

Blazing Paddles

Summertime Edition

Turtle Rescue

By Lynne Basileo

5.27.17

After finishing a 16½-mile paddle with friends on the Peconic Bay, I was about to load my kayak onto my vehicle when I looked down and saw a huge turtle in the parking lot within six feet of my car. At first I thought it was dead, but soon it poked its head out of its shell. I couldn't imagine where it came from and couldn't detect any tracks on the nearby sandy beach. If it continued in its path across the parking lot, it would risk getting hit by a passing car. If it did make it across, its path would be blocked at the baseball field that was surrounded by a chain-linked fence. I couldn't just leave it there, so I called the only place I thought could possibly provide assistance, The Riverhead Foundation for Marine Research and Preservation. They referred me to Turtle Rescue of the Hamptons, located in nearby Jamesport. After answering several questions and describing the turtle in detail, Karen, from Turtle Rescue, established that it was a snapping turtle, New York's official state reptile, and she determined that the turtle was in need of rescuing. She asked if I would remain with the turtle until she arrived.

After arriving at our put-in she explained that the turtle was looking for a place to lay its eggs and because the turtle was out of its marsh habitat, it seemed to be lost. It was late in the day and with the temperature dropping and the onshore breeze increasing, the snapping turtle would probably not have survived the night in its present location. It needed the protection of a marshy/muddy area and also a place where it could lay its eggs. After examining the surrounding area, Karen discovered the exact setting the turtle required—right across the street from the baseball field, a considerably long journey for this slow-moving reptile. To safely assist the turtle with the obstacles ahead, Karen collected the reptile, placed it into a container, then transported it across the street and released the snapping turtle into the safety of the marsh.

Karen thanked us and gave each of us wrist band with "Turtle Rescue of the Hamptons" printed on band. She also gave me a Turtle Rescue card that stated:

"Please Don't Turn Your Back On An Injured Animal! They Depend On Us To Make A Difference."

Saving this snapping turtle was a great way to end a great day of paddling.



Message From the President

Kayaking is not inherently dangerous. But like any water sport, it does have its risks. In 2016, the U.S. Coast Guard reported 152 canoe and kayak deaths in the United States. Most paddlers (122), as one would suspect, died from drowning. While that number is not insignificant, it represents only .005% of the almost 30,000 people involved in kayaking and canoeing.

Two people died while kayaking on Long Island last month. Selvin Vasquez-Enamorado, 24, of Huntington Station, launched his kayak between 3 p.m. and 4 p.m. on June 11. A friend called 911 around 6 p.m. that day when he did not return. His body was found near Clinton, Connecticut in the Long Island Sound on Saturday, June 24. On Sunday, June 19th, Gregory Blanco launched his kayak from Northport. Rescuers began searching for him after his 14-foot boat was found floating near Stratford, Connecticut Monday morning. A passenger on the Port Jefferson ferry spotted the body of the 41-year-old missing kayaker from Commack in the water about three miles north of Belle Terre at about 2 p.m. His body was later recovered by the Stratford Fire Department.

From what I was able to uncover on the internet, both men went out fishing alone. Whether or not they were wearing a PFD, or life preserver, was not reported. The temperature of the Long Island Sound was approximately 68 degrees at the time. Studies show that in water that cold, people begin losing feeling in their arms and legs after 30 – 40 minutes. If neither man was wearing a PFD, they would have drowned in less than an hour. Since Vasquez-Enamorado was not found for thirteen days, I believe he wasn't wearing a PFD.

So what are the lessons to be learned from these two deaths? First, a PFD will extend your survival rate under all conditions. Even in water temperatures near freezing, you can live almost an hour wearing a PFD. But it cannot help you if it is strapped to the deck of your kayak. And for those of you who think you can put it on after falling in the water, I would ask you to try it. It's not easy! Eighty percent of all drowning victims last year were not wearing a PFD. Second, they were not dressed to swim. A wet suit or dry suit would have extended their ability to withstand the cold temperature. Third, both men went out alone. When they got into trouble, there was no one there to help them get back into their boats or, worse, help with retrieval if wind had separated them from their boats. Finally, while Vasquez-Enamorado told a friend he was going kayaking, he did not leave until late in the day. By the time the authorities were alerted, there was only a limited amount of daylight left to find him and to save his life. There is no indication anyone knew Blanco was missing until his boat was found floating near Connecticut. Always tell someone where you are going and what time you expect to be back.

In response to these two tragedies, the Coast Guard has stepped up its inspections of kayakers. On June 15, a club trip led by Jahzeel Payano, assisted by Collin Mullen, and attended by eight paddlers was stopped by the USCG for a safety inspection while crossing Shinnecock Bay. They were told the following items must be on board: a PFD (required to be worn on LI Paddlers, Inc. trips), a sound signal (whistle, horn, etc), a Visual Distress Signals (flares, mirror, dye, etc.), and a white navigation light. I called the Coast Guard to ask about this last requirement since we don't usually carry lights unless we're doing a night paddle. I was told by the Officer of the Day at the Coast Guard Station at Shinnecock that it was just in case you find yourself, unplanned, paddling after sunset. Think: high winds, strong currents, and storms. After giving it some thought, I will start carrying my lights just in case. This emergency light can be something as simple as a waterproof headlamp or flashlight. It does not have to be our bow and stern lights.

Kayaking is a safe sport, but we can all make it safer by following these simple guidelines.

RAY SMITH MEMORIAL PICNIC



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CLUB
PICNIC
PICS

SPRING PICNIC

Third Annual Ray Smith Memorial Picnic

This year's Ray Smith Memorial Picnic was held on Saturday, June 11th. For those of you who didn't know Ray, a longtime member of our club, he was the person most responsible for securing the Centerport Beach for our spring picnic for many years. He also was a regular at all our pool training sessions where he loved to get in the water and help beginning paddlers learn the basic skills of kayaking. He was a pretty amazing guy for someone in his seventies - equally enthusiastic for kayaking and life. It wasn't until he died at the age of 94, that everyone realized he had been doing these things, plus attending club paddles, and more until he was 92. As his final contribution to the club, Ray left us a generous sum of money which we are using to help our members become better kayakers through the Ray Smith Memorial Scholarship Fund.

This year, we had another beautiful hot, sunny day for our picnic. It began with four skills' sessions: a beginners' lesson run by Chris Scalisi and Lynne Basileo, advanced rescue skills organized by Colin Mullen and Robin Jaeger, bracing skills taught by Tom Auer, and edging and turning taught by Mike Matty. More than thirty members took advantage of these classes. For the others, Ray Clarkson posted a short notice trip into Northport Harbor. While all this was going on, Easy East Adventure Outfitters, our newest sponsors, brought a half dozen kayaks and SUP's down to the beach for members to try out.

At noon, eighty-five club members enjoyed a selection of sandwiches, salads, beverages, and each other's company. Before dessert, Glenn Schafer reminded us why the picnic is named in Ray's honor, and everyone raised their glasses in a toast to his memory. Afterwards, Don Gorycki led a group into Northport Harbor and Jahzeel Payano took another group into Centerport Harbor led two paddling trips.

All in all, it was another great Long Island Paddlers' event. Much appreciation goes to Paul Gowyna, our Special Events Coordinator, and his Merry Band of Helpers – Kristin Costa, Liz Strong, Mickey Hollis, Lori Hollis, Nancy Mercep, Frank Jackson, Diane Fremont, Bill Fremont, Bruce Mulligan, Betty Mulligan, Fran Ward, Ken Fink, and Irene Wiener.

Steve Berner

HUBBARD COUNTY PARK



Kayak
Switchback



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 have for night kayaking
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. Comes in several colors and sizes with club logo.
T-Shirts (Ladies)	(\$8)	Special colors and v-neck shirts with club logo for the ladies.
Decals	(\$1)	Club logo decals – looks great on your kayak and a great advertising for the club
Fleece Jackets	(\$26)	Individually ordered – pick your size & color.

AND, for your reading pleasure we have the following
BOOKS

Inside Passage	(\$15)
Canoeing the Peconic	(\$1)
Exploring East End	(\$12)
Paddling LI	(\$10)
Fearless	(\$12)
Canoeing & Kayaking	(\$10)
A Dip In The Ocean	(\$12)
More Deep Trouble	(\$10)



We should also mention that the club does not make a profit on any of the items sold. We keep your cost at our cost. No hidden fees.

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

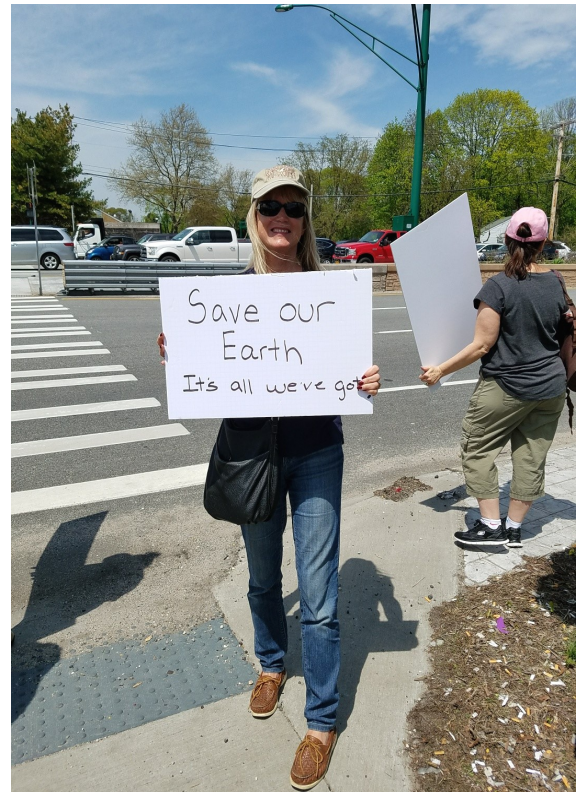
WHAT IS THAT PLANT

Liz Marcellus

Paddling around Long Island you may see these plants in salty water. Have you ever wondered what they are? They are called Glasswort or Saltwort. They are mostly found in tidal marshes. The name comes from the fact that the plants take the salt they absorb from the water into their tissues. At some time prior to the 16th century it was discovered that the ashes of the plants yield soda-ash which be used in glassmaking and also be used in soap making.



SAVE OUR EARTH RALLY



LI Paddlers turn out to support the Save Our Earth rally

POOL SKILLS SESSIONS

Paddling weather is finally here and we hope all those who were beginners or just rusty have used the three pool sessions as opportunities to improve your skills or just remove any unfounded fears. The pool at St. Joseph's College was filled with kayakers, not swimmers for one Sunday each month of March, April and May. We had 17 participants at each session with 7 to 9 instructors at each session. Six were ACA certified instructors and others were club mentors.

Some have been doing the session before I was even a member and some were first time instructors, always need new blood, as some are grey haired or hair challenged as Steve says. I doubt one can tell the new from the experienced instructors.



A few members come just to get the rust off their paddles, some to hone their skill like bracing, rolling, or rescuing or maybe just learning to hip snap off the side of the pool. Most important the pool is for the new people who need to learn wet exits and re-entries. Many think they can't do it but I believe all do at least one method successfully. There were members in the pool from under 8 to near 80 years young in the pool and all did well.

Members came in all types of boats from traditional recreational, high end glass or Kevlar, sit on tops even an folding corrugated plastic (origami) boats. We

tried to accommodate every need. What we don't already know we learned in the pool. Whatever you will use on the water is what you want to use in the pool.

I would like to draw special recognition to all the ACA instructors, Lynn, Tom, Colin, Joe and myself. Others, our very own store clerk Bruce who probably has the most sessions of all, our librarian, Fred, and others this year and I hope I don't leave any off, Chiara, Emilio, Jahzeel, Jose, Edwin Troy, and Andy

At the Ray Smith Memorial Picnic we will be doing on the water skill. Here is where we can get our boats moving. Here we can cover all skills needed to truly enjoy the sport of kayaking. Some will learn a proper forward stroke after years of kayaking incorrectly, like I did not learn till my sixth year of boating.



After the last pool session in May, 14 of the pool participants joined together to break bread at Applebee's to commence the final pool session of this spring. One of the best parts of kayaking is the food after the paddle. Again thanks to all involved both helpers and participants and let's not forget the one who has to arrange for the pool Steve our president, thanks Chris Scalisi (Safety and Training Long Island Paddlers).



CLIP AND SAVE



- 7/18—Club Meeting—Program Plum Island
- 7/28—Whitewater Boating, Lackawaxen, PA
- 7/29—Paddle Battle, Riverhead Aquarium
- 8/5—Swim Across America/ Swim Escort
- 8/5—A Day at the Beach 10:30-3:00
- 8/6—West Neck Beach Swim Escort, 7:30—10:30
- 8/7—Adirondack Trip, Tupper Lake area
- 8/7—Extra days on ADK trip
- 8/19—Smith Pont Marina to Bellport Beach
- 9/2—Moonlight Madness on Carmen’s 5-9pm
- 9/9—Fall Picnic 10-4
- 10/19—North Virginia Exploring Expedition
- 10/21 Fall Foliage on the Carmen’s 10:00
- 12/9 HOLIDAY PARTY!!! NEW at Sonoma Grill!

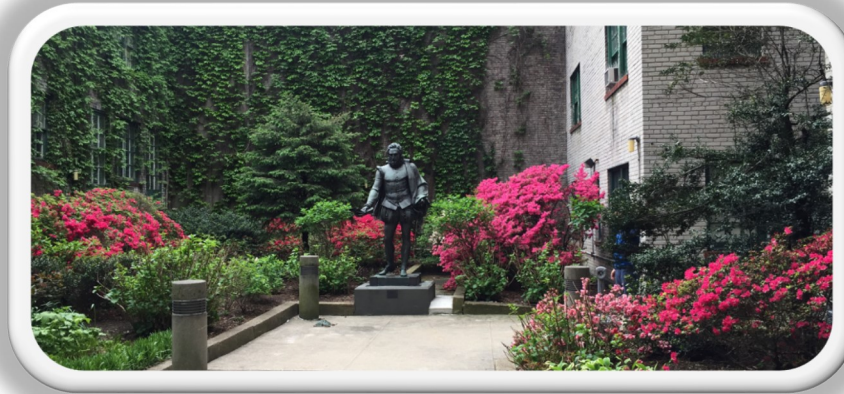
**LOTS OF PEOPLE
CAN SWIM
BUT UNLESS YOU
CAN SWIM WHILE
UNCONSCIOUS**



WEAR IT!

GREENWICH VILLAGE WALKING TOUR WITH BARRY

A balmy spring day touring Greenwich Village with a group of club members led by our tour guide Barry. After a delicious Italian lunch at one of Barry's favorite places many of us returned to Penn Sta. via the High Line!



I LOVE TO PADDLE TO EAT

A few restaurants are very accessible from the water. Here are three of them that are easy to paddle to, climb up and have a great meal.



Edgewater, 295 East Montauk Hwy, Hampton Bays, has delicious seafood and other gourmet delicacies. Try their Roasted Corn Salad, Linguini with Clam Sauce and a Bowl of Mussels.

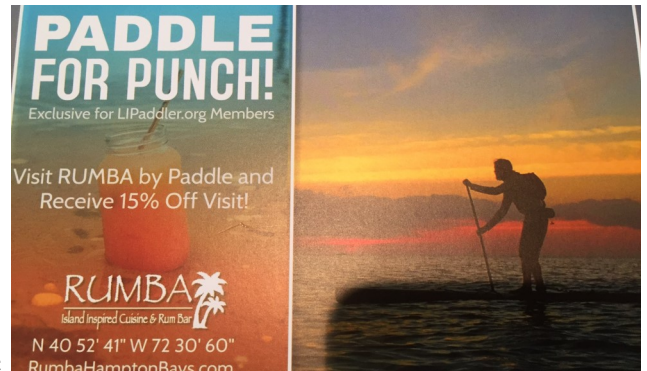
To get there, park on any side road off Canoe Place Road or by the Hampton Bays Coast Guard Station, turn left (north) and follow the shoreline about 2 to 3 miles to the restaurant on left. Take out by private community beach across the street from, and just west of, the restaurant.

Edgewater opens at 5 every day and 11:30 on Sunday for brunch. Call them at 631-723-2323.

Rumba, 43 Canoe Place Road, Hampton Bays has great Caribbean food, hamburgers, seafood tacos and desserts. I like their Dominican Ribs, Jerk Chicken Platter and Ahi Tuna Salad.

Put in the same as for Edgewater but add Penny Lane for a mile longer paddle. Take out behind Rumba and tie your kayaks to pilings or lift them onto the dock. 631-594-3544.

Rumba will give 15% off to club members who arrive by kayak. 15% discount cards for club members are available from Long Island Paddlers.



Docker's Waterside Restaurant, 94 Dune Road, East Quogue. 631-653-0653. Park at the marina on Library Avenue in Westhampton and paddle east 4 miles to Docker's on the right. Tie your kayaks under the deck, put on dry clothes and climb up for a wonderful meal.



Docker's has some of the best and freshest seafood north of the Chesapeake Bay and east of Pittsburgh. They specialize in lobster, shrimp, scallops, mussels and other delicacies from the deep. Docker's also has a Lobster Bake every day and Sushi Rolls on weekends.

For more information about dining out by kayak, stand up paddleboard or canoe call me at 631-834-2525 or e-mail: jim@peconicpaddler.com.

Scallop Pond




I DON'T NEED
- Therapy -
I JUST NEED TO GO
KAYAKING

KAYAKING BASICS RULES AND ETIQUETTE

Paddling

Stow bilge pumps and paddle floats INSIDE the cockpit if possible. Store as little gear as possible on top of the deck where waves may strip it off, or where it might interfere with reentry after a capsize. Under deck shock cords or gear bags work well. If gear must be stored on deck, tether it in addition to putting it under the shock cord rigging.

Don't use a paddle as a pole to push off from shore. That's a good way to break a paddle or tear up the blade. If the kayak is grounded in shallow water, 'knuckle-hop' it to deeper water.

Don't paddle with asymmetric paddle blades upside down. The writing on the paddle blade is always a clue as to which way is up. Politely tell your newbie friend which way is up.

No need to feather your paddle just to look cool. Most folks are past that now. And Greenland paddles are fine.

Minimize splashing and whirlpool vortexes when paddling. Try to move the boat - not the water. Use silent, efficient strokes. Let it take a few strokes to accelerate to full speed and slow down.

Wear sun protection. The newbie has sunburn and no hat.

When parking the kayak on shore in windy conditions, pull the boat up enough that waves don't rock the stern back and forth. Rocks and gravel can grind their way through gel coat or plastic.

-Know the nautical rules of the road. The most important rule: *Get out of the way.* Motor boats can kill. So, stay out of the channels as much as possible and yield to other boats. In the U.S., most rules of the nautical road are similar to automotive rules, such as keeping towards the right and yielding way to the boat on the right at an intersection.

Second most important rule of the road: When encountering boat traffic, the more maneuverable boat has a duty to yield to the less maneuverable boat. Yielding has nothing to do with boat size or type of power, except to the extent it affects maneuverability. Don't let your kayak become a speed bump to a big boat.

Practice paddling strokes, bracing and rescue skills often. Ever wonder why some folks become very skilled at kayaking? They tend to practice their skills.

The number one rule of kayak navigation: Know where you are. After launching from an unfamiliar location, turn around and look at your launch site from the on-the-water perspective. Many places on the shore look similar, so try to remember landmarks that may guide you on the return trip.



If your kayak appears to want to point upwind when paddling, that's called 'weathercocking'. It's caused by the stern of your kayak drifting downwind faster than the bow. If your boat doesn't have a skeg or rudder to reduce stern drift, transfer more gear weight towards the stern to sink it a little deeper into the water.

Large paddling groups tend to break up into smaller pods of between two and four kayakers. It's natural, so let it happen, but leave no straggler behind.



Etiquette, Continued

On shore during break stops, store your paddle inside the cockpit or in a paddle park -- not on the ground where people need to be watchful not to step on it.

- *Give your paddling buddies some room. Maintain an adequate distance between kayaks such that your buddy doesn't need to make evasive correction strokes.*
- *If your kayak is in front of the group, be sure you know where you are going and where the next rest break stop will be. It's poor etiquette to take the lead and over-shoot the break stop.*
- *If you are paddling towards the rear of your pod of kayakers, don't leave the slowest boat too far behind. If you're the second-to-last boat in the pod, you've earned the important 'sweep' position, meaning you have some responsibility for the safety of the last boat.*
- *Avoid crowding between two kayaks when approaching from the stern, especially if those paddlers are engaged in conversation.*
- *The paddler who brings the best snack foods to share often has the most friends.*
 - *Leave the wildlife alone. They have a hard enough life without unnecessary stress from our intrusion into their environment.*
- *Try to minimize your impact on the paddling environment. You can't go wrong by packing out all your trash, and it sets a good example for others. Throwing an apple core into the woods may be fine in some remote places, but 'when in doubt pack it out'.*
- *Be courteous to fisherman by giving them a wide berth. Apologize when you can't.*
- *Give motor boats a wide berth. Even if you know it's safe, the motor boat captain may feel uncomfortable with a kayak so close and be concerned about their wake. When crossing a busy channel, keep kayaks together in a tight pod.*
- *Keep your sense of humor. It's contagious!*



Etiquette:

- *Offer to help your buddies carry their boats to the water, and ask for help carrying yours. It's not a time for macho 'I-can-do-it-alone' weightlifting, especially in wind.*
- *Avoid blocking boat ramps, and park your vehicle where it will not interfere with boat trailers or traffic. Pay your parking fee.*
- *Arrive at your launch site in sufficient time to prepare your kayak. Learn whether a posted trip start time is an expected "arrival time" or the "paddles wet" launching time, and plan accordingly.*
- *Don't be a silent 'no-show' at the put-in. If your buddies are expecting you and you can't make it to the put-in, let one of them know so they're not waiting and wondering.*
- *Help the newbie. We all start out that way. New paddlers need paddling friends, and your kindness and attention will make their day more fun. More experienced paddlers can accelerate their learning.*

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YOU CAN'T BUY
HAPPINESS
BUT YOU CAN BUY A
Kayak
AND THAT'S PRETTY CLOSE

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.

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