

Chesapeake Paddler



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January 2012

Cold Water Survival and Rescue

By Marla Aron

Back by popular demand, Mario Vittone, Chief Warrant Officer, U.S. Coast Guard, returned to Annapolis on November 20 to tell CPA members about cold water survival skills and rescue techniques. After Mario's engaging presentation, many of us tested our gear in cold water. For those of you who missed this event, here is a summary of what Mario said.

Cold water is defined as being in water that is less than 70 degrees. Forty percent of the people who fall out of a boat in cold water are never seen again. The rate of drowning in water that is 59 degrees or less is five times greater than in warmer water.

Increase your chance of survival at the start of a cold water paddle by dressing



Cold water paddlers and gear put to the test photo by Aht Virav

appropriately. Wear a brightly colored life jacket. Without a life jacket, you can survive for only about 10 minutes in cold water. With a life jacket, you may be able to survive for over an hour before hypothermia sets in. Your life jacket should be tight enough to not slip over your head, but loose enough to not restrict your breathing. Wear a drysuit and insulating clothing. A drysuit prevents heat loss from water-to-skin contact (conductive heat loss) and the air trapped in the drysuit insulates you. The drysuit should fit loosely. Don't "burp" all the air out of the drysuit. Water should not leak into the drysuit at any point.

What happens to you when you are in cold water? (1) Cold/Emersion shock. Cold shock lasts one to five minutes. Twenty percent of those who die in cold water die in the first two minutes. In 20-60 seconds you will feel as though you are suffocating (drowning response). In the first two minutes you will have a gasping reflex, your heart will race, your blood pressure will increase, you will panic, and you may have a heart attack. (2) Muscle failure/incapacitation. Fifty percent of those who die in cold water die because of muscle failure. Uncontrollable arm movements will make it impossible to swim. Incapacitation (inability to move) can occur in 5 – 15 minutes. (3) Hypothermia. Hypothermia can occur in 30 minutes or later. The cause of death from hypothermia is not the loss of consciousness, it is the heart stopping. In water that is 35 degrees or colder, you may lose consciousness in approximately 30 minutes. (4) Circum-Rescue-Collapse. When you see a rescuer approaching, don't give up the fight to stay alive. Victims sometimes drown as soon as they see help is on the way. Their bodies stop releasing adrenaline, so they become unable to move.

The average time it takes to be rescued is 247 minutes. What should you do to stay alive for at least 247 minutes? Remember the 1-10-1 Principle. **One**—You have one minute to gain control of your breathing. Calm yourself, control your breathing, prepare for meaningful movement for self-rescue. **Ten**—You have 10 minutes of meaningful movement. Without exhausting yourself, determine the best manner in which to self-rescue. Turn on the strobe light that is attached to your life vest (even if it is daylight). Unroll your rescue streamer in the water. Keep your head and as much of your body as possible out of the water. Get more air into your drysuit. Lie back in the water to move air into the legs of the drysuit to prevent water constriction on your legs. **One**—you may have as much as one hour before becoming hypothermic and losing consciousness. Focus on breathing.

If you are the rescuer what should you do? Inappropriate rescue techniques can cause the victim to have post rescue collapse and die. While you are helping the victim out of the water, tell the victim not to move his arms and legs. The water pressure on the victim's legs is forcing his blood to his core. Moving his arms and legs may cause a heart attack. Pulling the victim vertically out of the water

(Continued on page 6)

CLASSIFIEDS

Ads dated 3 months before the date of this issue will be pulled unless a new request is received by the 15th of the month prior to the next issue. And if it has sold...tell us!

Advertising Rates:

We accept display advertising that relates to the interest of our readers. Monthly rates are as follows:

Size	cost	wide x deep (col)
1/8 page	\$20	2.4" x 3.5" (1)
1/4 page	\$32	4.9" x 4.7" (2)
1/2 page	\$50	7.5" x 4.7" (3)
Full page	\$80	7.5" x 9.75" (3)

A 5% discount will be given for ads supplied as electronic files in acceptable formats (i.e. .tif, .gif, .jpeg, bit-map). Email or call for more information and for 10-month discount. See advertising contact in masthead.



From the 2012 Calendar—May, Pictured Rocks National Lakeshore, Lake Superior, Michigan photo by Catriona Miller

SCHEDULE FOR 2011 CHESAPEAKE PADDLER

Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is usually the 15th of the preceding month as follows:

Issue	Deadline for Copy
March 2012	February 15, 2012
April 2012	March 15, 2012
May 2012	April 15, 2012

Have an idea for an article, or is there information you would like to see in the newsletter? Email Ralph at news_editor@cpakayaker.com or call at 301-498-0722.

THE CHESAPEAKE PADDLERS ASSOCIATION

The mission of the Chesapeake Paddlers Association is to provide a way for people to enjoy sea kayaking within the Chesapeake Bay area and to promote safe sea kayaking practices through educating the local sea kayaking community and the interested public.

Officers:

Coordinator—Jay Gitomer, 410-687-6878, coordinator@cpakayaker.com

Membership, subscriptions—Sue Stevens, 410-531-5641, c/o CPA, PO Box 341

Greenbelt, MD 20768, membership@cpakayaker.com

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Georgetown Pirate Committee—Matt Blakey 202-210-6367, Dave Biss, 703-241-0036, Peter Harris; pirates_georgetown@cpakayaker.com.

Baltimore Pirate King—Dave Wilson, 410-256-7206, pirates_baltimore@cpakayaker.com

Algonkian Pirate King—Jeff Walaszek, 703-670-7712, Linda Lewis pirates_algonkian@cpakayaker.com

Sugarloaf Pirate King—James Higgins, 301-460-8022, pirates_sugarloaf@cpakayaker.com

Pirate Kings of the North—Bob Shakeshaft, 410-939-0269, and Mike Free, 484-889-2214, pirates_north@cpakayaker.com

Pirate Queen of the James—Mary Larson, 804-316-3432, CPA email pending

Pirate Queen of the Eastern Shore—Paula Hubbard, 407-619-2896 CPA email pending

MEMBERSHIP: Subscription to the Chesapeake Paddler is included with membership.

NEW: Membership is now \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years. Send checks or changes of membership information to CPA, PO Box 341, Greenbelt, MD 20768. DO NOT send them to the newsletter editors.

The Chesapeake Paddler is published monthly, except Nov-Feb and may be reprinted whole or in part if credit is given to this newsletter and any identified author (unless an article is specifically copyrighted), and a courtesy copy is sent to the Managing Editor. The download link or file for the electronic version of this newsletter may not be posted or forwarded to non-members without the express consent of the Coordinator or Managing Editor

Admiral's Walk



Winter Update/Spring Activities

Since January 1st of this year, CPA has been an insured organization. Not the most exciting thing on paper, but this signifies an important step in CPA's development. We have been in existence since 1995 and have grown steadily over the years. With an increasing scope of events being offered, skill levels being served, and locations being visited, it was important that we provide protection for our members.

While nobody is likely to get up and cheer about insurance, this is a big deal for us. We've grown, we're mature, and we can do more for our members with this protection in place.

One frequent comment we have heard regarding trip leadership is that people were concerned about being exposed to risk, and therefore were reluctant to lead events. That should no longer be a concern; leaders as well as participants are covered.

Trips are the heart of this organization. They are our primary activity. We use them to attract new members, serve existing members, and as opportunities to improve our skills and educate the public about our sport. If you have been thinking about a trip you'd like to lead or assist in leading, please attend one (or both) of the trip planning meetings that are coming up this spring to get your paddle on the schedule. Check the calendar for details on these meetings.

CPA also offers trip leader training to help members become confident and capable leaders. Watch for the dates of this spring's trip leader training. Trip Leader Training is a fun event that's packed with information and practice opportunities.

Another CPA event to be aware of is SK101. If you know someone who is interested in getting into our sport, SK101 is an excellent chance for them to learn all the basics in a single day. Suzanne Farace is the contact. Check the calendar for more information. SK101, of course, is followed by SK102, and those of us who've attended previously know what a fun and educational weekend that is.

Until the ice melts,

Jay Gitomer
Coordinator



MD Planning Meeting—Sunday, February 5, at the home of Ralph Heimlich

VA Planning Meeting—Saturday, February 25, at the home of Brian Blankinship

SK101-An Introduction to Sea Kayaking—March 10, West River Center, MD—Suzanne Farace [see p. 9](#)

SK102-On-Water Skills Workshop—April 27-29, Lake Anna, VA—Brian Blankinship [see p. 4](#)



The Chesapeake Paddlers Association 2012 Virtual Calendar Is NOW Online

The final selection of the 13 photos for the 2012 Virtual Calendar was concluded at midnight on New Year's Eve. This year's contest was photos of kayaking anywhere EXCEPT the Chesapeake Bay, and we had entrees from Patagonia to Greenland, and from San Francisco to Scotland. The winners reflect the far-ranging exploits of CPA paddlers in all kinds of climes and waters around the world.

You can download a .pdf file of the calendar and print it (front and back) with your color printer or at Kinko's or Staples to get a nice calendar for the year. Revisit after the planning meetings, when the schedule for the year will be incorporated into the calendar. NOTE: This file is 4.24 Mbytes, so it will take a while to download. Download at:

http://www.cpakayaker.com/uploads/online_newsletters/CPA2012/CPA%20Virtual%20Calendar%202012.pdf



A kayaker's dream, Lake Anna photo by Kevin Lawrence

14th Annual SK-102, CPA On-Water Kayak Skills Workshop Coming in April

By Brian Blankinship

This year the skills clinic will be held April 27-29, 2012 at the same Lake Anna location. The registration form is on [page 5](#), and should be returned as soon as possible. Please note that the rolling block has limited space. Here is the schedule:

Saturday Morning Session: 9:00-12:00

BLOCK 1: Kayak Design, Wet Exit, Basic Strokes—If you are new to paddling and/or have not had kayaking lessons

- Discover features separating various kayak designs and their value to you
- Wet Exiting is the most critical kayak skill for safety—a requirement for attending CPA trips
- The proper basic strokes will make your paddling much more fun and efficient.

BLOCK 2: Stroke Improvement, Intermediate Strokes, Bracing—For those who have been paddling for a year or more and are proficient in basic strokes.

- Improve your basic strokes to increase your efficiency and form
- Learn intermediate strokes such as hanging draw, draw on the move, bow rudder
- High and low bracing not only keep you upright but are the foundation of several kayak rolls

BLOCK 3: Self Rescues, Group Rescues, Towing—Be able to get yourself and others back into a kayak in deep water. A required safety skill.

- Become a self sufficient paddler, able to recover from wet exits
- Be able to rescue another kayaker who had to exit. Several methods are demonstrated
- Learn types of tow systems, methods and how to use them

BLOCK 4: Greenland Style Paddling—What is that thin paddle anyway?

- Advantages of Greenland style paddling
- Design of the Greenland paddle
- Proper Greenland style strokes

BLOCK 5: Wing Paddle Technique—What is a Wing paddle, and what is it for?

- Design and advantages of the Wing
- Proper Wing paddle technique
- Additional Performance Paddling tips

Saturday Afternoon Session: 1:00-3:30

BLOCK A: Stroke Improvement, Intermediate Strokes, Bracing—For those who have been paddling for a year or more and are proficient in basic strokes.

- Improve your basic strokes to increase your efficiency and form
- Learn intermediate strokes such as hanging draw, draw on the move, bow rudder
- High and low bracing not only keep you upright but are the foundation of several kayak rolls

BLOCK B: Self Rescues, Group Rescues—If you took Block 1, this is the best follow up course for new paddlers.

- Become a self sufficient paddler, able to recover from wet exits, learn importance of floatation
- Be able to rescue another kayaker who had to exit. Several methods are demonstrated.

BLOCK C: Advanced Rescues—For those proficient in self and group rescues, take it to the next level

- How to rescue a boat without floatation that "sank"
- Techniques to rescue an injured paddler

BLOCK D: Rolling—For more advanced paddlers who have strong bracing skills. Access to Rolling class is restricted

- The best form of rescue is to never exit the boat
- Classes are 1:1 to 1:3 instructor to student ratio

SK102 is an extremely popular event and always fills up quickly. Those attending SK101 -- An Introduction to Sea Kayaking, however, get priority registration for SK102. All that you need to do is be a member of the club, and send in your fee with the special registration form (provided at SK101) postmarked by no later than April 2, 2012. Membership sign-up will be available at SK101. Yet another good reason to sign up for SK101 on March 10th at the West River Center!

THE FOURTEENTH ANNUAL CPA SKILLS CLINIC, APRIL 27-29 2012

This is a Chesapeake Paddlers Association "members only" event.

Where: Lake Anna is 2 hours south of Washington DC, between Fredericksburg and Richmond, VA, just west of I-95. The lake is a cooling pond for a nuclear power station so the water is not only very clear—it is heated! The location is private property, where you are welcome to set up your own tent. There are motels nearby for non-campers. Details and directions will be emailed.

Cost: \$35, which covers the cost of the porta-potties, handouts, small instructor gifts for the volunteers, and dinner on Saturday night. You will be responsible for all your other meals. You provide your own boat, spray skirt, and life vest. CPA volunteers conduct the free skills clinic. This is not certified instruction. For questions or to volunteer, email: SK102@BayKayaking.com.

Registration will be limited and will fill up quickly. See instructions at the bottom of the form. You will be notified by email of acceptance/non-acceptance. For those turned away, checks will be destroyed.

ALL MUST BE PRE-REGISTERED: NO NON-REGISTERED GUESTS OR WALK-INS allowed on the grounds.

SK102 REGISTRATION FORM

Name(s): _____

Email Address: _____

Address: _____

Phone(s): _____

Note: Children 12 and older are accepted, but must take classes with their parent/guardian

If a participant is 12-18 years old, please check here

Were you turned away from SK102 last year for lack of space?

Yes / No

Did you attend SK102 last year?

Yes / No

Would you like to be included in the event directory? (Name, email, city/state/zip)

Yes / No

If you prefer a vegetarian option for dinner, please check here

SELECT ONE MORNING AND ONE AFTERNOON BLOCK (check the appropriate boxes)

For course descriptions, go to www.cpakayaker.com/forums under Events, SK102 2012

Morning Session: 9:00-12:00 Saturday

- BLOCK 1: Kayak Design, Wet Exit, Basic Strokes
- BLOCK 2: Stroke Improvement, Intermediate Strokes, Bracing
- BLOCK 3: Self Rescues, Group Rescues, Towing
- BLOCK 4: Greenland Style Paddling
- BLOCK 5: Wing Paddle Technique

Afternoon Session: 1:00-3:00 Saturday

- BLOCK A: Stroke Improvement, Intermediate Strokes, Bracing
- BLOCK B: Self Rescues, Group Rescues
- BLOCK C: Advanced Rescues
- BLOCK D: Rolling (*Note: Limited rolling slots open, not intended for beginners*)

Sunday Morning Sessions do not require registration, and will be announced by email and on the web page.

To register: Send this form along with your **\$35** check payable to "**CPA**" to:

Chesapeake Paddlers Association, 2157 Collingwood Lane Frederick MD 21702

Cold Water Clinic (Continued from page 1)

also may cause a heart attack. Keep the victim horizontal and calm. Don't rub the victim's skin. Gently and slowly pat the victim dry. Remove all the victim's wet clothing (the victim's skin will be red). Protect the victim from moving air (convective heat loss) by wrapping the victim in blankets or a large plastic bag. Do not put heat packs on the victim (heat packs will burn the skin). If the victim remains conscious and is shivering, give the victim food or drink that is high in calories. And of course, call 911.

For more information go to <http://www.coldwaterbootcampusa.org/facts.shtml>.

Recommended Reading: *Lost Person Behavior: A Search and Rescue Guide on Where to Look - for Land, Air and Water* by Robert J. Koester

Thanks to Suzanne Farace for organizing the event; to Dave Isbell and Dave Young at Annapolis Canoe and Kayak for giving us a place to meet; and to Jenny Plummer-Welker, Greg Welker, Dave Isbell, and Kurt Thiel for spotting us during our cold water test. A special thanks to Mario Vittone for sharing his knowledge and experience with us.

More photos online at <http://www.facebook.com/media/set/?set=a.16308803789852.33744.156930601072139&type=3>



The lecture portion, Mario Vittone and class photo by Jenny Plummer-Welker

CPA Insurance Purchase Completed By Jay Gitomer

As of January 1, 2012, CPA will be an insured organization. We have purchased general liability insurance from an insurer who specializes in water sports and has several organizations like CPA on its client list. Our policy covers all members while they are participating in CPA-sponsored events. This means that if a paddler gets hurt on a trip, his or her medical bills will be covered. It also means that if that hurt paddler sues the trip leader and/or other paddlers, the insurance will pay for legal defense for those individuals.

What does this mean for the club? Hopefully, we will have more people willing to lead trips and captain piracies. The exposure to risk has been mentioned many times as a reason that people choose not to lead. If that describes you, I hope you step up and volunteer to run some trips in the coming season. We need more trip leaders to keep the club lively.

This also means that we will have to be highly diligent about collecting waivers on trips and running trips according to stated CPA policies on gear and procedures. If legal action is taken against CPA, the insurance underwriters will require a good paper trail to show that we have safety practices in place and that we adhere to them.

We will also have an easier time renting pools. Many pools require that renters have insurance, a requirement that we will now meet.

How is the insurance being funded? Currently, we have a surplus in our treasury. If you attended the general meeting, you already know that the reason we have a surplus is that when the club introduced multi-year memberships a few years ago, a lot of people paid for a few years in advance. We have also received some donations, which we cannot count on receiving in the future. So, while we have money now, we can't spend our funds as if we will have an even pattern of revenue each year. At some point, we may have to discuss raising the dues by a few dollars; right now, membership is \$10/year and the insurance cost is about \$4.30/year per member. For now, however, we can pay for this insurance out of the funds we have in the bank and we plan to continue to do until the amount we have in the treasury is closer to the amount we need to keep each year to cover our regular expenses.

What should a member do in case of an incident? If something happens on a paddle and you are involved (even as a witness), then follow the same procedure that CPA already has in place: Comply with emergency personnel. Do not talk to anyone beyond providing necessary information for emergency personnel. Call the coordinator right away. Write down an account of what happened as soon as you can and get a copy to the coordinator.

And, finally.... I'd like to thank those who were involved in this lengthy and sometimes frustrating process. We talked to a number of different insurance agents and looked at a variety of policies. It was hard to find an agent who understood what we needed and it was hard to find an underwriter that would even consider insuring a watersports club. Rich Stevens and Dorothy Guy are two people who contributed greatly to this effort. Thanks, Rich and Dorothy, for your work!

The insurance agent : SportUnderwriters.com Inc. A DIVISION OF SPORT AND SPECIAL EVENT INSURANCE AGENCY USA
info@sportunderwriters.com

The underwriters: Employers Fire Insurance Company & National Union Fire Ins. Co. of Pittsburgh, PA

Please contact CPA Coordinator Jay Gitomer who is the liaison for the insurance, for further info.



Treasurer's Report

An issue that has come up at the annual meeting for the last several years and was raised again this year is the size of the bank balance maintained by the club. CPA Treasurer Rich Stevens composed this explanation after the annual meeting, and a summary of the complete financial report is included below.

One of the reasons for the large surplus is the fact that we introduced a dues plan that gives a significant savings, not to mention the convenience, of multi-year memberships. A lot of people have been paying for three or four year memberships, and so we expect to have a lot less money in terms of dues accruing in future years. Dues are really our only significant source of income.

We don't charge for trips and activities with the exception of SK101 and SK102, and try to run these at close to break even. We had an unexpected surplus for SK102 this year due to significant savings in food costs, due to better estimating needs and going to some lower cost items, as well as other savings. We will be discussing what we charge for next year soon, although retail food costs have increased significantly. Other activities such as Gear Day, the Cold Water Workshop, SK103, Paddleclash, etc. are fully subsidized by CPA. The Greenland Paddle Workshop only charges for materials. Logo gear is sold at cost and some of these items have been given away as thank you gifts to volunteers, instructors, and presenters. We also cover expenses incurred by the people who host the annual trip planning meetings.

At the Annual Meeting, I mentioned that many of our major expenses for the year come in the last two months of the year, after the Annual Meeting financial report. This year, in response to liability concerns that many of our volunteer instructors, trip leaders, officers, and Steering Committee members had (one Steering Committee member resigned over this issue), we now have liability insurance. The cost for the coming year was \$2,738, and like most insurance can be expected to increase each year. The Piracies generally take their annual stipends in December, and this year was no exception, spending \$1,520 so far. The Annual Meeting spent \$309.50 for food and room rental and \$484.86 was spent on equipment for Club use. CPA library acquisitions totaled \$473.20 after the Annual Meeting. We are planning on applying for a 501(C)3 tax status next year, which could cost a fair amount with filing fees and legal assistance.

The updated financial report will be posted on the Club web site, hopefully sometime in January. The Club is on a calendar year fiscal reporting basis. I also have to file state and federal returns. As far as quickness, sometimes you get what you pay for, but I do try and get things done as expeditiously as time allows.

As far as what else we could be spending money on, we are always looking for ideas. The idea of contributing to charities has frequently been discussed, but it has always been nearly unanimously decided that any funds should be spent on our members or on the interested public for educational opportunities such as the Cold Water Workshop, the SK series, safety publications, and other events. Of course, all of these require a lot of sacrifice, time, and effort from our volunteer members. It was thought that, with our diverse membership, there would be no universally agreed to charity and that people would rather donate on their own.

I have sent this reply to the whole Steering Committee so that they might further comment if they like and to see that your concerns are addressed. It's not just Jay and I who make decisions on spending. You can feel free to post this or any other concerns or suggestions that you may have on the public forums, as the direction that the Club takes is something that the entire membership should be involved in.

Chesapeake Paddlers Association, Inc.
2011 Annual Financial Report
[excerpts, all figures rounded to nearest dollar by Editor]

The Chesapeake Paddlers Association, Inc. continues to be in good financial shape. Our cash on hand increased by \$945 or approximately 4.4%, from \$21,475 to \$22,420. This amount includes \$21,901 in the CPA bank account and \$519 in the PayPal account, and covers the calendar year. This is considerably less than the \$27,250 reported at the Annual Meeting. As explained at the time, many of our larger expenditures occur in the last two months of the year, and income also falls.

These late year expenses include insurance costs (\$2,738), piracy expenditures (\$1,520), the new Cold Water Workshop (\$200), and the Annual Meeting (\$310). We still have not received a bill for the rescue floats, and expect a large printing bill in the next year for printing a new membership brochure.

At this point we are probably very close to a breakeven point, and if dues fall for another year with the multi-year membership option, may be slightly below it. If the charitable donations that we currently receive from The Bay Bridge Swim and the Columbia Triathlon were to go away, we would definitely be operating at a loss. Hopefully dues income will increase as current multi-year memberships expire and are renewed again. We should expect, however, that most expenses, especially insurance, will continue to increase.

Some of this year's highlights are the following:

- **Beginning balance** for this year was \$21,475. The ending balance was \$22,420 for an increase of \$945 or 4.4%. Last year the increase was \$4,815 or 29% due to the relatively new multi-year membership option.

- **Membership dues** collected, \$5,531. PayPal fees were \$218 for the year, which includes payments for SK101 as well as dues. In 2010 we collected \$6,294 in dues. The decrease of \$763 is probably due to the increase in people who took advantage of the multi-year discounts. We had large increases in the first couple of years that we instituted this with a relatively small increase in membership.

- **SK101** income was \$1,850. Expenses for room rental and food were \$1,456, with a profit of \$394. Last year there was a net loss of \$365. Another \$200.00 was paid 11/4/2011 for the room deposit for 2012.

- **Freya Hoffmeister** event coordinated with EMS to bring this world class paddler to the area for a talk on her exploits in 2009. The last of the expenses were paid in January of 2010. Income was \$745 and expenses, consisting of a payment to Freya, were \$975 for a net loss of \$230.

- **SK102** income was \$3,810. Expenses for food, port-a-johns, insurance, instructor gifts, etc. were \$2,003, for net profit of \$1,806. The previous year the net profit was \$477. The increase was due to a larger paid attendance while expenses remained nearly the same.

- **CPA Gear Day** expenses for picnic supplies were \$33. Organized by Suzanne Farace with many other members helping, this was a free event for members and the public sponsored by CPA. Last year expenses were \$100.

- **Greenland Paddle Workshop** was organized by Nelson Labbe and Gina Cicotello. Expenses were \$556 for wood and other materials. Income was \$430, for a net loss of \$126. Last year there was a net profit of \$19.

- **Donations** received totaled \$1,100 for our support of the Chesapeake Bay Swim (\$750), the Columbia Triathlon (\$300), and a donation from Suzanne Straub in memory of Alan Avery, one of the founding members of CPA (\$50).

- **General printing and mailing** expenses, including post office box, the Newsletter, postage, stationary, membership cards and brochures was \$1,678. The Newsletter alone was \$1,178 or 70% of the total. Thanks to Ralph Heimlich and Mark Woodside for these tasks. Last year this was \$1,023. We received \$144 in ad revenue for the newsletter. Post Office box rental was \$116.

- **Logo gear** was ably handled by Béla Mariassy. Expenses for new gear, \$1,275. Sales for the year to date were \$1,256. Bela gave a full report on the logo gear at the 2011 Annual Meeting.

- **Maryland Trip Planning Meeting** was hosted by Susan and Rich Stevens. Paper goods and other expenses were \$15.

- **Annual Piracy Expenditures**, Pier 7 \$885, Pirates of the Potomac \$135, and Pirates of Baltimore \$220 for a total of \$1,520. A member check for the \$10 overage in Pier 7's allotment was deposited 1/5/2012.

- **Bank Expenses** were \$112 for checks and deposit slips.

- **Annual Meeting Expenses** were \$310 for room rental and food.

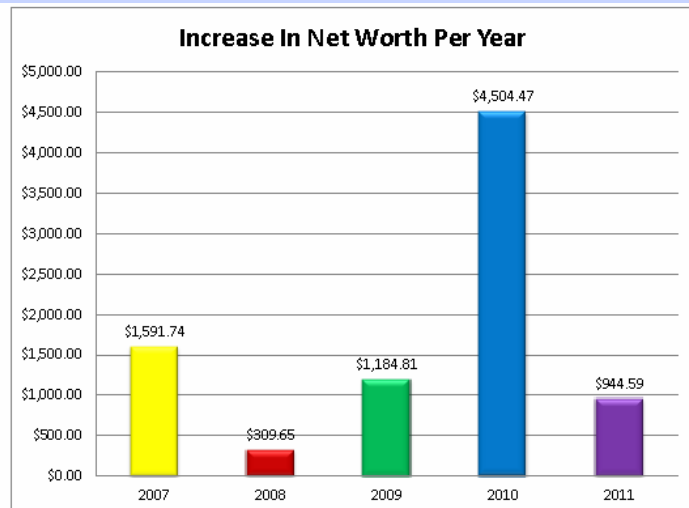
- **The Cold Water Workshop Expenses** were \$200, \$151 for food and \$49 to reimburse Mario Vittone for travel expenses.

- **Equipment Expenses** were \$485. Through Brian Blankinship's initiative, we acquired a commercial type gas grill for SK102 and other Club events. Cost was \$419 for the grill and propane tanks. Another \$66 was spent to replace the battery pack on a Club VHF radio.

- **Library Additions** were \$473.

- **Liability Insurance** was \$2,738.

Any questions, please contact me at Treasurer@cpakayaker.com. The full report is posted online at [http://www.cpakayaker.com/uploads/resources/2011%20CPA%20Bank%20Account%20\(Complete\).pdf](http://www.cpakayaker.com/uploads/resources/2011%20CPA%20Bank%20Account%20(Complete).pdf)



Richard Stevens
Treasurer
Chesapeake Paddlers Association, Inc.
1/8/12

SK 101—Introduction to Sea Kayaking A Winter Workshop Presented by the Chesapeake Paddlers Association, Inc.



Classroom presentations

A one-day introductory course on the basics of sea kayaking. Experienced paddlers will speak about kayak and paddle design, including how to choose the right ones for you, what equipment you will need to start paddling, the basics of safe paddling, how to find people to paddle with, interesting places to paddle, and other, related topics of interest. Kayaks, paddles, equipment, clothing, car rack systems, and a variety of kayaking gear will be on display. Although this event is primarily for the newer paddler, or those interested in getting into the sport, everyone is invited to come and expand their paddling horizons.

- What:** An introduction to sea kayaking
- Hear presentations on types and uses of boats, paddles, safety, and gear
 - Learn where to paddle
 - Find potential paddling partners
 - See displays of kayaks, paddles, car racks, safety and other paddling gear
- When:** Saturday, March 10, 2012, 8:30 AM – 3:30 PM
- Where:** West River Center
5100 Chalk Point Road
West River, MD 20778
- Cost:** \$25/person This cost includes light breakfast and lunch. This event usually sells out, so everyone **must register in advance**. Walk-in registrations will not be available.

Directions to West River United Methodist Center

- **From Baltimore and Annapolis:** Take I-97 South to Rt. 50 East. Go 1/4 mile (approx.) to Rt. 665 (Aris T. Allen Blvd.). Follow Rt. 665 to Rt. 2 South (Solomons Island Rd.). After crossing the South River Bridge, turn left at the fifth traffic light (Rt. 214). At the second light, turn right onto Rt. 468 (Muddy Creek Rd.). Follow Rt. 468 for 8 miles. Turn left onto Chalk Point Road. (Landmarks at this intersection include a BP station and a convenience store).
- **From Washington:** Take Rt. 4 to Rt. 258. Follow signs toward Deale. Proceed on Rt. 258 - go straight at intersection of Rt. 258 and Rt. 2. Rt. 258 will end at Rt. 256. Turn left. Rt. 256 will end at Rt. 468. Turn left again, proceeding on Rt. 468 for approx. 100 yards. Turn right onto Chalk Point Rd. (between the BP station and a church). Follow Chalk Point Road for 1 mile, turn left into West River Center.

Registration form on the other side



Comparison of kayak types



Rack, Boats, Paddles, Gear and more

Chesapeake Paddlers Association, Inc.,
www.cpakayaker.com

CPA is a completely volunteer-run organization. The mission of the Chesapeake Paddlers Association is to promote safe sea kayaking and safe paddling practices through the education of the local sea kayaking community and the interested public. Club activities may include, but are not limited to kayak trips, kayak camping trips, instructional workshops, informal weekday evening paddles, and any other activities consistent with the mission that members of the club wish to organize.



Registration: Apply to register in SK101! Space is limited and available on a first come, first serve basis. You are confirmed only if PAYMENT IS RECEIVED and you receive a return email or phone call. Walk-ins are not permitted. **Registrations will be accepted until March 2, 2012.** Applications received after the workshop is full will be placed on a waiting list. Use the form below or register on-line at <http://www.cpakayaker.com/index.php?page=sk101-registration>

REGISTRATION FORM

Your Name: _____

Your Email: _____ Your Phone #: _____

Address (Street, Town, State & Zip Code)

How did you learn about this workshop? _____

Have you attended SK101 before? When? _____

I have kayaking experience: Yes / No If "Yes", what kind, how long?

Would you prefer a vegetarian option if offered? Yes/No

Registration deadline is March 2, 2012

If you have any questions, please contact us at
CPASK101@aol.com or 410-446-5991.

Mail this form and your check for \$25 per person to:

CPA Kayaker
 P.O. Box 23671
 Baltimore, MD 21203

Or register on the web at <http://www.cpakayaker.com/index.php?page=sk101-registration> and you will be sent the directions on how to pay using PayPal®.

Note: You are confirmed ONLY if PAYMENT IS RECEIVED and a slot is available. You will receive a return email or phone call confirming your registration. If you do not receive an email or phone call, you HAVE NOT been registered.

Cancellations: No refunds will be issued for cancellations received after March 2, 2012. Please be sure to contact us if you know you won't be able to attend so that someone on the waiting list can benefit.



Places to paddle

Former Eastern Shore Audubon Sanctuary Preserved—May Have Public Access

Businessman and former Anne Arundel County executive Robert A. Pascal donated a permanent conservation easement on the former du Pont family hunting preserve near Bozman in Talbot County to the State of Maryland in December 2011. Development rights were given up on Point Pleasant Farm, a 950-acre former National Audubon Society sanctuary with eight miles of shoreline in Talbot County. In an unusual move, Pascal may grant limited but free public access to the property. It remains to be seen whether kayak launching could take place on the property. The property won't be a park, but the public will be able to use it by appointment for hunting and fishing, bird-watching, canoeing, kayaking and possibly camping, officials say.

State Natural Resources Secretary John R. Griffin noted that there had been anxiety over the fate of the property since the Audubon Society sold it. The society had been given the former hunting preserve in 1997 by Jean Ellen du Pont Shehan and kept it as a wildlife sanctuary open to the public on certain weekends until funds for upkeep ran out. Read the full Baltimore Sun story at http://www.baltimoresun.com/news/breaking/bs-gr-shore-easement-20111221_0,4946359.story



Potomac River Swim Needs You!!

The 2012 Potomac River Swim for the Environment will take place on June 2, 2012. See <http://www.potomacriverswim.com> Support kayakers are needed! Kayakers play an important role supporting the swimmers attempting the 7.5 mile crossing. Kayakers get the following in their roles as supporters of the swim:

- The opportunity to make new friends and kayak in a beautiful and historic venue
- Two nights camping at Point Lookout State Park
- Pre-swim supper
- Post-swim picnic
- COOL T-shirt

So far the following individuals have volunteered to kayak: <http://artemis.crosslink.net/~cherylw/pot-kayaker-entry2012.htm>

Please contact [Cheryl Wagner](mailto:Cheryl.Wagner@pointlookout.com) or 202-387-2361 for more information.

Proceeds raised by the swimmers benefit:

Chesapeake Bay Foundation	Southern Maryland Sierra Club
Potomac River Association	Interstate Commission on the Potomac River Basin
The Potomac Conservancy	West Virginia Rivers Coalition
Eastern Shore Land Conservancy	Ridge Rescue
St. Mary's River Watershed Assn.	Friends of the Shenandoah River

Live Ordnance Found at Newtowne Neck State Park, Leonardtown, MD

The U.S. military and local authorities warned beach front land users in southern Maryland to be alert after seven live military rounds washed ashore at Newtowne Neck State Park in Leonardtown, Maryland. Found on New Year's Day, the ordnance is 3 inches in diameter and about a foot long. A Maryland Department of Natural Resources news release said the three agencies are looking for more explosives. The park has been closed until agencies determine the area is safe for public use. Newtowne Neck State Park fronts the Potomac opposite St. Clements Island, St. Clement's Bay and Breton Bay. For the full story, see CNN at http://edition.cnn.com/2012/01/06/us/maryland-beach-live-rounds/index.html?hpt=us_c2



From the 2012 Calendar—January, Barre Terre, Great Exuma Island, Bahamas *photo by Hank McComas*

Inside our January 2012 issue:

- Cold Water Survival and Rescue
- Winter Update/Spring Activities
- CPA 2012 Virtual Calendar NOW Online
- SK102 Skills Workshop Coming in April
- CPA Insurance Purchase Completed
- 2011 Treasurer's Report (Complete)
- SK101 Coming in March
- Talbot County Preserve Preserved
- Beach Bombs at Newtowne Neck State Park

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

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REMINDER: Please check your mailing label for your membership expiration date. If you receive the newsletter electronically, you will receive an e-mail reminder prior to your membership expiring. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.