

# Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 19, Issue 2

March 2009

## 2009 Chesapeake Paddlers Association Schedule Has Something for Everyone

The fruits two well-attended planning meetings held in February and March in Maryland and Virginia are now on the CPA calendar at <http://www.cpakayaker.com/events.html> and briefly listed on page 4 through 7. A wide selection of day trips, car and kayak campers, races, instruction, and other events jams nearly every weekend and offers plenty of paddling for every skill level and interest. If you can't find just what you want—lead it yourself! It's never too late to add events to the calendar and you should check online throughout the season for new entries and changes in schedule that invariably take place.

The list below is a teaser—you need to check the calendar on line to lookup the details of exactly which dates, who is leading the trip, where to contact them, etc. You can also download a copy of the 2009 CPA Virtual Calendar with the trips annotated (see page 5), but this is a handy list for starting to plan your own paddling calendar.

Start Date	Event	Skill Level
March 27, 2009	Non-CPA Event: Jersey Paddlesport 2009	All
March 28, 2009	Eastern Neck 2009 01	Intermediate
April 4, 2009	Pax River Cleanup	All
April 4, 2009	Mason Neck State Park Clean-up	All
April 5, 2009	National Cherry Blossom Festival Paddle and	Advanced Beginner
April 17, 2009	Dismal Swamp/Lake Drummond, VA Kayak Kamper	Advanced Beginner
April 18, 2009	Kent Island Practice Paddle (KIPP) Fourth Season 01	Intermediate
April 18, 2009	Occoquan Water Trail Clean-up	All

*(Continued on page 4)*

## SK102: Award-Winning On-Water Sea Kayaking Skills Clinic Returns



Imagine over 100 kayaks, paddles and other assorted gear you can try. Instruction from some of the area's best instructors, all volunteering to provide YOU with free lessons. Add a barbeque and bon fire and you know it's going to be a great weekend.

That's SK102, the annual On-Water Sea Kayaking Skills Clinic at Lake Anna, and winner of the ACA's J. Henry Rushton Award for advancing paddlesport. The skills clinic is designed with the new paddler in mind, but includes some "higher level" classes as well. Courses range from an introduction to boat design through advanced rescues, from basic strokes to classes in Greenland or Wing paddle techniques. The schedule of events is on [page 9](#)

This is not commercial instruction. The fee collected goes towards expenses. If you are an American Canoe Association member, you can save the insurance fee. The only way to register is using the form in this newsletter on [page 8](#). But don't delay—SK102 usually fills quickly.

For the latest information check out [www.cpakayaker.com/forums](http://www.cpakayaker.com/forums) under Events, SK102.

## 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.



Bob Pullman, Sue Bauer, Debbie Schmiel, Rich Stevens and Bill Upton at Thomas Point on March 8 photo by Ralph Heimlich

## SCHEDULE FOR 2009 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
April 2009	March 15, 2009
May 2009	April 15, 2009 (TAX DAY!)
June 2009	May 15, 2009

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](mailto: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

## Officers:

**Coordinator**—Dave Biss, 703-241-0036, [coordinator@cpakayaker.com](mailto:coordinator@cpakayaker.com)

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**Georgetown Pirate Committee**—Cyndi Janetzko, Dave Biss, 703-241-0036; [pirates\\_georgetown@cpakayaker.com](mailto:pirates_georgetown@cpakayaker.com)

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

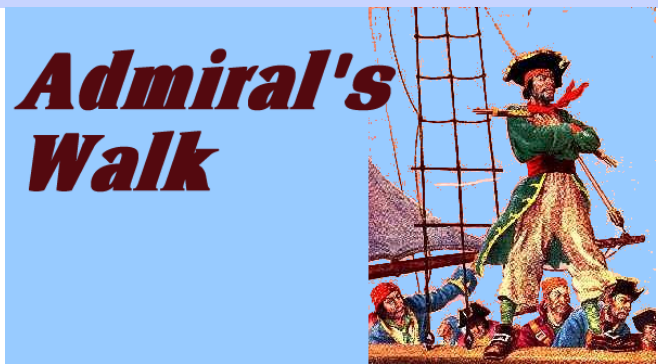
**NEW: Membership is now \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years.** Send checks or changes of membership information to CPA, PO Box 341, Greenbelt, MD 20768. DO NOT send them to the newsletter editors.

**DEADLINES:** Closing date for articles, trip reports, information and advertisements is the 15th of the month prior to the next issue. The editors retain the right to edit or not to print any submitted material. See advertising information in the Classifieds section.

*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.*

## Some Chilly Food For Thought

One of our most talked about club events is happening this month. The event is aimed at helping to introduce those new at paddling to the concepts and skills of sea kayaking. This year, one of planners of the event stumbled upon a video that simply screams for attention by those attending the event. This video is produced by a doctor and professor in Manitoba who specializes in exercise-related and environmental medicine, and thermo-physiology. Lots of big words I know, but to the uninitiated kayaker (if you have not seen it coming yet), it is all about cold water immersion.



If you are new to paddling let me tell you straight up now that the phrase "cold water" gets the same reaction to a sea kayaker as might the phrase 'hot tip' would to an investment guru. When you start talking about it, you have got their attention. All sea kayakers have opinions about cold water: Is it good to paddle in?, is it bad to paddle in?, What to wear when it's cold, What to have with you?, What are the results of exposure?, and much more. And we are all correct being so concerned about this subject. Cold water is a sea kayaker's number one nemesis. The most accidents, and specifically the most fatalities in this sport are due to cold water. No question about that.

Enough now about that. No, I wanted to mention this video. Not because it will tell you everything you need to know to prepare yourself for paddling in or the inevitable immersion in cold water. Actually it will tell you very little about this. What the study does, is approach the topic with a new and fresh angle. And while they are at it, the people in this study do spend a lot of time looking at the effects of cold water, finally reaching a conclusion which, although not new, is presented in such a way as to drive home to me a completely new respect for what can happen to me when I am paddling in the winter.

Not long ago, if you came to me and said COLD WATER, I would start telling you about protecting your core temperature in cold water. When it drops too low: We call it hypothermia. Hypothermia this...hypothermia that. Loosing your core temperature is the reason we dread the cold water. A fictitious paddler goes out on a warm spring morning, paddling in summer gear when the water is still 45 degrees. He/she falls over while retrieving the water bottle that slipped off the deck and capsizes. It was too long since practicing those self-rescues and it takes too long to get back in the boat. Before long, their core body temperature drops, uncontrollable shivering starts, and hypothermia gets a solid grip on this paddler. But what always puzzled me was how did this hypothermia get this paddler? How long does it take? Will it happen fast? Before I could find a way to get back into my boat? Before I could swim to shore? I have been out in the cold for a long time, and I have been cold, but have I ever been hypothermic?

This is where the twist comes in. The new revealing conclusion from this fast-paced exciting study of real people jumping into real cold water was not that body temperature drops were the culprit, but that there are other, more subtle effects that lurk back in the description of hypothermia (i.e. cold exposure) that got their volunteers first. Any guesses?

When you fumbled with your dry-suit zipper enough that you finally asked someone to pull it for you. When your dexterity was shot due to the chilly-ness—That is what this study concluded.

**"All [the immersion volunteers] had was cold muscle tissue which didn't work. They were not hypothermic!"**

Think about this when you watch this study. Notice the point where the "campers" are asked to perform some basic tasks related to kayaking, like using a radio after being in the water for 5 or 10 minutes. They had trouble. They failed! In 5 or 10 minutes!

Not being able to work a radio, or keep treading water, or to get back into the kayak! That could spell trouble. That is pretty specific. I can understand now. And I know exactly how to describe this to the next semi-interested new paddler who makes the mistake to ask about cold water. I have cold-hard experiences to draw on for this conclusion.

Well to wrap it up, now that we know what the real facts are about what happens to one in cold water that could be dangerous, what did this video study tell us afterwards to help us deal with the danger? Did they give answers? Yes, but it was everything that we know and practice already: Prepare for the cold, Wear the correct clothing, Paddle with buddies, Plan your trip, Don't push the experience, and Wear your PFD. Oh, and watch some cool videos when you know it is too cold to be out. Maybe you will get some food for thought to feed your spring time paddling.



See you on the water, soon!

Dave Biss  
Coordinator

P.S. The video is online at [http://www.cpakayaker.com/newsletter.html?article\\_id=116](http://www.cpakayaker.com/newsletter.html?article_id=116) At the bottom of the column.

Start Date	Event	Skill Level
April 19, 2009	Fast Paddle @ Fountainhead Regional Park	Advanced Beginner
April 19, 2009	OWL Bull Run Virginia Bluebell	Advanced Beginner
April 24, 2009	Assateague Island Kayak Kamper	Intermediate
May 1, 2009	SK102 - 2009	First Timer
May 2, 2009	Non-CPA Event - Chesapeake Bay Paddlefest	All
May 8, 2009	Tuckahoe River Car Camper	Advanced Beginner
May 9, 2009	Kent Island Practice Paddle (KIPP) Fourth Season 02	Intermediate
May 16, 2009	Piscataway Creek Paddle	Beginner
May 17, 2009	Thomas Point Lighthouse from Galesville	Advanced Beginner
May 23, 2009	Chestertown Tea Party Festival Paddle	All
May 29, 2009	Potomac River Swim	Advanced Beginner
May 30, 2009	Kent Island Creek Beginners Paddle	First Timer
May 31, 2009	Kent Island Creeks Beginner Paddle part 2	Beginner
May 31, 2009	2nd Annual CPA Gear Day	All
June 5, 2009	Point Lookout Car Camper	Advanced Beginner
June 6, 2009	Kent Island Practice Paddle 03	Intermediate
June 6, 2009	Ghost Fleet of Mallows Bay from Quantico	Advanced Beginner
June 7, 2009	Marshall Hall to Pamunkey Creek Paddle	Beginner
June 13, 2009	Patuxent River, Benedict to Cedar Haven Paddle	Beginner
June 13, 2009	Non-CPA Event: Paddle for the Cure	First Timer
June 14, 2009	Chesapeake Bay Swim	Advanced Beginner
June 19, 2009	Nassawango Creek, Pocomoke River Car Camper	Advanced Beginner
June 20, 2009	Fort Smallwood Paddle	Advanced Beginner
June 26, 2009	Elk Neck Car Camper	Advanced Beginner
June 27, 2009	Havre De Grace Paddle	Advanced Beginner
June 27, 2009	Fort Smallwood to Leesylvania, Potomac Car Camper	Advanced Beginner
July 4, 2009	4th of July Paddle	Beginner
July 10, 2009	Matthews County, VA, Gwynn Island Car Camper	Advanced Beginner
July 11, 2009	Kent Island Practice Paddle (KIPP) Fourth Season 04	Intermediate
July 11, 2009	Maryland Swim For Life Swim Support	Advanced Beginner
July 12, 2009	Tridelphia Reservoir Beginner Paddle	Beginner
July 18, 2009	Fort Washington Marina Moonlight Paddle	Advanced Beginner
July 18, 2009	Nangjemoy Paddle from Friendship Landing	Beginner
July 19, 2009	Bear Creek Paddle	Beginner
July 24, 2009	Janes Island Car Camper	Advanced Beginner
August 2, 2009	St. Clement Island Paddle	Advanced Beginner
August 8, 2009	Kent Island Practice Paddle 05	Intermediate
August 8, 2009	Governors Cup Post Sail Paddle	Advanced Beginner
August 14, 2009	Belle Isle, Virginia, Car Camper	Advanced Beginner
August 23, 2009	Iron Girl Triathlon Swim Support	Advanced Beginner
August 29, 2009	Kent Island Practice Paddle 06	Intermediate
August 29, 2009	Marley Creek Paddle	Beginner
August 30, 2009	Chester River/Morgan Creek Paddle	Beginner

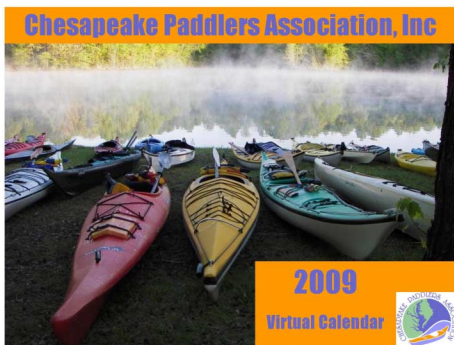
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## Minutes of the Steering Committee Meeting February 8, 2009

1. Attendees at SK101 will receive a CPA decal if they join.
2. SK102: Brian relayed that SK102 must end at Lake Anna because our hosts are retiring and moving. Dave suggested it should continue, but be better. Some ideas discussed were:
  - Rent a facility and do the weekend. Continue the classes.
  - Brian offered to assist or run it if no one else was willing to run it.
  - Insurance may still be an issue, handled through association with ACA.
  - Motion: Do an overnigher event at a place like Camp Letts or WRC, Mayo Beach Park is another possibility
  - Give the course a new plain-language name
  - Formed an official Skills Clinic subcommittee to investigate, Brian chairs.
3. New dues scale for membership approved: \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years  
Sue Bauer will backdate those who recently joined and give extra weeks.
4. CPA logo gear.
  - Motion to buy high tech shirts - long sleeve
  - Long sleeve, high tech fabric (Cool Max or similar) from Open Aire Sports \$11-12 each for 500
  - Peter Harris help design
  - Buy some that say CPA Volunteer (look like the rocker?)
5. Consider a new patch design. Keep the same logo, maybe not on the patch.
  - Sue Bauer will talk to Laurie Steele (Bob Pullman),
  - At this point, holding off on purchasing more patches.
  - Will look at ordering 250 now.
6. Ed and Dave to reword the CPA Mission statement to obtain 501C(3) status vice C(4).
7. Suzanne Farace suggested we get Directors and Officer's Insurance. She will look into the cost.
8. Bill Dodge is turning 80. Might be nice to recognize this as a CPA event. CPA will give a T shirt signed by members.
9. Motion for life membership. Criteria are that a member have at least 10 years of membership and paid \$200 total in dues to become a life member.
10. Motion to take out a certificate of deposit for some of the club's funds. Rich is having trouble finding a good deal for a corporation. Ed will help find something.
11. SC Meeting closed at 12:12, followed by the Maryland Planning meeting.

Recorded by Brian Blankinship



## CPA Virtual Calendar Debuts

<http://www.cpakayaker.com/downloads/newsletter/2008/CPACalendar2009.pdf>

For those of you that missed all the excitement because of Christmas, New Year's Eve or other mundane activities like that, the competition for the best Baker's Dozen photos to grace the CPA Virtual Calendar was fiercely contested in the last hours of 2008. The winner was Jenny Plummer-Welker's ethereal photo of kayaks resting before SK102 at Lake Anna and the runner up was Jesse Aronson's chilling Ice Pirate photo that graced the January spot. To follow the blow-by-blow, go to

<http://www.cpakayaker.com/forums/viewtopic.php?t=3588>.

To download your very own copy of the CPA Virtual Calendar for 2009, go to

<http://www.cpakayaker.com/downloads/newsletter/2008/CPACalendar2009.pdf> and keep taking pictures for the 2010 edition, which we may actually print (maybe, could be).



## Christmas in the Everglades

By Peter Henry

I organized a group trip to explore Florida Bay in Everglades National Park and the Middle Florida Keys. We were on the water for 6 days, starting in Flamingo and heading across Florida Bay and down the Keys ending at Grassy Key. We covered nearly one hundred miles and got a taste of the Everglades, Florida Bay and the Keys.

I started planning our trip in the beginning of December. I reserved camping in Flamingo and in the Keys. Unfortunately, none in the first party were able to go for various reasons. A real bonus of belonging to CPA, I was able to get five club members to sign on in the week before Christmas, leaving on the 26th. In the end Brian Blankinship, Yvonne Thayer, Frank Day and Jim Zawlocki joined me. The drive down took the better part of two days. We met in Florida City and got ourselves set up in the Flamingo campground at dark on the edge of Florida Bay.

Our first task in the morning was to get a backcountry permit for the Everglades. This can only be done in person and since it was the busiest time of the year, there were no spots available inside the Everglades proper. Adjusting our plans, we decided to do a short paddle inside the swamp for the experience, so we headed for the Hells Bay Canoe Trail which is one of the most narrow and twisting trails in the South Everglades. We spent several hours maneuvering the tight turns of the waterway as it passes through a mangrove thicket that ended in several little bays. We were surprised there to find dolphins on the hunt which we enjoyed watching. Having reached our turnaround time, we reluctantly headed back. After returning to Flamingo in the afternoon, we paddled from the campground west along Florida Bay to where it meets the Gulf of Mexico at East Cape. The wide beach there made for a great place to spend the night. There was a good breeze in the evening that kept the bugs at bay, and we ate our dinner out under the stars.

On the second day we awoke early to no wind and a hoard of no-see-ums. We had come prepared with bug spray and head nets but the group got to have a true Everglades experience, at least this morning. After a quick pack-up, we returned to Flamingo, which was 10 miles back, while making a few stops to explore old canals that penetrated the Everglade swamp. Both inside the canals and along the shore we saw many interesting birds. At our final approach to the campground we were stymied by the low tide and forced to wade through shoe-sucking muck for the last 50 yards. That was a good lesson in traveling by boat in ooze. After bathing in the dish sink in order to remove the slimy mud from our clothes and ourselves, we shuttled cars to our take-out at Grassy Key in the Middle Keys. On the way we met Frank Day who had opted out of the interior everglades experience.

The third day was in many ways the true start of our extended trip. Luckily for us, the weather was perfect. It was mostly a windless day, with clear skies which made for good paddling weather for the long open water crossing ahead of us. We headed south out of Flamingo across Florida Bay. Paddling many miles past small keys and over grassy banks that were so shallow that the grass rubbed the bottom of the kayaks, we arrived at our destination: Little Rabbit Key. The key, which is located in the middle of Florida Bay, is half way between Flamingo and the Keys. It was far from lights and cars and just a beautiful place! A flat island with trees around it's edge and a field in the middle made for secluded camping. It would be buggy in the wet season, but was bug-free now, so we lounged late into the evening around a campfire. Since it was surrounded by a trench of deep water with lots of tidal flow there were many great fish to see.



For the 4th day, we left Rabbit Key heading ever southward across Florida Bay. Paddling guided by distant islands and mostly in deeper water, we still had perfect weather with a light breeze and clear sky until we reached Lignumvitae Key. Here we stopped to admire a historic residence and the surrounding grounds. Then we went east over the beautiful blue waters to Shell Key, which has

*(Continued on page 7)*

(Continued from page 6)

an interior lagoon surrounded by mangroves. We traveled the length of a mangrove tunnel that twisted and turned until we could go no more, not really knowing if we had reached the lagoon, but enjoying being in such narrow spaces. From there we paddled the last few miles, crossing over into the Atlantic Ocean and along the shore to Coconut Cove Resort, where we spent the night. After setting up camp, a group of us headed two miles out into the Atlantic to go snorkeling on a well-known reef, but rough water, an off-shore breeze and the coming darkness encouraged us to turn back before reaching our objective. The evening included going out for a New Years Eve celebration. After champagne and cookies, specially brought by Yvonne Thayer and Brian Blankship, I crashed and completely missed the midnight bell, though some said the fireworks were great.



On day five, we woke to a great sunrise and breakfast on the verandah overlooking the ocean. We headed down the Atlantic Coast, past a still-burning hotel that had caught fire the night before, and by some very nice beaches. We stopped at Indian Key to have lunch. Indian Key was a town prior to an Indian attack in the 1800's. We walked the old streets and relaxed at the lookout tower. Upon leaving we switched back to the bay side, passing through mangrove tunnels. Soon the mangroves gave way to the wide open bay. With a strong tail wind, the waves built into a mild two foot swell that we rode for many miles along the length of a long island and across a large channel. We ducked into the protective harbor of Fiesta Key and it's RV resort. After negotiations with the staff, we finally found a campsite and settled in for a relaxing soak in the hot tub and a few drinks in the bar along with some key lime pie.

Day six, we awoke late to a continuation of the strong breeze. Our initial plan was to explore the wild cost of Long Key State Park, which would of meant paddling in a cross wind and rather large waves. Being rather physically worn out at this point in our trip, we decided instead to paddle on the leeward side of Long Key, which turned out to be an easy trip with the wind at our backs. From there we crossed a wide channel of open water using the old railroad bridge as a wind break. Just before the next island, we went under the bridge through one of the many arches. The tide was rising and there was a strong current coming under the bridge making going under the arch a challenge. On the other side we were met with good sized standing waves that created the most exciting paddling of our trip. Once we cleared the waves and rounded the point, things calmed down quite a bit and we coasted along the shoreline to our final night's destination at Toms Harbor Keys. There, at a primitive camping spot, we relaxed and enjoyed the view of the multi-million dollar homes across the bay and the contrast with our peaceful location. Yvonne and Brian decided to go snorkeling. Jim took a spin around the island and the rest of the crew relaxed in camp. The next morning we started very early in an attempt to beat the outgoing tide, of which there had been a lengthy discussion the previous night. In the end it was just a short portage out to the edge of deep water. From there we went under a bridge back into Florida Bay and around to All Marine Services, where we had left our cars for the long trip home. For more photos, see Peter's full report at <http://web.mac.com/pgharchitecture/iWeb/Keys08/Everglades%20%26%20Keys%20Trip%20Report.html> and Jim Zawlocki's photos at <http://picasaweb.google.com/Jimzzz1/20081227FLPres?authkey=Gv1sRgCLaDtr7H3bvoowE&feat=email#>

(Continued from page 4)

Start Date	Event	Skill Level
September 5, 2009	Patuxent River, Cedar Haven Paddle	Beginner
September 5, 2009	Adirondack Loons Paddling	All
September 11, 2009	Wye Island Car Camper	Advanced Beginner
September 12, 2009	Merrit Point Park/Days Cove Paddle	Beginner
September 12, 2009	Kent Island Practice Paddle 07 (Final)	Intermediate
September 26, 2009	Hart-Miller Island Kayak Kamper	Advanced Beginner
October 9, 2009	Susquehanna State Park Car Camper	Advanced Beginner
October 16, 2009	Tall Pines V 2009	Advanced Beginner
October 25, 2009	Cambridge/Choptank River Paddle	Advanced Beginner
November 1, 2009	CPA Annual Meeting	All
November 6, 2009	Chickahominy River Car Camper	Advanced Beginner
November 9, 2009	Veterans Day	
November 13, 2009	Wildfowl Festival EASTON MD	All

**THE 11th ANNUAL SK102 SKILLS CLINIC, MAY 1-3, 2009**

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, and are posted on [www.cpakayaker.com/forums](http://www.cpakayaker.com/forums) under Events, SK102.

**Cost:** \$35, which covers the cost of the porta-potties, handouts, insurance provided by the American Canoe Association (ACA), and dinner on Saturday night. You will be responsible for all your other meals. You provide your own boat, paddle, spray skirt, and PFD. CPA volunteers conduct the free skills clinic. This is not certified instruction.

For questions or to volunteer: Email: [SK102@BayKayaking.com](mailto: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 last year for lack of space? Yes / No

Did you attend last year? Yes / No

Would you like to be included in the event directory? Yes / No

If you are an ACA member, the fee is discounted to \$30. ACA Membership # \_\_\_\_\_

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](http://www.cpakayaker.com) and look under Special Events, SK102 2009

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

**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 (\$30 for ACA members) check **payable to "CPA"** to:

**Gina Cicotello P.O. Box 1472 Pasadena, MD 21123**



## SK102 On-Water Kayak Skills Workshop Coming in May

By Brian Blankinship

The Annual Skills clinic will be held at Lake Anna again this year, May 1-3. The Registration form is on [page 8](#).

It is with great sadness that I report that Laura Butterbaugh will not be assisting this year. But I have great joy in announcing Gina Cicotello is taking over registration and Yvonne Thayer will handle most of the other administrative tasks. I am so grateful to both of these ladies! Here's 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. Learn Wet Exiting, is the most critical kayak skill for safety—a requirement for attending CPA trips. Learn 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**—Only for more advanced paddlers who have strong bracing skills. Capacity is limited, acceptance will be validated. The best form of rescue is to never exit the boat. Classes are 1:1 to 1:3 instructor to student ratio.





Cyndi Janetsko, Jesse Aron, Jim Zawlocki and Todd Angerhover off Gravely Point, March 7 *photo by Ralph Heimlich*

## Inside our March issue:

- **2009 CPA Schedule**
- **SK102 Returns**
- **SC Meeting Minutes**
- **CPA Virtual Calendar Debuts**
- **Christmas in the Everglades**
- **SK102: Registration Form and Schedule**

### **The Chesapeake Paddler**

Chesapeake Paddlers Association, Inc.

PO Box 341

Greenbelt, MD 20768-0341

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.