



# Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 20, Issue 10

December 2010



## Paddling in Paradise by Bill and Mary Burnham

We are paddling offshore of Big Pine Key in the Lower Florida Keys. Calm water reflects back the azure sky, forming a Caribbean-like mirage. Beneath our hulls, a blue-green field of water frames darker shapes. The surface ripples like some giant's taut muscular skin. With each stroke, we fall into a living tapestry of sky and water.

Everyday can be extraordinary in the Keys. In a kayak you can delve deep into tunneled mangrove creeks where starfish and sponges cling to red mangrove roots. Vast shallow flats alive with nurse sharks, rays and an occasional sea turtle are a virtual aquarium beneath our boats. These shallow tropical waters possess wonders unmatched in the continental United States.

US Route 1 and 40-some bridges link the 100-miles of coral rock islands. Diving and fishing are big draws here, but we prefer to get off the highway onto the Florida Keys Overseas Paddling Trail, for a day trip, and overnight on a primitive island, or our annual 100-mile exodus from Key Largo to Key West.

From a boat you can see up close what you can't in a car—both natural and manmade. It's a treat to paddle beneath the spandrel arches of Henry Flagler's century-old bridges, built to create



Paddling the Keys photo by BurnhamGuides.com

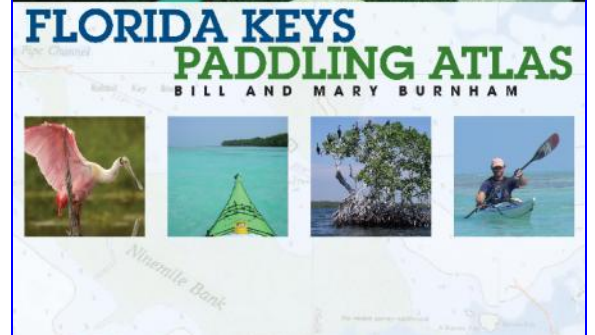
a railroad link between Miami and Key West. One of the best examples is the famous Seven-Mile Bridge. Launch from Marathon, take a rest-stop on historic Pigeon Key, an overnight on a primitive island campsite.

Another place you can't get in a car is the Lower Keys Backcountry, made up of more than 200,000 acres of water and small islands. Birding is phenomenal in this vital nesting habitat for the name-

sake of the Great White Heron National Wildlife Refuge. Royal terns group on sandbars, intermingled with laughing gulls and the odd oystercatcher. A host of herons and



Sunset paddle photo by burnhamguides.com



(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.



**January** Gotta paddle, Gotta shovel, Got the winter blues! Off Benson Branch, a Patuxent tributary photo by Sue Stevens



**Cover, Conowingo Lake, photo by Kathy Haduch**

**Two more photos from the CPA 2011 Virtual Calendar Photo Context Vote until Midnight, New Year's Eve**

**SCHEDULE FOR 2010 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
January 2011	December 15, 2010
February 2011	January 15, 2011
March 2011	February 15, 2011

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 community and the interested public.

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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. 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*

## We Have a Pool!

### (And why you should care)

The steering committee and some helpful members have been working hard to identify new pools. Great news – we've secured Big Vanilla in Arnold, MD, for two Saturdays a month from January through March. Thanks to everyone who worked to make this happen!

CPA has decided to subsidize these pool sessions for this year. We are renting the pool and members will pay \$10 for each two-hour session. The club will cover the difference. This is a stop-gap measure. CPA can't fund a pool like this every year; it's not a reasonable use of the club's funds on an ongoing basis. So we are continuing to look for a more practical venue for the 2011-2012 season.

So why all the fuss? Not that many people use the pool. True—and that's a real shame.

A lot of people think the pool is only for practicing rolling and rescues. But it's not. There's a lot you can do at the pool even if you're not interested in rolling. Some people think that if they don't roll, they're not welcome at the pool—also not true. You're a paddler, you belong at the pool.

You can practice strokes at the pool, including turning strokes, side draws, and brace turns. Using advanced strokes like these will make your paddling a lot more fun. You can parallel park at dock bars! And more practically, you can conduct a rescue a lot faster if you can get to a swimmer faster. The result of knowing these sorts of strokes is better boat control.

If you don't know all of these strokes, ask someone to show you. Just go up to somebody and say, "Hey—can you teach me to move my boat sideways?" Or – "... turn downwind?" Or "... make my boat go in a big S?" The people who attend pool sessions regularly tend to know how to do these sorts of things, and nobody minds helping another paddler. That's part of the fun of the pool.

You may have watched some videos of these strokes and are aware that they exist, or maybe you already know these strokes and are using them out on the water. Either way, try having someone watch you and give you personalized feedback to amp up the effectiveness of the strokes and improve your efficiency.

Once you've nailed the form, develop your muscle memory by practicing in the pool, protected from the distractions of wind and waves. The rule is that you have to do an action 1000 times in order to ingrain it in your mind. That's a lot of times. But if you run through your stroke repertoire a few times at every pool session, you can make a dent in that number. And then when you're out in real water, proper execution of the strokes will be second nature.

So that is the news about the pool and the sermon on why you should attend. Below is the relevant information, which is still being negotiated with BVA. Once it is finalized, I hope to see you there!

Location:

Big Vanilla Athletic Club, 1209 Ritchie Highway, Arnold, MD 21012

Dates and times:

Jan 8, 7:00-9:00 pm

Jan 22, 7:00-9:00 pm

Feb 12, 5:30-7:30 pm

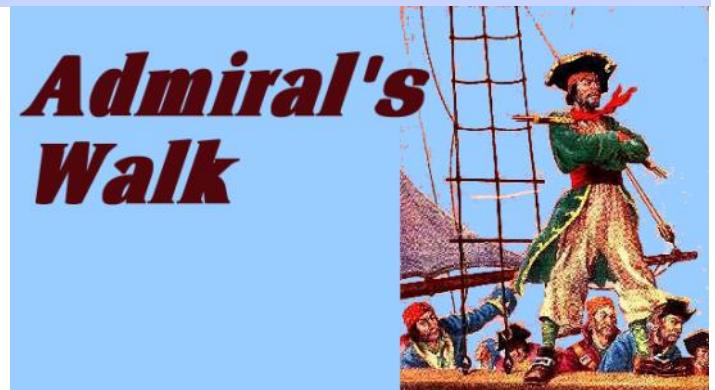
Feb 26, 5:30-7:30 pm

Mar 12, 5:30-7:30 pm

Mar 26, 5:30-7:30 pm



Dave Biss teaching Yvonne Thayer at an indoor pool session photo by Brian Blankinship



Thanks!  
Jay  
jay@jaygitomer.com



## Polling on Pooling

In mid-December, CPA paddlers planning to attend pool sessions at Fairland Pool in Burtonsville, MD, our long-time winter pool venue, discovered that due to the growing size of swim meets held there, the pool sessions were being curtailed or discontinued. Concerned paddlers and the Steering Committee hustled around to investigate a variety of alternative venues. Here's what they found out:

**Big Vanilla Athletic Club in Arnold:** Coordinator Jay Gitomer investigated. There is no contract for Big Vanilla. The Club just chooses our dates and pays. This can probably not be a long-term solution because of the cost (\$300 per hour for the full pool, \$200 for half), but can serve as stop-gap and an experiment.

**Arundel Swim Center:** Paul Casto is researching. They will require liability insurance and a contract. In terms of geography and venue quality, this seems like the most desirable option. Here is a link to the ASC site: <http://www.aacounty.org/RecParks/swimcenters/arundelcenter/index.cfm>.

At the pool photo from Brian Blankinship

**Dundalk Pool:** Jay tried to find out about this one, but didn't find them very responsive. They were really hard to deal with, despite her phoning the contact person there repeatedly.

**Goucher College:** Member Maywin Liu has taken point on this. The rental is \$65/hr. The pool holds about 10 boats. The location is not suitable for CPA because it's too far north for the non-Baltimore paddlers to reach. The SC told her that CPA would not subsidize a pool that far north. They require liability insurance, and we could help that effort by letting members use PATH to join ACA and get insurance that way. Or, once we get liability, perhaps we could insure the sessions. Everyone who has been contacted by Maywin about Goucher is a CPA member. There may be some assistance CPA can provide in facilitating members use of this pool, but not likely under a financial contract.

**UMD-College Park:** Member Mike Hamilton has taken point on this. He is in contact with the Terrapin Trail Club (college organization) to see if they'll get permission for us to use this pool. There would be a fee for our members—not clear yet what it would be or if it would be a per-member fee like Fairlands (as opposed to a weekly per-session fee, like Big Vanilla and Goucher). There is a possibility that the Terrapin Trail Club would be willing to make this happen for CPA **\*in exchange\*** for some free training (and probably also in conjunction with a fee). We do have a couple conditional-L3 ACA coaches who need training opportunities, so that might be one-hand-washes-the-other situation. The training does not have to be officially performed by CPA, we can just set it up. The key UMD people are on school break now, so we can't learn anything more about this until January. The downside is that the location is not suitable for most of the people who attend the pool regularly now. The upside is that they seem really interested in having us use their pool.

### SUMMARY:

The outcome, as noted in Jay's column (page 3) is that the SC agreed to fund several dates this winter at Big Vanilla on a trial basis and to weigh the costs and benefits to the entire membership based on attendance at these sessions. These terms are still being negotiated. If you want to have a pool available for practice, you should definitely attend on one or more of the dates set up.



Pool practice photo from Brian Blankinship

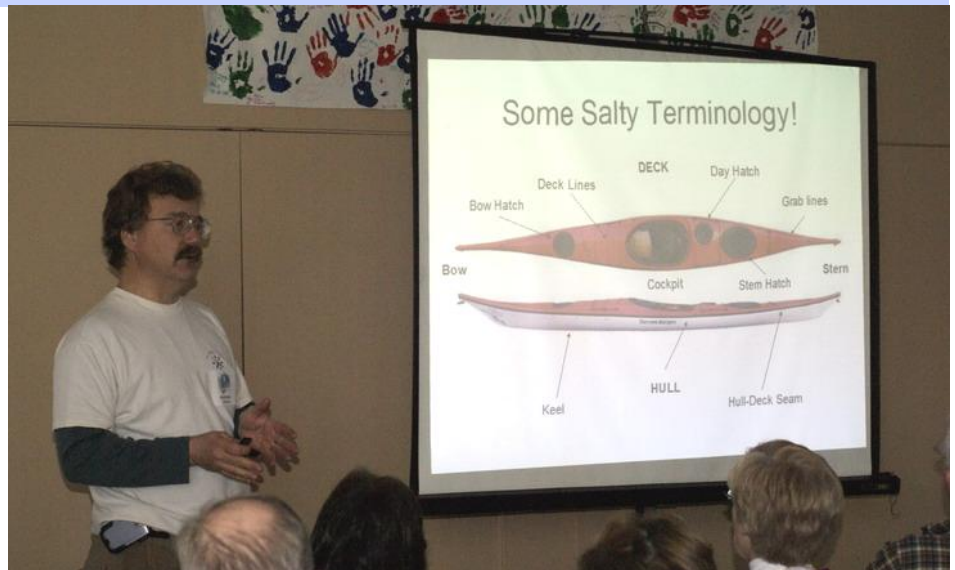
## CPA Once Again Offers SK101: An Introduction to Sea Kayaking

By Ralph Heimlich

Obviously, you enjoy sea kayaking or you wouldn't be reading this newsletter. Many others have seen us or fellow paddlers out on the water and thought, "That looks cool! I wonder how I can do that?" In our area, one of the best ways to get started in sea kayaking has been one of the one-day winter workshops organized by our club. This pleasant event gives interested newcomers to our sport a chance to learn about boats, paddles, other gear, where to paddle, how to carry your kayak on the car, and a number of other topics in a friendly, no-pressure, noncommercial environment. Even better, the neophyte paddler can meet and talk with "real" kayakers and with others who are trying to learn about the sport. What a great way to "get your feet wet", without getting them wet!

This year, SK101 is scheduled for Saturday, March 26, 2011, at the West River Center in Maryland (south of Annapolis). Chair Suzanne Farace has organized an excellent staff of instructors to guide our prospective paddlers through the topics, a delicious lunch and refreshment breaks, and some "hands on" sessions on the lawn to gawk at boats and check out peoples' racks.

Many of you probably participated in SK101, maybe after you'd already made some expensive decisions about boats or gear. If you have friends or relatives who have expressed interest in your sport, pass on the flyer printed on [pages 7 and 8](#) to them and encourage them to sign up. The brochure and other information is also online at the CPA website at [http://www.cpakayaker.com/index.php?mact=News.cntnt01\\_detail,0&cntnt01articleid=177&cntnt01origid=15&cntnt01detailtemplate=announcement\\_detail&cntnt01returnid=98](http://www.cpakayaker.com/index.php?mact=News.cntnt01_detail,0&cntnt01articleid=177&cntnt01origid=15&cntnt01detailtemplate=announcement_detail&cntnt01returnid=98)



"Boatswain" Welker at 2009 SK101 photo by Jenny Plummer-Welker



Class member checking out people's racks (what did you think I meant?) photo by Jenny-Plummer Welker



A classroom full of new paddlers photo by Jenny Plummer-Welker

*Paddling in Paradise (Continued from page 1)*

egrets work the flats, while osprey and frigate birds soar high overhead. If you're lucky, a pair of bright pink roseate spoonbill might pass by.

**Lodging, dining**

Camping is on a handful of primitive islands, state parks and commercial campgrounds. From mom-and-pop motels, funky tiki bars to luxurious resorts, there are literally dozens of establishments that don't mind you launching your kayak or pulling up on their beach in wet shorts and sandy feet.

With the combination of tropical waters, wildlife and habitat, intriguing history and lively places to fuel up on seafood and cold beer, the Keys truly are a paddler's paradise.

CPA Members Bill and Mary Burnham are kayak guides on the Eastern Shore of Virginia (see below). January through March they head south to lead overnight kayak expeditions from the pages of their *Florida Keys Paddling Atlas*.

[www.BurnhamGuides.com](http://www.BurnhamGuides.com) .



Island camping photo by BurnhamGuides.com

**BURNHAM GUIDES**

Travel Writers - Outdoor Guides

Paddle with the Authors of the *Florida Keys Paddling Atlas*  
Overnight expeditions Key Largo to Key West, January-April 2011  
[www.BurnhamGuides.com](http://www.BurnhamGuides.com)



**FLORIDA KEYS PADDLING ATLAS**  
BILL AND MARY BURNHAM

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Eastern Shore of VA: [www.SouthEastExpeditions.com](http://www.SouthEastExpeditions.com)

## 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 26, 2011, 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](http://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 15, 2011.** 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 15, 2011**

If you have any questions, please contact us at  
[CPASK101@aol.com](mailto:CPASK101@aol.com) or 410-446-5991.

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

CPA Kayaker  
P.O. Box 23246  
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 15th, 2011.** 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



## Save the Dates

No, this isn't an oddball environmental plea, but a reminder that even though you thought the season had just ended, hope springs eternal in the hearts of the CPA Steering Committee and dedicated volunteers. Put these on your calendar for 2011.

**February 26 (Saturday) Virginia Planning Meeting**—Brian Blankinship will host a gathering to plan the 2011 season events.

**March 5 (Saturday) Maryland Planning Meeting**—Sue Stevens hosts this SC meeting, followed by planning for 2011 season events.

**March 26 (Saturday) SK101—Introduction to Sea Kayaking**—Yeah, we know YOU don't need it, but think of some of your friends and relatives who could benefit from this one day classroom intro to our sport. Once again to be held at the West River Center in Galesville. Contact Suzanne Farace if you want to help or want more info.

**March 27 (Sunday) Cherry Blossom Paddle (Beginner)**—Led by May Win, Kathy Rost, Kathy Haduch

Cherry Blossom festival begins March 26. Enjoy the blossoms from the water view, away from the crowds

**April 29-May 1 (Friday-Sunday) SK102—Sea Kayak Skills Training**—It is an ill wind that blows nobody good. The crummy real estate market postponed our long-time host's departure, allowing Brian Blankinship to have at least one more shot at filling the entire surface of Lake Anna with kayaks. This is the classic on-water training session made possible by the many terms of free warming donated by Dominion Power's Nukes. Stay tuned for schedules and the all-important racing start for a spot on the participant's list.

**May 13-15 (Friday-Sunday) Trappe Pond, DE Camper (Advanced Beginner)**—Led by Saki Sakakihara, Suzanne Farace. Paddling and car camping at Trappe Pond, DE

**June 4-5 (Saturday/Sunday) Trip Leader Training**—Led by Brian Blankinship. This will consist of both on-water and classroom sessions.

**June 12 (Sunday) Bay Swim**

**June 26 (Sunday) 4th Annual Gear Day (Truxton Park) (All)**—Led by Suzanne Farace, Melissa Boyle

4th Annual CPA Gear Day 2010 in Truxton Park, Eastport (Annapolis), Maryland 21403, from 10:00 a.m. to 3:00 p.m.

**June 26, 2011 (Sunday) Fall Out of Your Boat Day (Truxton Park) (All)**—Led by Kristina McCoy

This Event is held in Conjunction with the 4th Annual CPA Gear Day and will allow paddlers to practice their wet exits and reentries

**October 30 (Sunday) Halloween paddle at Mallows Bay (Advanced Beginner)**—Led by May Win, Kathy Rost  
paddle among the ghost ships of Mallows Bay

Check all details online at <http://www.cpakayaker.com/index.php?page=calendar>



### 2011 CPA Virtual Calendar Photo Contest—VOTE NOW!

All the digital shutter bugs have been clicking away all year long, just in anticipation of competing for the highest accolade in paddling photography: The cover of the CPA Virtual Calendar. All 70 entries have been received, carelessly checked against the rigorous (but flexible) rule book, and catalogued for your delectation and selection at

<http://picasaweb.google.com/ralph.heimlich/> (hit "sort by Upload date" in the top right corner and they will spring to the top). Now that the deadline for submissions has past (Christmas Eve), we need you loyal Paddler readers to VOTE for the best picture in each month, and for the coveted cover. It's virtually easy—just note the name of your pick for the best photo for each month and go to

<http://www.esurveyspro.com/Survey.aspx?id=d34fbf3d-2cfd-436e-940f-3bc77c70c42a> to cast your vote by the **DEADLINE, NEW YEARS EVE at the stroke of MIDNIGHT**. (December 31, 2010: 11:59.9999 PM for the directionally challenged). And what do the lucky winners WIN?

FAME (mostly), FORTUNE (aren't you fortunate to have won?), and the

undying gratitude and admiration of CPA paddlers everywhere (at least until next year's contest). Click on the image above to see last year's winning entries (<http://troop424.freesevers.com/CPA%20Virtual%20Calendar%202010.pdf>) In case you're wondering, last year's cover winner was Jenny Plummer-Welker, and in 2009 it was...Jenny Plummer-Welker.



From the 2011 CPA Virtual Calendar Photo Contest, August Entry:  
Steven Jahncke and Bald Cypress on Chickahominy River, *Photo*  
by Marla Aron

## Inside our December 2010 issue:

- Paddling in Paradise
- We Have a Pool! (And you should care)
- Polling on Pooling
- SK101 Redux—Invite a Friend
- SK101 Flyer to hand out
- Save the DATES!!
- VOTE NOW for CPA Photo Contest

### 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.