



Newsletter - Summer edition

Volume 2019, Issue 3

July 2019

Message from the President

Hello LI Paddlers Our spring picnic was a great start to our paddling season. Weather was on our side with brilliant skies. The summer is here so paddlers enjoy your trips and enjoy July 4th. And most important have a safe summer in and out of the water Looking forward to paddling with you.
Thank you
Edwin Mangual



Ed Mangual, Club President



Happy Fourth of July!

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From the Past

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River Herring - Alewife

Last year Liz and I decided to participate in the River Herring - Alewife survey. It turned out we weren't exactly the best surveyors so this year we were determined to improve our luck. After meeting Liz in Patchogue we drove out to the Woodhull Dam which is located near the Riverhead county center. Our luck greatly improved as we found Liz's friend Byron and two college interns conducting a survey at the dam. They were casting a seine net into the water and collecting 40 to 50 Alewives with each cast. Then measuring the fish and recording the size and sex along with taking samples of the fish scales. The scales are to be studied to determine the age of the fish. Alewives as compared to salmon do not die after spawning and return to the ocean after laying their eggs. Tagged fish have been noted to return to the same river in following years. While we were there it was impossible to count the number of fish in the pool before the falls. However I feel safe to say there were hundreds of them easily visible. After the fish were measured they were returned to the water on the other side of the falls and left to continue on their way to spawn. This led to at least one fish wondering why it bothered to making the trip. I'll call the fish Nemo to keep this simple. Nemo after swimming from the open ocean managed to swim up the Peconic River and navigate to Woodhull dam along with his friends. There Nemo was caught in a seine net, dumped in a large plastic container with other alewife, then he was netted and taken out of the container to be measured and possibly having some of his scales scrapped off. Then he was placed in a smaller pail and a little while later dumped in the water on the upside of the dam. About this time Nemo was probably thinking wow I survived that and it wasn't so bad. Well poor Nemo wasn't quite that lucky since as Liz and I were returning to the car we noticed Nemo being taken for a ride by an Osprey.

Upper Nissequogue River Clean-up

On March 17, 2019 Gavril, Gina, Peter, Tony and I got our boats in the water at 11AM on a chilly St. Patrick's day. Luckily the trees blocked most of the wind and the 38F temps didn't feel too cold. It was a great start to the club paddling season. The water level was quite high so no walking was necessary this time. We picked up I'd guess 30 to 40 pounds of garbage. A great time was had by all, even those who got a bit wet. ☹️
Submitted by Liz Marcellus



From the Past – Alewife (cont'd)

Now I'm not sure which alewife we saw getting measured was Nemo but I'm pretty certain he/she was thinking about that time "some days it just doesn't pay to get out of bed in the morning." After leaving Woodhull dam we drove to a few other spots to see if we could find any signs of Alewives there. Liz has placed a number of photos on the LIpaddlers facebook page of both the surveying/sampling scene and the other locations. Peak river herring - alewife migration to our waters has just begun and you can find out more about them at: www.seatuck.org. 🌐

Submitted by Ray Clarkson



Flipped out about kayaking

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. 🌐



In transporting our kayak to and from the put-in, there are times when we have no one else but ourselves to do the job. This can be a daunting task especially if your kayak is heavy. There are many devices on the market to make the job easier. But, if you are a do-it-yourselfer, check out this approach.

The kayaker will lift the front of their kayak to the device, which will enable them to roll it up onto the roof. The "car topping helper" will carry the load while the kayaker directs it. It attaches to the car with a double suction cup device, the type used by construction people to move large plate glass windows and heavy counter tops. The structure is PVC pipes and the wheels made for a lawnmower, and a double suction cup the type used for safely handling glass panels.

For detailed instruction, go to the following website:

<https://www.instructables.com/id/Kayak-Car-Topping-Helper-because-They-Can-Be-Heavy/>



First Paddle Trip of 2019

“Hibernation is a state of inactivity and ... is most commonly observed during the winter months”. So goes a standard definition.

Bears hibernate; so do skunks, bees, snakes, and groundhogs. And you know what?

So do my kayaks. My own paddling season spans the months of April through October.

For the other months my boats are safely stored in my shed, away from sleet, snow and meddling animals.

Before committing my boats to their wintery slumber, I perform any necessary maintenance;

Ensuring that the bolts and screws are tight, the bulkheads are still waterproof, replace the deck rigging if necessary, service the skeg/rudder systems etc.

Then during the winter months I plan my paddling trips for the next season. Some trips are solo; others with paddling pals and still others are formal Club trips.

As a goal each year I try to plan a trip to a new undiscovered destination, Long Island is blessed with so many put-ins. And yet, even paddling old and familiar routes provide new adventures, each trip is filled with different and varying conditions. The weather can be different, as can boat traffic and encounters with other paddlers and boaters – each trip is unique.

So now the time has arrived for my first paddle of the season. I plan a solo trip leaving from one of my favorite put-ins, Smith Point Marina. This marina has two separate parking areas, one for boat trailers and the other for about 35 cars. A mistake you do not want to make is to park your car in a boat trailer spot. I did it once and received a fine from the park rangers.

I load my car with my paddling gear in the trunk and my Tracer 165 on the roof and off I go.

As with any trip, solo or not, I leave a copy of my float plan with my wife.

If I'm not back by a specified time, help is summoned. In addition, I periodically call home just to check in (so far cell phone coverage has been no problem).

Once at the put-in I next decide which way to go. Eastward lies Violet Cove, Pretzel Beach, Great Gun Marina just to name a few. Westward lies the new breach at Old Inlet and Bellport Beach (aka Ho-Hum Beach).

Further west is Watch Hill Marina (I paddled there twice).

Rounding Smith Point northward is the Carman River, Shirley Beach, Sandy Beach, and Bellport Village Dock.

So many choices.

I finally decided that sandy Beach would be my first destination of the year; it's not that far; I can just paddle close to the shore; the scenery is just splendid.

So, Thursday morning, April 25, 2019, I loaded my car with my kayak and assorted gear and off I went. Arriving at Smith Point Marina I noticed that the water was mostly calm, the sky mostly clear, and the air temperature about 50 degrees – great! I donned my wetsuit, boots and gloves and loaded my kayak with all necessary gear, mindful to always dress for the water and have the required emergency items.



Smith Point Marina Put-in

Club Trips

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

lipaddlers.org

Trips -> Paddles & Events

First Paddle Trip of 2019 (Cont'd)



Shirley Beach (being restored)



Sandy Beach

I was on the water in no time, paddling west then north around the Shirley peninsular. There were a handful of boats, mostly fishing I guess. One boat in particular, a Bay Constable, zoomed by and treated me to its wake providing me a few seconds of excitement. As I'm paddling I can't help but notice the clarity of the water, probably a combination of the water still being cold and the breach at Old Inlet constantly flushing the bay.

I continued paddling past Shirley Beach which was under renovation. Shirley Beach is another favorite put-in when paddling Bellport Bay. It can save you about a half-hour of paddling when leaving from Smith Point Marina.

Nearing Sandy Beach I noticed it was vacant of swans that occasionally like to rest there. One time last year I wanted to make a stop there but the numerous swans made me change my mind – I don't feel like going up against an angry mass of swans.

So I beached my boat and had lunch enjoying the beautiful expanse of Bellport Bay. After a short while I noticed the clouds creeping in and the wind slightly increasing, all signs for me to return to the take-out.

The return paddle was uneventful but still very enjoyable. There is nothing like paddling your own vessel and being one with nature under the vast expanse of sea and sky.

So ends my first paddle trip of 2019; many more to follow! 🍷

Submitted By Don Gorycki



The two best reasons to buy a kayak rather than just renting are sunsets and sunrises. -- Thomas P. Jones



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 if it ever gets lost.

Certification Pyramid Scam

There is an article in the spring 2018 issue of Paddle Magazine by Fiona Hough, who spent over 25 years as a certified Paddle Canada instructor, instructor trainer and wilderness-paddling guide. Paddle Canada (PC) is the Canadian version of Americas (ACA) and England's (BCU). Ms. Hough's article contains a simple eighteen-word sentence which I found so apropos in describing the absurdity of what the paddler sport industry has transformed the relaxing sport paddling into; and that sentence is "We have become a slave to certification and expertise in a pastime and passion prized for its sheer simplicity." I would have never expected anyone who makes their living from the paddle sport industry to utter such a profound and honest statement in regards to the multitude of certifications found in today's paddle sport industry. The ACA alone has certifications for canoeing, white water kayaking, sea kayaking, surf skis and stand-up paddle boarding etc. and within each of those categories; the ACA offers a multitude of sub-categories and ratings for each certification as does PC and the BCU.

As long as anyone is willing to pay for a paddling certification, paddling organizations will continue to seek out every new paddling fad and develop a certification for it. This absurdity by the paddling industry to have certifications in every realm of paddle sports has gotten so ridiculous that the ACA is currently developing a kayak fishing certification. All these certifications and mutable sub-certifications in the paddle sport industry have become as ridiculous as the dozens of awards and declarations worn on a North Korean general's uniform. The sport has joined the rat race, as paddlers pursue and compete against themselves and each other for "certification"(s).

Now I am not implying paddlers should not attend instructional courses because that would be an irresponsible and a stupid thing for me to say. I firmly believe every paddler should possess all the necessary skills required for safely paddling on their chosen venues and the only safe and intelligent way to obtain those skills is by learning them from either a skilled instructor or mentor. Additionally, I am not chastising any paddler should who strives to obtain a certification(s).

(Continued on next page)

Certification Pyramid Scam (cont'd)

They have accomplished this by fostering a system that requires paddlers to obtain a multitude of certifications and ratings before allowing a paddler to leave the beach. Additionally some paddling instructors operate under the same principles as a donkey cart driver, with the only difference between the two individuals being the reward they offer. Where the donkey cart driver entices their beast to walk by dangling a carrot in front of their donkey's nose some instructors, entice their students into continually taking lessons by dangling certifications in front of the student's nose in a never-ending quest for their next certification.

The "simplicity" on which paddle sports were once based has vanished because of the certification process and because of it so too has the relaxation and enjoyment, which paddlers once received from the sport. The simple-truth is paddlers do not need a certification before they can leave the shore, all they need is the necessary knowledge and skills to paddle their watercraft upon their chosen environment safely and no piece of paper has ever saved a paddler who lacked those necessary skills. ☹

Submitted by Colin Mullen

On The Environment

Are you concerned about water quality on Long Island and how nitrogen pollution is harming our coastal waters? Then sign up for the Long Island Nitrogen Action Plan newsletter!

The Long Island Nitrogen Action Plan (LINAP) is a multiyear initiative to reduce the amount of nitrogen entering Long Island's groundwater and surface water. LINAP is led by the [New York State Department of Environmental Conservation](#) the [Long Island Regional Planning Council](#) along with Suffolk and Nassau counties. Local governments, area scientists, numerous environmental organizations and a cadre of supporting professionals are also involved in LINAP.

Nitrogen is the leading cause of water quality deterioration in Long Island's surface and groundwater. Nitrogen comes primarily from wastewater, such as sewage treatment plants and residential cesspools, fertilizer and storm water runoff. Discharge from cesspools and septic systems reaches groundwater, which ultimately flows to our bays and estuaries. Excess nitrogen in our waters stimulates algal (plant) growth which can lead to low oxygen conditions, fish kills, and degraded marine habitats like wetlands. Nitrogen pollution has also impacted our sole source drinking water aquifers. The Long Island Nitrogen Action Plan is the roadmap to reduce nitrogen in Long Island's water.

To stay up to date on the Long Island Nitrogen Action Plan and water quality issues on Long Island sign up for our informative monthly updates [here](#).

(<https://www.dec.ny.gov/lands/103654.html>)

And follow the Long Island Regional Planning Council on [Twitter](#) and [Facebook](#)!

LIRPC Twitter: https://twitter.com/LIRPC_info

LIRPC FacebookSubmitted by

<https://www.facebook.com/lirpc/> ☹

Submitted by Kyle Rabin

WERTHEIM TRI-HAMLET CELEBRATION AND MIGRATORY BIRD DAY

As in previous years, the Wertheim National Wildlife Refuge teamed up with the Tri Hamlet Community Day event to host this year's Migratory Bird Day event, scheduled for Saturday, May 18. The Community Day event showcases cultural and natural treasures in the Tri Hamlet area.

Activities include:

Guided Nature Hikes

Youth Archery

Freshwater Fishing

Canoe Paddling

Children's Games and Crafts

Food Concessions

Live Music

Sweetbriar Nature Center

Quogue Wildlife Refuge

The Waterfront Center

Long Island Paddlers

Trout Unlimited

Evelyn Alexander Wildlife Rescue Center

Long Island Native Plant Initiative

Fire Island National Seashore

Volunteers for Wildlife



Dan & Donna with Liz



A beautiful day for paddling!

Our Public Relations Coordinators, Dan and Donna DiGiovanni were supported by seven Club volunteers, including Fred Hosage, Jr., Ray Clarkson, Don Gorycki, Lorie and Mickey Hollis and Manny and Ann Moreno. Liz Casey, from the Wertheim Refuge, also joined our group. After setting up the tent, tables and chairs, our merry band supported three activities:

- 1) Manning the tent and talking about all of the benefits of our club.
- 2) Helping people into and out of canoes and kayaks while keeping visual contact with them as they enjoy paddling around.
- 3) Paddling alongside the guests and being ready to lend support in case of any emergency.

(Continued on next page)

WERTHEIM TRI-HAMLET CELEBRATION AND MIGRATORY BIRD DAY (Continued)

It was a beautiful day, sunny and calm. We had a fair amount of people who signed waivers so they could paddle for a while. We could tell that they had a great time by the smiles on their faces when they returned.

Later in the day as the wind increased, Donna DiGiovanni wisely decided to close shop for safety reasons. All said, it was a very satisfying experience, can't wait until next time! ☺

Submitted by Don Gorycki



A surprise visit from Smoky



Photo Gallery 1

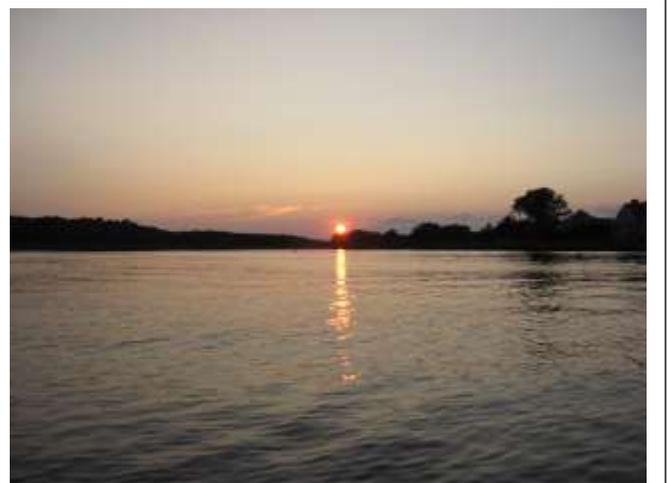


Scoping out a new put-in



Let's go here!

Photos by Chi-Chi Gibney



Sunset on Flanders Bay

Special Mention



George Barnes

He loves working with the club will do whatever is needed to make the club succeed

George joined Coast Guard Auxiliary in 2012 during this time he acquired many awards and ribbons for his hard work and dedication.

He attained the following:

- Vessel Examiner
- Commercial Fishing
- vessel Examiner
- Instructor Chef at
- Coast Guard Station on Fire Island
- Cpr AED certified
- Radio Watch Stander
- Public Affair Officer
- Public Visitation Officer
- Member of LI Paddlers
- Member of Montauk Surf Casting Association

Weekday Lunches for Retired People (and anyone else who is hungry)

I am retired so I don't mind driving a few miles for a delicious lunch. For excellent sushi, I go to **Izumi** on Route 27 in Holbrook for their \$12.95 lunch special. Their **sashimi** is cold and fresh.

I love ½ price fried clam tacos and ½ off margaritas on Thursdays at **Atlantic Seafood** in Center Moriches. They have a \$6.99 burger on Tuesdays, 6 beers on tap and a glass of merlot for \$6.00.

PeraBell, in Riverhead and Patchogue, makes some of the **best hamburgers** on Long Island. I also love their Quesadillas, Salads, Four Cheese and Mushroom Pizza, Grilled Vegetables, Garlik Focaccia. They have good desserts too, and great beer: Guinness, Kona, Sixpoint and Blue Point.

Hamptons Standard in Hampton Bays just opened. Standard serves standard American food: chicken pot pie, mac and cheese, hamburgers, gnocchi and Guinness Beer on tap. They have a coffee shop that opens at the right time for me, 6 AM for fresh pastries and coffee.

Opa Greek Restaurant at 260 Islip Ave. in Islip has very good **octopus** and Opa Combo Platter. I also like their Saganaki, Skordalia, Spinach Pie, Salads, Souvlaki, Stuffed Mushrooms and Gyros.

Sam's Sushi Bistro, 654 Horseblock Rd, Farmingville. Lunches from \$9.00 to \$15.00. Sam's has dozens of sushi items and **everything they bring you is fresh and delicious. I love their Octopus, Ikura, Spanish Mackerel, Tuna, Tobiko, Eel, Smoked Salmon, Clam, Squid, Hamachi and Masago.**

Waterzooi on Franklin Ave. in Garden City is one of my favorite restaurants. Their specialty is **Moules Pots: large bowls of mussels served 13 ways (13 different flavors).** My daughter and I split a pot of mussels and a burger or a salad and wash it down with Belgian Beer from Belgium. Waterzooi has lots of beer on tap. Some Belgium beer has a high ABV %. I try to stay under 6%.

Bobbique, 70 West Main St in Patchogue has **delicious hamburgers**, fried pickles and a big selection of beer. They have \$7.95 weekday lunch specials of **BBQ** chicken wings, smoked sausage or chili. Their Happy Hour starts at 11:30 AM with **\$3.00 beers** and \$4.00 wine. (Continued on next page)

Weekday Lunches for Retired People (and anyone else who is hungry) (cont'd)

Jerry and the Mermaid is a great seafood restaurant by the Long Island Aquarium in Riverhead. Try Jerry's Shinnecock **Mussels Luciano, Linguini w/Clam Sauce**, Escargot in Mushroom Caps, Sesame Tuna, Crab Cakes, Oysters Rockefeller, Buffalo Wings, Burgers and a 12 oz. black and tan on tap. Tom is the bartender and Jerry and Jerry Jr. are the chefs.

LaVolpe Ristorante on Rt. 27A in Center Moriches has a **Prix-Fixe menu-\$18.00** with six entrees and 6 appetizers to pick from. They also have brick-oven pizza. It's a real classy establishment.

Rumba, on the water in Hampton Bays, has delicious **Caribbean food**, Dominican ribs, ahi tuna, shrimp tacos, margaritas and pina coladas in Mason jars. For dessert: **Hot Fudge Sundae** and Key Lime Pie. It is a busy restaurant with a small parking lot so try to go there by SUP, kayak, foot, canoe, scooter or bike. Same owner at Cow Fish in Hampton Bays and Rhum in Patchogue.

Teller's, an American Chophouse in Islip, has a **\$19.00 Price Fixed lunch menu**. Or, you can order from the regular menu. Teller's makes top-quality, oversized drinks behind the stunningly handsome **Gold Bar**. Tellers was originally a bank. The wine cellar is in the old Mosler Vault.

Varney's is on Montauk Hwy. in Brookhaven. Try their **Bayman's Best** with soup, clams 2 ways and mussels. They have Mussels Gone Wild, pastrami and roast beef sandwiches, and \$3 beer.

Westhampton Beach Brewery serves delicious **Irish Eyes Cream Stout**, and other outstanding beers. Bring your own sandwiches because they have limited snacks to go with their beer. WHB Brewing Company is in a new building at Francis S. Gabreski Air National Guard Base.

Historic **Neir's Tavern was built in 1829**. It's in Woodhaven, Queens at 87-48 78th Street. Go there for cold beer and great burgers, and to visit one of the oldest bars in the USA. Scenes from two movies were filmed in Neir's: Tower Heist and Goodfellows.

Greenport Harbor Brewery and Restaurant, on Main Road in Peconic, has many beers on tap or to-go. My favorites: **Black Duck Porter**, Longest Night, Cuvasion. Their restaurant serves some of the best food I have ever had in a brewery. They have beautiful and unique shirts and hats. ☺

Submitted by Jim Dreebin

Escort Swimmers

Escorting swimmers can be fun, exciting and rewarding, which is the reason that I volunteer to help out when they need me. I love escorting swimmers, but only on my terms: To paddle back and forth keeping an eye on many swimmers and not sitting in one spot.

We are (serious) kayakers but we must educate the safety coordinator by telling him or her, "I am an experienced kayaker and I can be more beneficial to you if you let me keep paddling and watching many swimmers." It beats taking a few strokes and waiting for a swimmer (boring!).

I did two swimmer escort jobs in September. One was for Swim Across America to benefit cancer research. I towed* 2 swimmers; one was tired and needed a few minute's rest and the other had leg cramps. I also guided a few swimmers, back on track, who strayed outside the balloon-marked route. This event afforded me 3 hours of steady paddling.

The second swim was a memorial for 2 swimmer friends who had passed away. There were only six kayak guides and 2 SUPers to watch over dozens of swimmers, so I had to paddle my butt off. I sprinted back and forth for 2 hours. Donations benefited hurricane relief.

Bagels, coffee and donuts were served at both events. A full buffet lunch was served to all swimmers and paddlers at The Swim Across America event. The food was pretty good. ☺ Submitted by Jim Dreebin

Photo Gallery 2



The Club’s 2019 Spring Picnic had three morning paddles. This one, led by the Gibneys was to the lighthouse.

Photo courtesy of Frances Ward



This photo was taken at “Pretzel Beach” (about 2 miles east of Smith Point Marina) showing a huge tree trunk that got loose and made its way here. It makes a really good landmark for this bayside beach.

Photo courtesy of Don Gorycki



Evening paddle with sunset – Great South Bay



View of Osprey Park - Mastic Beach

Connetquot River Adventure

The **Connetquot River** (also known as the Secatogue tribe name meaning **Great River**) is a six-mile-long (10 km) river in [Islip, New York](#). It is one of the [four longest rivers](#) on [Long Island](#) and is recognized by the state as a Wild, Scenic and Recreational River. Its source is Lakeland county Park in Islandia.

The Connetquot River is also a very popular waterway for kayakers and our club has scheduled many paddling trips there.

One such trip occurred on June 1, 2019 where 16 paddlers in 14 kayaks (two were double) entered the water at Timber Point Park.

The weather was really fine, hazy sun with mild breezes. The water in early June was still a bit chilly so cold water attire was the norm.

The group paddled north delighting not only in the scenic surroundings but also in each other's company.

We continued paddling north and explored some of the waterways bordered by elegant homes and boats of many types.

After a short water-break we turned around and headed back but this time we entered the Grand Canal which is a vestige of the Vanderbilt estate in Oakdale.

The wind became moderate as we traversed from the Grand Canal back into the Connetquot River so we landed back at Timber Point Park for lunch and more good conversation.

Noticing that the wind became somewhat challenging, most of the group packed up and called it a day.

The remainder, six of us, continued south on the river to Nicoll Island which separates the river from Great South Bay. The wind and waves at this point was manageable and we were confident in our paddling skills. Once there, myself, Frances Ward and Marian Plummer remained floating about the west side of the Island while George Alikakos, Greg Ismailov and Dion Shea continued paddling along the south shore of Heckscher Park.

After a short while they returned and the six of us paddled back to Timber Point Park thus ending a memorable day of paddling. 🌊

Submitted by Don Gorycki



We're ready to launch!



Paddling the Grand Canal



We have our ducks in a row!

Club Library



Our Club Library Coordinator Debbie Gallucci Highlighting one of the many items in the 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! 



Chocolate Mug Cake



INGREDIENTS

- 2 Tbsp all-purpose flour
- 1 Tbsp unsweetened cocoa powder
- 2 tsp sugar
- 1/4 tsp baking powder
- a pinch salt
- 1 Tbsp vegetable oil
- 2 Tbsp milk
- 1 Tbsp peanut butter

INSTRUCTIONS

1. In your mug, stir together the dry ingredients (flour, cocoa powder, sugar, baking powder, and a pinch of salt). Make sure there are no clumps.
2. Stir in the vegetable oil and milk until the mixture is smooth. Drop a tablespoon of peanut butter into the center and push it down into the batter.
3. Microwave on high for one minute and then enjoy!

Recipe borrowed from [pinterest.com](https://www.pinterest.com)

F.Y.I.

Here are some upcoming events:

- | | |
|----------------------------------|---------|
| 1. Conscience Bay | July 19 |
| 2. Paddle Battle | July 27 |
| 3. Creeks of Little Flanders Bay | July 28 |
| 4. Flanders Bay Grand Tour | July 30 |
| 5. Day at the Breach | Aug 4 |
| 6. Hubbard Creek & Flanders Bay | Aug 11 |
| 7. Day at the Breach | Aug 17 |
| 8. Paul G's Memorial Paddle | Aug 17 |
| 9. Lower Carmans River | Aug 24 |
| 10. Day at the Beach | Aug 31 |
| 11. Paul G. Memorial Picnic | Sept 7 |
| 12. Holiday Party | Dec. 8 |

The registration form for the Paul G. Memorial Picnic is on the next page.

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

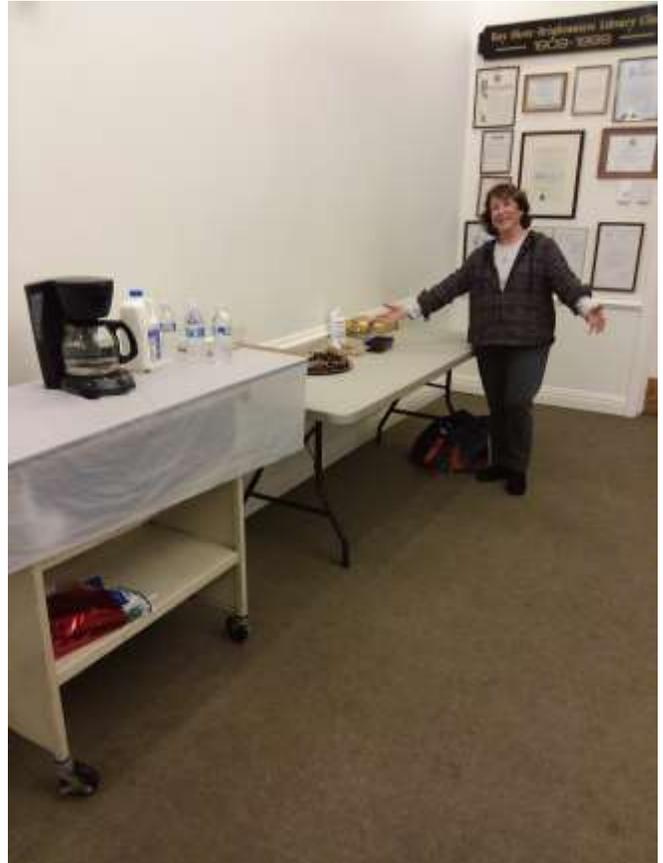


Hear Ye, Hear Ye!

There's plenty of room in the Newsletter for your paddling adventure stories. No need to be bashful, we're all interested in your photos, stories 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. It's easy; just send an email to dgorycki6@gmail.com. A thank-you email is returned as an acknowledgement.

Club Hospitality



What's a meeting without refreshments? After participating in the club's reports and enjoying informative presentations, one can get mighty thirsty and hungry.

(Do I hear someone's stomach growling?).

Irene Weiner to the rescue!

Thanks to our Hospitality Coordinator, we can enjoy a variety of fruit, snacks and beverages during social time. Before every monthly meeting she faithfully does the shopping and then arranges the refreshment table with all of the goodies, most if not all disappear when the meeting comes to an end.

Thank-you Irene!

Long Island Paddlers'
First Annual
Pauly G Memorial Picnic

Join us for a catered BBQ 12:00 PM
Indian Island County Park, Riverhead, NY
Saturday September 7th, 2019

Event Schedule:

Morning Paddles: 10:00 am - 2:00 pm

Lunch: 2:00 pm - 4:00 pm

Cost: \$15 per member, \$7 children 12 and under, \$16 non-members*

Maple Tree BBQ in Riverhead will be supplying pulled pork, smoked chicken,
St. Louis ribs, brisket, grilled vegetables, smoked beans, mac & cheese,
and Cole slaw. Even if you don't eat meat, there's plenty here to fill your belly.

Directions: The park is located on the Put-In Map on the website.
It is located off Route 105 between Route 25 and Route 24 in Riverhead.

Please make checks payable to: Long Island Paddlers, Inc.

Payment must be received by: September 2nd. No late registrations will be accepted.

Please give this form and checks to the Special Events' Coordinator Shirley Espinoza at the
August General Membership Meeting OR mail to the Special Events' Coordinator at:
Shirley Espinoza 797 Centre Avenue Lindenhurst, NY 11757

* Volunteer Reward Points can be used.

(Tear here and submit with payment)

Name: _____

Adults: _____ x \$15 Children: _____ x \$7 Non-members: _____ x \$16

Total: \$ _____

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) Club logo decals, not only looks great but good advertising
- Fleece Jackets (\$26) individually ordered – just choose size and color
- Cell Phone Dry-Pak (\$13) Wet phones don't work too well

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



...and check out our clothing department



631-264-0005
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Jerry Foster

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



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:

October 15, 2019

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

Mailing Address:

Long Island Paddlers, Inc.

P.O. Box 115

West Sayville, NY 11796

Feel like taking a spontaneous 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).