

Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 23, Issue 9

November-December, 2013

CPA Annual Meeting and Paddle

CPA Coordinator **Ralph Heimlich** opened the CPA's Annual Meeting and introduced and thanked current Officers and Steering Committee members for their work. **Catriona Miller**, who is stepping down, was recognized for serving two years on the Steering Committee, along with assisting with the webpage and CPA Facebook activities.

Financial Report 2013 Treasurer **Rich Stevens** distributed the year-to-date Annual Financial Report (through 10/15/2013). He presented details of income and expenses for major events, training classes, winter pool rolling sessions, logo gear supplies, membership dues, piracy expenditures, planning meetings, bank expenses, meeting supplies, club appreciation gifts, and newsletter printing and postage expenses. Current balance is \$26,150. There will be additional expenses in December, including the annual Club insurance renewal premium, various Piracy annual stipends, annual Holiday Party, and 2014 event reservation costs. We usually run all activities at a break even cost to the club. However, the 2013 winter pool rolling session costs at UMCP were 50% more than the collected fees. Dues collection in 2013 is higher –with a total of \$6,013. One year (\$10) membership dues were added into the SK102 registration fee, to facilitate online registration. Rich reported that the club is in good financial shape due to our cash on hand. However, we are now spending a bit more than we are taking in. We have a financial cushion at this point, and the Steering Committee will monitor income and expenditures in the future. Rich indicated that CPA is current and in compliance with state and federal tax filing requirements. He handles the preparation of the IRS annual 501(c) 4 tax reports and processes all income received via from Paypal, receipts, and outgoing expenses.

Membership Report 2013 Secretary **Sue Stevens** reported we have 683 members, down 4% from 2012, but higher than 668 in 2011. More than 90 % of members join and renew using Paypal for dues payments.

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Petroglyphs of Lake Aldred by David Wilson



Petroglyphs located along Lake Aldred, a portion of the Susquehanna River near Holtwood, Pa. photograph by David Wilson

In mid-October, 20 paddlers from the Pirates of Baltimore (PoB), Pirates of the North (PoN), and Pirates of the Lakes (PoL) met to paddle to the Indian petroglyphs of Lake Aldred. The literal translation of "petroglyph" is "carvings in rock." Petroglyphs are the symbolized tales of people, animals, and events of ancient times, forever preserved in nature's most enduring tablet. The Lake Aldred petroglyphs are among the last to be found in eastern North America.

Our guide for this paddle was Wendy Baker-Davis, a local CPA paddler. The paddle was organized by Bob Shakeshaft and Marla Aron. PoB and PoN paddlers launched from Conestoga Creek. Like all creeks, water flow in the Conestoga is highly dependent on recent rainfall. A recent rain had generated concern about whether or not paddlers would be able to return to the launch site after the viewing due to the creek's heavy flow. These concerns were alleviated when PoL pirates, who had launched from a site downstream, paddled upstream to our launch site. The currents were strong, but doable.

Within Lake Aldred there are two major rock outcroppings that contain petroglyphs. One of these, Big Indian Rock, has a large ledge that, on the day of our visit, lay just beneath the waterline. It provided a perfect landing site for kayaks. To the untrained eye, the petroglyphs on Big Indian Rock are not immediately evident. It took our group 10 minutes of intense searching to locate but a few carvings. Little Indian Rock, on the other hand, is littered with carvings, but is a bit more challenging to climb onto. The docking ledge is only a foot wide and the exit immediately begins with a step out onto steeply sloped rocks which must be climbed to get to a large, flat surface. Bob Shakeshaft and Scott Bekker assisted those who took up the challenge. After exiting, kayaks were corded and

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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!

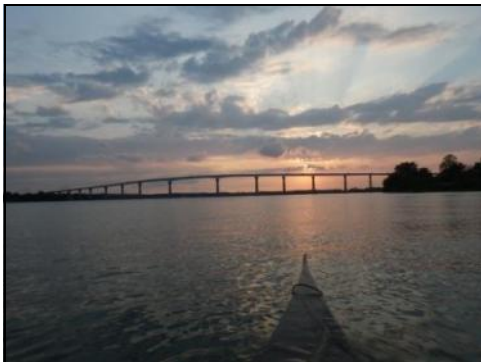
Advertising Rates:

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| Size | cost | wide x deep (col) |
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Public service announcement and personal ads to sell kayaks/accessories are printed at no charge; non-members pay \$10 for 3 months.



Mid-season on the lower Patuxent River
photograph by Jenny Plummer-Welker

SCHEDULE FOR THE 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. Have an idea for an article, or is there information you would like to see in the newsletter? Email Jenny at news_editor@cpakayaker.com or call 301-249-4895.

THE CHESAPEAKE PADDLERS ASSOCIATION, INC.

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 \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years. Sign up for membership online at <http://www.cpakayaker.com/join-cpa/become-a-member/> or send checks or changes of membership information to CPA, P.O. Box 341, Greenbelt, MD 20768. Do not send them to the newsletter team.

The Chesapeake Paddler is published monthly, except November through February when it is published bimonthly, 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 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 Editor.

Reporting Back to You on the Season

If you didn't have the chance to attend the CPA Annual Meeting on November 3, let me take this opportunity to report back to you on the just-completed paddling season. Owing to the tremendous enthusiasm of CPA volunteers, we had a remarkable season, filled with events and trips that were well attended. The affairs of the club were diligently managed, and we are in terrific shape as an organization. Rather than bog down this edition of *The Paddler* with the details, there are small "teaser" items on pages 1 and 9, with links to a fully-detailed Annual Report on the website at http://www.cpakayaker.com/uploads/online_newsletters/cpa2013/CPA%20Annual%20Report%202013.pdf.

I want to especially commend the continuing dedication and hard work of our husband-wife team, Sue and Rich Stevens, who manage our membership and treasury activities throughout the year and have since 2006 and 2007, respectively. They've kept CPA running smoothly and provided the minutes of the Annual Meeting, and sections on membership and the treasury to the Annual Report.

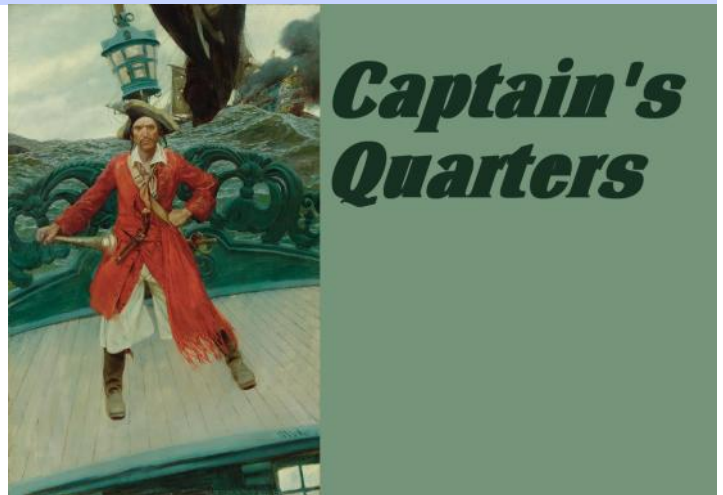
Because our insurer now requires it, all copies of waivers from trips and events must be turned into the Coordinator. When compiled into a database, this has provided an unprecedented opportunity to learn more about our trips, their leaders, and who participates. I've summarized the results in a section of the Annual Report, but I'd like to highlight the role of our leaders here.

There were 42 CPA members who led or co-lead 93 events or trips in the 2012-13 season, up from 31 in 2011 and only 18 in 2012. Six people (Marshall Woodruff, Sue Stevens, Jim Zawlocki, Greg Welker, Mary Larson, and I) led more than five trips each, accounting for 38 percent of all the trips. Two people led four trips (Jenny Plummer-Welker and Mike Cohn, often assisted by their spouses Greg Welker and Linda Witkin). Seven people led three trips (Suzanne Farace, Robert Golden, David Wilson, Tom Heneghan, Steven Jahncke, Bob Shakeshaft, and Brian Blankinship). Many of these top trip leaders also were Pirate Captains or Co-Captains, as well.

The largest number of trips (45) were day trips, but the second highest number of "trips" was actually accounted for in our Piracies, which had 15 people in leadership roles (several have multiple leaders). There were also 15 camping trips, either by car or kayak. Training trips or events, ranging from SK101, SK102 and SK203 to Wilderness First Aid and Kayak Camping Trip Leadership Training, accounted for 12 leaders. There were five cleanup trips on local waters, mostly in the spring when trash is easy to see and pick up (Jim Zawlocki led two cleanups himself). Various other events, such as Gear Day, the Greenland Paddle workshops, pool sessions, planning meetings, and the Holiday Party rounded out the season.

Our season was highlighted by two very well-deserved awards. At SK102 in April, Brian Blankinship was recognized for 15 years of dedication in leading our premier on-water training event. At the Annual Meeting, Marshall Woodruff was presented a plaque noting his creation and leadership of the Kent Island Practice Paddle (KIPP) series. It is significant, and appropriate to our education mission, that both of these awards were for sustained efforts to teach skills and encourage paddlers to master our sport to a high degree of competence, and doing so in a safe manner.

All in all, the 2012-13 season was extremely successful and productive. CPA goes into our winter hibernation in very good shape. We are ready to celebrate, and there are times to do that, as well. The Pier 7 Pirates had their end of season party at the Old Stein Inn at the end of October, and several other Piracies are planning similar end of year events. Of course, you are all invited to attend the CPA Holiday Party on December 7 at the home of Ann and Al Larsen in Arlington, Virginia ([see page 11](#)). I look forward to seeing you there, and, with the proper cold-weather paddling gear, out on the winter Chesapeake Bay.



Ralph Heimlich kayaking on Mattoponi Creek, July, 2013
photograph by Jenny Plummer-Welker

Ralph Heimlich
 Coordinator

CPA Paddler Profile ~ Tina Ehrig

Interview by Rick Wiebush



Tina at Peacock Bridge, Schuylkill River, Reading, Pennsylvania

Name: Tina Ehrig

Lives in: Mertztown, Pennsylvania, Southeast Pennsylvania 60 miles north of Philadelphia

Real job: Retired middle school teacher

Member of a Piracy? Yes, Eastern Shore

Paddling Buddies: Members of Keystone Canoe Club. I hope to paddle more with CPA folks around the Chesapeake.

Number years paddling: 11

How did you get involved in kayaking? During a trip to a lodge on Prince William Sound, Alaska, I saw interns in kayaks documenting orcas. Couldn't wait to return home and try out a boat or two.

How did you learn to sea kayak? CPA of course, SK101-102

Any formal training or ACA/BCU certifications: Working on ACA L2 instructor certification.

Boat usually paddled: Classic 16' Romney, green/white

Type paddle used: Euro

Do you do any other type of paddling besides sea kayaking? Whitewater in Pennsylvania: Lehigh, Muddy Creek, etc.

Do you regularly do any other outdoor activities? Bike riding

How often (per week or month) do you paddle in summer? Two times per week

Do any winter paddling? New Year's Day paddle on the Schuylkill River with my club.

Go to pool sessions? If yes, where? Muhlenberg High School pool near Reading, Pennsylvania

Favorite local paddling location: Schuylkill River near Reading, Lehigh River, also Rock Hall, Maryland

Favorite non-local location: Stonington, Maine, and 1,000 Islands, New York

Best paddling trip/experience ever and why: With Keystone Canoe Club members, we paddled from Old Quarry Campground, Maine and enjoyed visiting islands near Stonington. Each island is unique and interesting for various reasons. We paddled around half of Isle au Haut which is part of Acadia. So gorgeous!

Scariest/most dangerous trip/experience and why: One of our members had a seizure while paddling in windy conditions near Wye Island and capsized. It didn't last long (petit mal) but she was disoriented and absolutely helpless in the water. I have relived that experience many times and acknowledge the importance of practicing quick rescues and carrying the gear to help keep people safe.

Bucket list trips: Vancouver Island, Apostle Islands in Lake Superior, Cumberland Island, Georgia, Florida Keys

Three things you like most about paddling? The variety of experiences with different kinds of paddling. I like exploring various places to scout out trips for my club. I really enjoy the sense of camaraderie among paddlers.

What do you like about CPA? I enjoy the professional attitude and determination that all of you show to paddle well and learn more. You have an outstanding attitude about safety.

One thing other people find interesting about you: My husband and I used to travel to fur-trade era (1750) rendezvous, where people wear historic outfits, camp in tipis and shoot flintlock rifles. I also am currently working on becoming a Penn State Master Gardener.

CPA Paddler Profile ~ Ben Mayock

Interview by Rick Wiebush

Name: Ben Mayock

Lives in: Ellicott City, Maryland

Real job: The Community College of Baltimore County/
Associate Professor

Member of a Piracy? I'm an intermittent paddler with Pier 7.

Paddling Buddies: Anyone who will paddle with me.

Number years paddling: 3

How did you get involved in kayaking? I rowed boats and paddled canoes as a child, then paddled canoes in the Adirondacks, so I've had a love for being on the water and exploring new adventures before kayaking. In 2010 I bought a used 10' Manatee from Craig's List and have loved kayaking ever since.

How did you learn to sea kayak? I'm still learning.

Any formal training or ACA/BCU certifications: SK101, SK102, SK203, CPA Navigation Skills

Boat usually paddled: Tempest Pro 170 & Tempest 170 RM

Type paddle used: Greenland

Do you do any other type of paddling besides sea kayaking? I take my canoe out once a year to help with the CPA cleanup of the Patuxent River.

Do you regularly do any other outdoor activities? I like to go hiking.

How often (per week or month) do you paddle in summer? This past summer I only paddled about once a week.

Do any winter paddling? Yes

Go to pool sessions? Yes, University of Maryland, Fairlands, and Catonsville YMCA.

Favorite local paddling location: Patapsco River at Daniel's Dam – it's close to my house.

Favorite non-local location: The more I paddle around Kent Island the more I enjoy it.

Best paddling trip/experience ever and why: I've had three experiences that top the list. 1) Paddling from Truxtun Park in my brand new (used) Tempest 170 for the first time. After paddling rec boats for a year I was thrilled with the speed of the Tempest, and I felt safe paddling with experienced paddlers from the CKA Meetup group. 2) Crossing the Delaware Bay from Cape Henlopen, Maryland to Cape May, New Jersey led by Rick Wiebush. It was a blast! 3) Circumnavigating 34 miles around Kent Island with Marshall Woodruff and the KIPPers this past October. We prepared for the trip by getting together once a month since March and practicing teamwork, rescue, navigation and other skills.

Scariest/most dangerous trip/experience and why: Capsizing! The first time I got in a sea kayak was during a "Dolphin Watch" tour in Sarasota, FL about 15-20 years ago and I capsized. I wasn't scared but I've had a healthy respect for keeping my balance in a kayak ever since. Last summer I capsized in rough water and did my first combat roll. I wasn't scared but I supposed I may have been if I wasn't with experienced paddlers. I don't think I've had a really dangerous experience, and I credit that to wise judgment of the trip leaders.

Bucket list trips: I would love to circumnavigate Manhattan! My other trips would be to the Adirondacks and Florida.

Three things you like most about paddling? The camaraderie with other paddlers, the freedom and responsibility of paddling my own kayak, and being on the water in fresh air enjoying the elements.

What do you like about CPA? The helpfulness of the members and their willingness to share their skills.

One thing other people find interesting about you: I'm a cabin overseer and regional cabin supervisor for the Potomac Appalachian Trail Club. [Editor's note: Ben is the overseer of the Potomac Appalachian Trail Club's High Acre in Harpers Ferry, West Virginia.]



Ben kayaking at Kent Island, Maryland

Photograph by Kevin Lawrence



Petroglyphs along Lake Aldred photograph by David Wilson

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passed to persons on Little Indian Rock who then tethered them to a tree growing from a rock fissure.

The carvings on Little Indian Rock have been cataloged and are easily identifiable using a [key](#) available on the Internet. We copied and distributed copies of the key to each paddler before launching. The angle of the sun is important for viewing the petroglyphs, because the carvings are only 3/8ths of an inch deep. Constant exposure to weather and flowing water has blurred their once sharp edges. Light shone on the petroglyphs at an angle shadows the deeper portions of the carving, making them stand out visually. On the day of our visit, skies were overcast and cloudy. To highlight the petroglyphs, we rubbed a moistened sponge over the rock surface. This caused the area around the carving to turn a dark gray. As we wet the rock surfaces, we began to see images of men walking, four-legged creatures, bird tracks, snakes, and a strange, swallow tailed bird that Wendy identified as a "Thunderbird."

On the edge of the grouping lay a carving that looked like it may be a comet. However, Wendy pointed out that the Indians knew comets to have straight tails, not curved ones. Strangely, this fishlike creature also appears to have antlers. This, Wendy explained, is a Manitou. In between thousand year old carvings lay a few new ones. One read "B. Weaver." Below it was scribed "Co B." Could this be a carving of Civil War era? "What is a Manitou?" someone asked. A Manitou is a spiritual being. The Algonquin believed all animals, plants, and humans contain a spirit. All spirits are connected to one another through a Great Spirit, or Great Manitou. The importance of the spirit in Indian culture is emphasized by the fact that many words were used to characterize the various types of Manitou that exist. The spirits of small animals were called "manidoowag." Insects spirits were called "manidoons." "Manituw" were the spirits of underwater creatures. Humans could have many types of spirits. Which spirit inhabited an individual was determined by observing his personality and his actions. Sometimes individuals took their names from the spirit that defined their personalities.

Wendy also told us about "Thunderbirds." The Algonquian believed thunder and lightning came from great birds that inhabited storms. These birds took their name from the sound made by their beating wings – thunder. The next time you are paddling and hear Thunderbirds, paddle harder, for lightning is not far behind.



Pirates of the Lakes (left to right): Jack Clark, Mark Rizzuto, Sandy Bixler, Dave Bronson, Fran Arnott, Deb Metzger and Tom Hunt (behind the camera).

Photograph by Tom Hunt



Back row (left to right): Mark Rizzuto, Shriver Foster, Scott Bekker, Bob Shakeshaft, Wendy Baker-Davis, Mike Thomas, Lynn Davis, Gerald Sweet, Gail Addis, and Rich Stevens. Front row: Linda Wilson, Marla Aron, Sue Stevens, and Joan Sweet

photograph by David Wilson

We spent the afternoon photographing and identifying carvings and wondering about the many different meanings of the symbols found on these rocks. Who were these people? What were the stories told here? Was there a meaning to the arrangement of the petroglyphs? On Little Indian Rock, two snakes point to the location where the sun rises during the Equinox. Another snake points to the position of sunrise during the Winter Solstice and sunset during the Summer Solstice. I found myself wondering if, during one of these celestial events, I would see the same sunrise these ancient astronomers saw were I to look down these serpentine guides.

At day's end we returned to our launch site, changed clothing, and loaded our gear aboard our vehicles. The after-paddle dinner commenced at The John Wright Store and Restaurant, a restaurant located in an old, newly remodeled brick warehouse located in the outskirts of York, Pennsylvania. We spent the evening discussing this little known piece of American history, accessible only by kayak, canoe, or other small craft. It was a day enjoyed by all.

Authors note: The petroglyphs of Lake Aldred lie on ground sacred to Algonquin Indian tribes. Please respect their beliefs if you choose to visit.

Web link: http://www.portal.state.pa.us/portal/server.pt/community/petroglyphs/3892/little_indian_rock_petroglyph/428688.

David Wilson is a member of the Chesapeake Paddlers Association, Inc. and one of the Captains of the Pirates of Baltimore. A club member since 2009, he resides in Nottingham, Maryland, and creates handcrafted Greenland Paddles. Dave's blog is <http://www.theweatheredpaddle.com/the-weathered-paddle-blog.html>.

Skills Article: Paddle Float Reentry

by Paula Hubbard

Every sea kayaker needs to be able to recover from a capsize in deep water without assistance. This is especially important if you are paddling alone, but even in group situations, it may be necessary to get back into the kayak without assistance. In calm water it may be easy to simply climb back in, but once you get into rougher water, it may be necessary to have a method that stabilizes the boat while you get back in. One method of doing this is the paddle float reentry.

Following a capsize, the paddler should remain calm and perform a wet exit while holding onto both the boat and paddle. Holding onto the kayak is critical. Even light winds can quickly separate the paddler from the boat, a possible disaster especially if you are alone.

Paddle Floats

The purpose of the paddle float is to provide stability while reentering the boat. When inflated and attached to one end of the paddle, it serves as an outrigger. There are several types of paddle floats that can be used, and each has pros and cons. The important thing is to select a float that will provide adequate buoyancy to support your weight in rough water. The two typical options are foam slabs that can be attached to the paddle or an inflatable sleeve that fits over the paddle. Foam floats are easy to position, but may not have adequate buoyancy for larger paddlers and are difficult to store. Inflatable paddle floats can be either single or double chamber. Double chamber inflatable paddle floats tend to provide the greatest buoyance when both chambers are inflated and redundancy in case one chamber fails. Regardless of the type of float, it should be accessible, but secure so that it does not float away following a capsize and wet exit.

Test your gear at the time of purchase and re-test frequently; leaks happen and can render an inflatable paddle float useless. Make sure that the paddle float you select can be positioned over the blade of your paddle and secured. You should also make sure that you can't sink your float with your body weight.

Getting Back into the Kayak

After you wet exit, make sure you are holding on to your boat and paddle. Leave the boat upside down, and put one leg into the cockpit to keep the boat with you. This keeps the boat secure while leaving your hands free to set up the paddle float.

1. Retrieve your paddle float and secure it to one end of your paddle. It is critical that the float is secured to the paddle blade and that it cannot come loose during the reentry process. Securing the float to Greenland paddles is especially important since the blades are so narrow. Inflatable paddle floats behave like balloons in wind and quickly vanish.
2. Inflate the float. If you have a double chamber float, inflating both chambers can help secure the float to the paddle.
3. Turn your boat right side up. The easiest place to do this is at the cockpit. Hold your paddle under your arm and put one hand on each side of the cockpit. Push up on the side closest to you while pulling the far side towards you. Do this quickly to minimize the amount of water that you scoop into the cockpit.
4. Position the paddle shaft behind the cockpit right next to the coaming and use one hand to keep the paddle shaft jammed against the coaming during the entire re-entry. a. The paddle should be perpendicular to the boat, with the paddle float itself about four feet away from the side of the boat. b. Position yourself behind the paddle shaft. You are now ready to start getting back into your boat.
5. The goal of the first move is to get your belly centered on the back deck. Let your legs float to the surface, and if necessary hook one knee or ankle over the shaft of the paddle to give yourself a boost up.



Paula demonstrates the paddle float self rescue: hook a knee over the paddle shaft



Move the leg closest to the bow into the cockpit

6. Once you are on the back deck the next step is to get back into the cockpit, legs first. Always have a leg, an arm or a hand on the paddle shaft to keep the paddle perpendicular to the boat. Allowing the float to slide towards the boat reduces the effectiveness of the outrigger. Move slowly and keep your body as low as possible. a. Move the leg closest to the bow of the boat into the cockpit, keeping the other leg on the float to maintain the paddle position perpendicular to the boat. b. Begin to rotate your body so that you start to face the stern of the boat. As you do this, reach around to grab the paddle

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([Continued](#) from page 7)

shaft with your hand to support the paddle float and prevent the float from sliding toward the boat when you put your second leg into the cockpit. c. As you work your legs into the cockpit, keep your weight shifted toward the paddle float. If you look straight down, your head should be over the water on the side of the float.

7. When both legs are in the cockpit, rotate toward the paddle float, keeping your weight on the paddle shaft until you are sitting in the cockpit.
8. Move the paddle from its position behind the cockpit to your lap. Stabilize the paddle outrigger by using your forearms to press the paddle shaft down onto the coaming in front of you while you use the pump to remove the water. Keep the float on the paddle until you have pumped the cockpit, put your spray skirt on the cockpit coaming, and feel stable in your boat.

Now that you are back in, you should make sure that you are able to remove and stow the paddle float and to paddle without capsizing again. While stowing your float, keep your paddle extended across the coaming in front of you like an outrigger, one blade in the water and one hand or forearm on the shaft; this will give you some support even without a float. If in doubt, keeping the paddle float inflated and on the paddle may be a good idea. It is difficult to paddle with the float attached, but if it is the only thing that prevents another capsize, keep it on. In this case, a call for help may be advisable.

Like all skills, the paddle float reentry requires practice, not only in flat water but in rougher conditions. Go out with friends and play with different techniques until you feel comfortable getting back in your boat.

Paula started kayaking about 8 years ago in the San Francisco Bay area. She received her initial ACA L3 Instructor's certification from Roger Schumann in 2008. Since moving to Maryland in 2010, Paula has been active with CPA as an instructor for SK 101, SK 102 and trip



Keep your weight shifted toward the paddle float as you work your legs into the cockpit



Rotate towards the paddle float, keeping your weight on the paddle shaft

REVIEWER'S COMMENTS

Rick Wiebush: Paula's article provides an extremely clear and accurate step-by-step description of the paddle float re-entry. I completely agree that mastering this skill in both flat and rough water is really important for all paddlers. I would just like to add a couple of comments about some variations that people use on the basic method Paula describes.

Some kayaks have straps on the rear deck right behind the cockpit that are designed specifically to facilitate a paddle float re-reentry. After the paddle float is attached to one blade and inflated, the other blade can be placed snugly underneath the purposed straps. Very tight bungee lines or even the deck lines can also serve this purpose. This addresses the problem that many people have of holding the paddle shaft against the coaming (it's hard to do) and keeping the paddle shaft perpendicular to the boat. The drawback to this approach is that you can create a lot of instability when you are back in your boat and reach behind you to try to pull the paddle back out from under the lines.

Another variation involves the swimmer positioning him/herself right next to the cockpit and *in front* of the paddle float set up. From here, they jump up at an angle on to their back deck and pin the paddle shaft to the deck with their chest. They can then use their chest and one hand to hold the paddle shaft in place. Due to the angle of their body, their feet and legs are already pointing toward the front of the boat and can be quickly placed into the cockpit. The key phrase here though is "jump up onto their back deck". Many people cannot do that and need to have a leg on the paddle shaft to give them an extra boost.

Other variations include the use of a sling/stirrup and the paddle float heel hook re-entry, both of which could be the subject of another article.

Mike Hamilton: Performing a paddle float re-entry and emptying your kayak can be exhausting work, especially if it takes several attempts and you are cold. Chances are good that you were already tired when you capsized. Consider the pros and cons of different kinds of pumps which may save energy or speed up the rescue. Hand pumps are versatile and inexpensive but require at least one hand to operate and can leave your arms tired. Foot pumps are expensive and take longer to empty the kayak but use the larger leg muscles and keep your hands free to paddle while pumping. Electric pumps are fast and effortless but rely on battery power which may fail.

If your kayak design allows for it, stow your paddle float and pump below deck in the cockpit. This keeps them in easy reach, out of the way and protected when not in use. Gear stored under bungees on the deck may get washed away and not be there when you need it. The pump can be mounted under the deck, and the float can be stored next to or behind the seat. Never store critical safety gear in the fore or aft hatches; opening the large hatches on the water will compromise the floatation of the kayak.

In high winds, position yourself on the windward side of the kayak (the kayak is downwind from you and your paddle float outrigger points into the wind). Your legs will trail to the surface instead of sliding under the kayak, and the paddle float will do a better job of keeping perpendicular to the kayak. As you keep weight on the paddle float, you will be able to lean into the wind for some support. When upwind of your kayak, be extra careful to hold on to it at all times!

(Continued from page 1)

CPA Logo Gear CPA Gear Meister, **Bela Mariassy**, presented the sales summary. Sales were lower in 2013, except for the special 15th anniversary orange shirts ordered for SK102. The club breaks even selling the logo shirts at \$15 each.

Chesapeake Paddler Newsletter Editor **Jenny Plummer-Welker** could not attend. She sent her thanks to everyone who contributed to articles this year. She requests members to submit trip reports, photos, articles and updates. She thanked **Rick Wiebush** for contributing "Paddler Profiles" of CPA members and articles on skills. Ralph thanked **Jenny** for handling the printing and mailing of the hardcopy version of the Paddler. She changed printers this year, which reduced costs and improved quality and delivery time. Hardcopies of the newsletter (black and white) are mailed to approximately 33 members. **Secretary Sue** sends email announcements to 680 members when the digital newsletter is ready for download.

Election Results The electronically cast e-ballots were tabulated prior to the Annual Meeting by Web Master **Steve Bethke**. The additional paper ballots and the mailed paper ballots were gathered and totaled by the **Election Committee: Steve Bethke, Carrie Casto, and Robin Dykes**. A total of 83 ballots were cast.

The Officers for 2014 will be **Ralph Heimlich** as Coordinator, **Rich Stevens** as Treasurer, **Sue Stevens** as Secretary. The Steering Committee for 2014 is composed of six members: **Jesse Aronson, Paul Casto** (newly elected), **Tom Heneghan, Paula Hubbard, Dave Isbell**, and **Bela Mariassy**.

Recap of 2013 events

SK 101 CPA's classroom instruction, Introduction to Sea Kayaking, was held on March 16 at West River Center, Mayo, Maryland. **Suzanne Farace** led this training session for the last five years, coordinating our volunteer presenters and topics. Attendance maxed out the room size at 100 again.

SK 102 CPA's on-water training at Lake Anna, Virginia was held April 26-28. **Brian Blankinship** summarized the special 15th anniversary event. There were 36 volunteer instructors and over 90 students attending. Club member hosts **Dave and Theresa Compton** contribute their large backyard for the event and camping so members can take advantage of Lake Anna's warm waters.

Kayak and Paddle Workday The event was held on April 14 at Truxtun Park, Annapolis, Maryland and was coordinated by **Catriona Miller**.

Fifth Annual Gear Day/Fall Out of Your Boat Day Held on June 15 at Truxtun Park, Annapolis, Maryland, the event was coordinated by **Catriona Miller and Kristina McCoy**. Thirty-six paddlers attended.

Winter Pool Rolling Practice Sessions Practice sessions were organized by **Mike Hamilton**. These provided much appreciated inside practice time for 18-20 kayakers each session at Fairland Pool and UMCP.

Club Trips Ralph Heimlich has been collecting the club waivers this year, as part of the club's insurance requirement. He has been able to use the information on the waivers to create a plethora of statistics. The club hosted 92 paddle trips with 1,115 paddlers, 393 individual participants, 15 camping trips, five cleanup/paddling activities, 42 day trips, and two gear/work days, 10 active week day piracies in three states and the District of Columbia, two planning meetings, and 12 training events. He is still collecting waivers! Additional events 2013 included: CPA Wilderness First Aid – **Tom Heneghan and Paul Bieri**, CPA Navigation class – **Bela Mariassy**, CPA Trip Leader Training weekend – **Brian Blankinship**, And CPA Greenland Paddle-making weekend – **Gina Cicotello and Peter Henry**. Ralph calculated the participant number of days exceeds 6,000+ days.

Facebook CPA Community Page is running with good user volume during the year. It continues to be managed by **Suzanne Farace and Catriona Miller**. It provides great discussions on many topics of interest and related water topics with no need to register with Facebook.

CPA Library Carolyn Labbe offered many new DVDs for loan, including rolling techniques.

Full details of the various sections of the minutes are available in the 2013 Annual Report, available online at http://www.cpakayaker.com/uploads/online_newsletters/cpa2013/CPA%20Annual%20Report%202013.pdf.

| Current Members by State | | |
|--------------------------|------------|-------------|
| State | Number | Percent |
| MD | 430 | 63% |
| VA | 165 | 24% |
| PA | 36 | 5% |
| DC | 25 | 4% |
| DE | 9 | 1% |
| NJ | 8 | 1% |
| FL | 4 | 1% |
| SC | 2 | 0% |
| CA | 2 | 0% |
| NC | 2 | 0% |
| NY | 2 | 0% |
| NH | 1 | 0% |
| MA | 1 | 0% |
| Grand Total | 687 | 100% |

National Park Service Seeking Suggestions for New Access Sites

The National Park Service invites people to suggest potential public access sites. An online interactive map allows users to mark new sites through December 1, 2013. To access the map, visit http://www.baygateways.net/AddPA/index.html?utm_source=Public+Access+Mapping+Open+Period&utm_campaign=public+access+map+open&utm_medium=email.

Pirate Groups Report on the 2013 Kayaking Season

Pirates of Baltimore

This year, the roving Pirates of Baltimore set their sights on Baltimore and the world beyond. Well, not the whole world, but the rivers (and restaurants) near Baltimore. Every Tuesday, and on some Saturdays, between seven and 21 paddlers launched from different locations to explore the Middle River, Bird River, Dundee Creek, Gunpowder River, Bush River, Patapsco River, Curtis Bay, Marley Creek, Furnace Creek, Bear Creek, Baltimore Harbor, and Chesapeake Bay. We joined forces with the Pirates of Sugarloaf, Pirates of the Lakes, and Pirates of the North to explore the Potomac, Monocacy, and Susquehanna Rivers, and with the Wounded Warriors to honor the fallen of 9/11. Kathy Rost led our first geocaching paddle. Rick Wiebush and Jay Gitomer provided ongoing training on strokes, turning, controlling your kayak in the wind, and rescues. Next year we will continue training and exploring new places. Thanks to all the paddlers who made the summer of 2013 such a great year for our piracy. ~ Marla Aron

Pirates of the Lakes

Ahoy Mateys: The first season of Pirates of the Lakes was a big success. We had nine members from Lancaster and York Counties in Pennsylvania with seven consistently attending every Tuesday from early April through mid-September. Our crew was a mix of flat water casual paddlers, intermediate rough water enthusiasts and KIP series participants. Our weekly social paddle was a mix of sightseeing and skills practice of all sorts. Fun was had by all, and we're all looking forward to 2014! ~ Capt'n Tom Hunt

Pirates of the Patuxent

Our fifteenth season, like the seasons before, was a mix of the new and familiar with a sprinkling of insignificant moments that somehow became memorable. Lounging off of Point Patience this year we discovered a boat size whirlpool that is present for few minutes at just the right stage of tide. We learned that the whimsical "tool shed" that serves as a trip turnaround is a lifeboat salvaged from one of the Kaiser's dreadnoughts, repurposed as a place of worship. Through the eyes of enthusiastic participants on the Solomons Harbor, Jefferson Patterson Park and Museum and Greenwell and Sotterley paddles, we relived what it was like to see our old stomping grounds for the first time, confirming that our familiar shore, river and companions are indeed special. Memorable moments? Tea cookies on the beach. Skills night, spending almost as much time in the water as in the kayak. German Shepherd stealing our boat sponges. Kayaker paddling with her pet duck. Watching the sky turn oh-so-black in the company of friends (and then the mad scramble to get loaded up before the storm broke loose). It was a great season, with more to come. ~ Don Polakovics

Pirates of Pier 7

This year was the Pier 7 Piracy's 22nd paddling year. The piracy committee thanks everyone who attended our evening paddles. We hope everyone enjoyed themselves while exploring the South River's many and varied creeks and the Chesapeake Bay. Special thanks to the many people who volunteered to provide meals each week. After all, we paddle to eat! Thanks to Bear, Béla, and others for keeping the beer stocked, and to Jeff H. for a wonderful selection of homemade beers. Thanks to Pirate Queen Sue who handled the thankless task of extorting launch fee money from our pirate horde. Thanks to Greg W. for handling the boat house lease and the boat storage rent collection. Thanks to everyone who put up with our dramatic and near criminal increase in the beer prices and our new launch fee, without too much weeping, wailing, and general caterwauling. Thanks to your contributions, and a near capacity boat house, we are in good shape to enter the 2014 season. Finally, thanks to everyone who helped with setting up, breaking down, cleaning, welcoming newcomers, and the thousand other tasks necessary to get Pier 7 through another season. ~ Rich Stevens and Greg Welker

Pirates of the Potomac

The Potomac Pirates ended their season on a sour note when the government closed all the national parks including our piracy's launch at Belle Haven Marina. Our season overall was a repeat of the finding by our members that mid-week paddles are a great experience and a sure way to have a great break in the week. If you take the time to paddle, you are rewarded with a wonderful camaraderie. We did it week after week. Thanks to everyone who shared this joy during the 2013 season. We will gather for our end of season party at our favorite pizzeria in November to reminisce and plan for next year. ~ Dick Rock



Pirates of the Lakes: Doug Riley, Dave Bronson, Sandy Bixler, Mark Rizzuto, Jack Clark and Fran Arnott *photograph by Tom Hunt*



Patuxent Pirates Skills Night, Mike Roth rescues Dan Wells *photograph by Jenny Plummer-Welker*

Chesapeake Paddlers Association Tentative 2013 Calendar

| Date | Title | Summary |
|------------|--|---|
| 12/7/13 | CPA Holiday Party | Hosted by Al and Anne Larsen. See details below. |
| 3/2013 | SK 101 Intro to Sea Kayaking | Date to be announced. Classroom introduction to sea kayaking. West River Center, Anne Arundel County. |
| 4/5/14 | Boat and Paddle Workshop and Gear Swap | Truxtun Park in Annapolis from 10 a.m. to 3 p.m. Catriona Miller, 571-248-1619, thelittlepiggies-cpa@yahoo.com |
| 4/25-27/14 | SK 102 -16th Annual SK102 at Lake Anna | Save the Date, Registration is not open. Catriona Miller, 571-248-1619, sk102.cpa@gmail.com. |
| 5/31/14 | Potomac River Swim (Non CPA Event) | Visit http://www.potomacriver-swim.com for more information. Cheryl Wagner at 202-387-2361, cherylw@crosslink.net . |
| 7/19/14 | Swim OC 2014 (Non CPA event) | Swim support for 9-mile race, limit of 50 swimmers. Contact Corey Davis at corey197@gmail.com |

Visit the CPA Web page, <http://www.cpakayaker.com/>, for more events, details and trip leader/organizer contact information. For a full listing of upcoming Club events, visit the CPA Calendar, <http://www.cpakayaker.com/index.php?page=calendar>.

CPA Classifieds

Kayak for sale. Kirton kayak; 18' w/rudder; fast touring boat. New hatch covers; like new condition. Asking \$1000 or best offer. Located on Eastern Shore, Maryland. George Hires, 443-366-6564. grhires@aol.com.

Kayak for Sale. Beautiful Necky Arluk III Kevlar Touring Kayak, slate blue with white bottom and hatch covers, 10 years old, but garage kept and in beautiful condition. 18 feet long and about 50 lbs. Designed for touring and great for kayak camping with large hatches and rudder. Best offer over \$800. Posted on the CPA Gear Swap forum: <http://www.cpakayaker.com/forums/viewtopic.php?f=3&t=7823>. Contact Brad Cole via email at bradcole@comcast.net, or phone at 703-389-3221.

Kayak Storage. Storing your kayak outdoors? Were you worried about it during the Derecho last summer? Would you like to store it indoors and protected from the weather? The Pier 7 Pirates have indoor kayak storage spaces available at our weekly paddling site on the South River. Attend Pier 7 Wednesdays without having to load and unload your boat each week! With the location conveniently located near US-50, you can pick up your boat on the way to Eastern Shore paddling trips. Reserve now for the summer paddling season. The storage space is indoors, secure, climate controlled, with 24/7 access and free launching from the sand beach on Wednesday nights. Rates are \$30/month for a six month lease (rent for the warm paddling season, rent for winter storage, or both) or \$30/month if you need shorter term storage. Please contact Greg Welker at gdwelker@verizon.net or 301-249-4895 if interested.

CPA Annual Party

The CPA Holiday Party will be held on December 7, 2013 at 6 p.m. at the home of Al and Anne Larsen, 3824 North Oakland Street, Arlington, Virginia 22207. This will be a pot-luck dinner gathering. For the evening's entertainment, there will be the White Elephant (a.k.a. Pink Manatee) gift exchange. Al and Anne will supply a ham plus non-alcoholic beverages. You are welcome to bring your own beer, wine, or other beverage of choice. The White Elephant/Pink Manatee gift exchange is for those wishing to participate. Bring a wrapped "treasure" worth less than \$10. Re-gifting is an art form! Please RSVP no later than Nov. 30 to alarsen120@aol.com. If your last name begins with:



A-K bring a casserole or entrée



L-S bring a salad (green, bean, fruit, pasta, etc.) or some bread



T-Z bring a dessert (cake, pie, cobbler, etc.)

Directions

The Larsens live at 3824 N. Oakland Street in Arlington, just off Military Road. Their home is a short distance from the Virginia end of Chain Bridge, near where the north end Military Road intersects with and ends at Old Glebe Road. From Washington, DC, take Roosevelt Bridge to GW Parkway, and exist at Spout Run. From the Beltway coming south, take Cabin John Parkway to Clara Barton and Chain Bridge, or American Legion Bridge to GW Parkway existing at Rt. 123/Chain Bridge. From Beltway coming north, take I-66 to Glebe Road. However you approach, from Military Road, turn at 38th Street, and go one short block to Oakland. Turn left and go less than a block to 3824 on the left (white house, with large front porch with swing). If lost, call Al and Anne at 703-807-1639.



CPA Members Kayak Ego Alley before the 2013 Annual Meeting
in Annapolis, Maryland

Photograph by Ralph Heimlich

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The Chesapeake Paddler

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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; please notify the Secretary for changes to your email address. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.