After paddling about 8 miles we then find ourselves back at the put-in (see map below). This year's trip occurred on Saturday, July 30 with 12 eager paddlers ready to go. The main put-in was at the end of Birch Creek Road with 9 paddlers and the second put-in was at my assistant trip leader's house (Helen Horton) with three paddlers. It was a hot summer day with warm waters and clear skies.



- Put-in at Birch Creek
- Mill Creek
- Hubbard Creek
- Cow Yard Beach
- Red Cedar Point
- Simmons Point
- Indian Island
- Iron Point Beach
- Reeves Bay
- Goose Creek Point
- Put-in at Helen's house

After both groups linked up we explored Mill Creek and Hubbard Creek. A short dip in the bay cooled us off before paddling to Helen's house and a private beach. We then crossed the bay for a rest-stop at a private beach thanks to Helen's Neighborhood Association. As we sat at the tables and chairs, the wind picked up and the water became a bit restless. Wisely, Helen's group and two paddlers of my group decided to end the trip at this point. My group of seven then continued the circumnavigation. However, ten minutes into the paddle, the wind and waves increased. The passing thunderstorms to the north convinced us to turn around and head back to Helen's house to be shuttles back to our cars.

As it turned out, once back at Helen's beach, the weather conditions vastly improved and the thunderstorm warnings were cancelled. We then decided to continue the trip. We paddled past Indian Island, Past Iron Point, across Reeves Bay, past Goose Creek and finally to Birch Creek – six hours later, tired but happy. ☺

Article by Don Gorycki
Photos by Greg Ismailov



Relaxing at the private beach thanks to Helen's Neighborhood Association.

Flanders Bay Grand Tour – July 30, 2019 (Cont'd)



Kayaks lined up at Helen's Neighborhood Association beach.



Taking 'Five' at Iron Point Beach before paddling to the Birch Creek take-out.

Club Library



Our club library is filled with a variety of DVD's, books, and even waterproof local navigation charts.

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

The library materials rental program works as follows:

1) Any material borrowed from the library will require a \$10 cash deposit per item. The deposit will be returned upon the timely return of the item.

2) The loan period is for ONE month with an additional ONE month grace period with no penalties.

3) If the material is not returned by the third month, all deposits will be forfeited and Library privileges will be suspended.

4) If the material is not returned by the fourth month, your club membership will be suspended until the item is returned, replaced or purchased.

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

F.Y.I.

Here are some upcoming events:

- ☺ Captree Island Cruise 1, Oct. 19
- ☺ Blackwater NWR & Assateague NWR, Oct. 21
- ☺ Birch Creek Fall Paddle 1 Oct 26
- ☺ Upper Nissequogue River clean up Oct 26
- ☺ Holiday Party at Butterfields Dec 8

This is just a sampling...don't forget to periodically check the website for scheduled Club paddle trips (Trips -> Paddle & Events). 

THE CLUB STORE

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

For your shopping pleasure, our store is stocked with:

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

And for your reading pleasure we have the following books:

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

(Prices subject to change due to market conditions.)

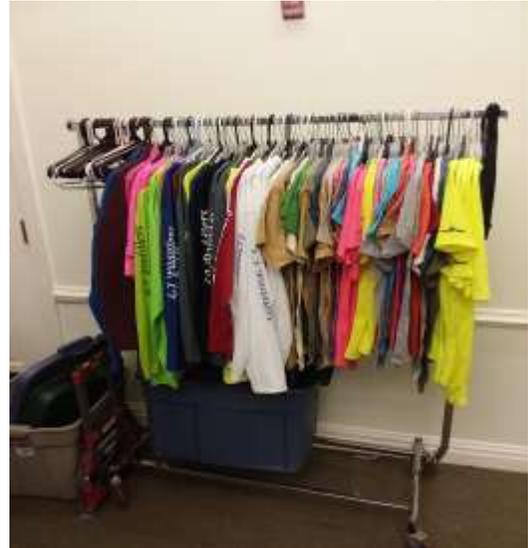
We also have a limited supply of FREE Coast Guard ID stickers for your kayak. 

Diana Price is our Store Manager

(Tony Pellot is the Store Assistant)



Don't forget to check our clothing dept.





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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



Long Island Paddlers, Inc.
 New York

www.lipaddlers.org

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.

Next Long Island Paddlers Publication Date:

January 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 editor at: DGorycki6@gmail.com. 🌐

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Feel like taking a spur-of-the-moment paddling trip?

You can notify Club members of your plans by using the 'Short Notice' located on the Club's website (Trips -> Short Notice form).

This system is designed to help members of Long Island Paddlers to rapidly and efficiently communicate their short notice trip plans to a significant number of other club members.

A short notice trip is not a Club sanctioned trip and is not covered by the club's insurance policy but just a way of paddling with friends.

And at the completion of your paddling experience, why not share your adventure with the rest of the Club's members by sending in a photo or two (and maybe a few sentences) to the Newsletter (DGorycki6@gmail.com). 🌐

