

The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc.

Volume 25, Issue II

March 2015

Trip Descriptions and Ratings

By Paula Hubbard

Have you ever gone on a club trip only to struggle keeping up with paddlers racing ahead, never stopping to take pictures, or explore side creeks? Or you sign up for a trip expecting to paddle about 15 miles and barely make 8? As a trip leader, have you planned an aggressive crossing only to realize that many in the group are expecting calm flat conditions and not a 10 mph head wind?

This winter CPA has revised the system we use to rate and describe trips to better match the skills and expectations of paddlers who participate in our trips and the trip leaders. Many sports use a rating system to estimate the expected level of difficulty and skills required. Skiing uses green circles, blue squares, and black diamonds to rate trails from easy, to 'are you crazy'. White water paddling uses Class I through VI to rate rivers. CPA is looking at existing standards to rate our trips.

Our plan is to classify trips as Level 1 through 5 to align with the ACA Skills Assessments – Level 1 being easier trips suitable for but not limited to paddlers who are just learning, up to Level 5 trips which are very challenging and may require more training and skills. We have also added the ability to post trips with Level 4 (advanced intermediate) and Level 5 (advanced) ratings to meet the needs of our more experienced paddlers.

The level of difficulty of a trip depends on many factors. Distance and expected paddling speed as well as open water crossings or surf can

be planned well in advance using charts and local knowledge. Tides and currents can also be predicted well in advance. Do we really want to paddle 10 miles against the current? Wind is a dynamic force that has a great impact on the difficulty of a planned trip. Although weather is a variable that is out of our control, we can watch the forecasts and adjust the trip plan as needed. Local knowledge helps; some areas are more protected, some more exposed.

Rating a trip

Trip rating will always be up to the trip planner and trip leaders. These are guidelines that are designed to make the process more consistent and to make sure that we provide the information that will help the members make the right choices when signing up for trips. Conditions are not the only criteria. Whenever a trip leader decides that there are circumstances that may increase the level of difficulty of a paddle, rating a trip with a higher level of difficulty may be appropriate.

Conditions

Anticipated conditions are based on weather predictions, tide and current tables, and local knowledge of the area where you will be paddling. Predictions are averages and are subject to change. It is up to the trip leader to determine the level based on the following criteria.

[Ratings Continued on p.6](#)

Conditions and Appropriate Levels

Level	Wind	Waves	Current	Surf
Level 1 (Beginner) Calm, flat water	Protected from wind	Minimal waves from wind or boat traffic	No apparent current	None
Level 2 (Advanced Beginner) Protected water near shore	Winds up to 10 knots	Waves up to 1 foot	Current up to 1 knot	None
Level 3 (Intermediate) Gentle to Moderate Sea Conditions	Winds up to 10 - 15 knot (Force 3 to 4 on the Beaufort Scale)	Waves to 1 - 2 foot	Current up to 2 knots.	Surf break to 2 feet
Level 4 (Advanced Intermediate) Moderate Sea Conditions ¹	Winds up to 16 knots (Force 4 on the Beaufort Scale)	Waves to 2 feet	Current up to 3 knots	Surf break to 2 feet
Level 5 (Advanced) Moderate Sea Conditions ¹	Wind up to 20 knots (Force 4 to 5 on the Beaufort Scale)	Waves to 4 feet	Currents up to 4 knots, with standing waves	Surf break to 3 feet

¹ 2 or 3 of the above conditions may be appropriate, but all 4 together are not recommended in the same trip.

CLASSIFIEDS

Ads dated three 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.

Public service announcement and personal ads to sell kayaks/ accessories are printed at no charge; non-members pay \$10 for 3 months.

SCHEDULE FOR THE CHESAPEAKE PADDLER

The Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is 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 Carrie Casto at news_editor@cpakayaker.com or call/text 301-509-4183.

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.

Officers

Coordinator—Ralph Heimlich
301-498-0722

coordinator@cpakayaker.com

Membership, subscriptions—Sue Stevens
410-531-5641
c/o CPA, P.O. Box 341, Greenbelt, MD 20768
membership@cpakayaker.com

Secretary—Sue Stevens
410-531-5641
secretary@cpakayaker.com

Treasurer—Rich Stevens
703-527-4882
treasurer@cpakayaker.com

Steering Committee—
steering_committee@cpakayaker.com

Paul Casto 410-353-7221
Paula Hubbard 407-619-2896
Dave Isbell
Béla Máriássy 410-507-4972
David Wilson 443-962-7612
Marshall Woodruff 202-345-0606

Webmaster/E-Mail List Administrators—
Stephen Bethke and Paula Hubbard,
webmaster@cpakayaker.com

Newsletter Team:

Editor—Carrie Casto 301-509-4183
news_editor@cpakayaker.com

Paddler Profiles and Skills Series—Rick Wiebush, rwiebush@gmail.com

Mailing and Distribution—Sue Stevens (digital) and Jenny Plummer-Welker (hardcopy)

Pirate Groups

Pirates of Algonkian—James Higgins
571-659-3319,
pirates_algonkian@cpakayaker.com

Pirates of Arundell Committee—
Rich Stevens 703-527-4882, Béla Máriássy
410-507-4972, Greg Welker 301-249-4895,
Sue Stevens 410-531-5641,
pirates_pier7@cpakayaker.com

Pirates of Baltimore—Dave Wilson 443-962-
7612, Marla Aron 301-395-6822, Rick
Wiebush 410-788-1241
pirates_baltimore@cpakayaker.com

Pirates of the Eastern Shore—Paula
Hubbard 407-619-2896

pirates_easternshore@cpakayaker.com

Pirates of Georgetown—Jesse Aronson 571-
969-1539, Tom Heneghan 571-969-1866,
Rob Pearlman 240-688-6340
pirates_georgetown@cpakayaker.com

Pirates of the Lakes—Tom Hunt 717-940-
6572, Mark Rizzuto
pirates_lakes@cpakayaker.com

Pirates of the North—Bob Shakeshaft 410-
939-0269
pirates_north@cpakayaker.com

Pirates of Occoquan—Jeff Walaszek 703-
868-1765. Jim Zawlocki 703-378-7536
pirates_occoquan@cpakayaker.com

Pirates of Patuxent—Jenny Plummer-Welker
410-535-2348/301-249-4895, Don Polakovics
pirates_patuxent@cpakayaker.com

Pirates of Potomac—Dick Rock
703-780-6605
pirates_potomac@cpakayaker.com

Pirates of Sugarloaf—Liz Marancik 301-
-221-0572, Rita Scherping 240-731-9987
pirates_sugarloaf@cpakayaker.com

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.

What's Behind the New Trip Ratings?

After considerable deliberation, the Steering Committee agreed to a new system of trip ratings for CPA trips (see article on [page 1](#)). This effort stemmed from a [Forum post](#) back in February 2014 by Gina Cicotello complaining that there were no CPA trip ratings above "Intermediate" for the more arduous, adventurous kinds of trips that many of our more experienced members organize as peer paddles. Gina's complaint was that she felt forced to organize these outside CPA since there was no explicit rating for them.

A year later, we have a new set of ratings. Some of you may wonder that it took a year, but for a volunteer organization with part-time officers who rarely meet face-to-face, and for a significant change in CPA's operating policy, I think this is a pretty reasonable response (anyone who thinks things should move faster should run for the Steering Committee (SC) or for Coordinator). SC member Paula Hubbard deserves most of the credit for the insight to work from the ACA skill course levels and incorporate more trip attributes than just distance. This is typically the way the SC works: one person with more expertise on a subject will work up a proposal that the rest of us can critique and refine for the final product. Paula presented the concept at the Annual Meeting in November, produced a write-up in December that we kicked around for a couple of months, and the SC voted on the final proposal at the SC meeting in February. We changed the write-up on the web page (see [here](#) and [here](#)) and will be making changes to the calendar postings, working with trip leaders to convert their trips to the new system, and getting the word out on the Forum and at SK102.

The new rating system recognizes that any trip rating must be based on the expected sea conditions, which are a function of the location and the expected wind, waves, current and surf. These attributes affect the distance that can be covered and the speed or pace that can be sustained, which also need to be considered. A trip leader



(and every participant) who is planning a trip at any given rating level must carefully assess the skills needed to cope with the conditions implied by the trip rating, so guidelines for skill levels associated with the trip ratings are also provided. As a trip leader, you need to become familiar with the system and screen prospective trip participants against the skill levels and criteria. As a trip participant, you need to honestly self-assess your skills and match your ambitions to your accomplishments.

We all need to remember that trip ratings are a PLANNING tool, and if the actual conditions occurring when the trip takes place are different than those planned for, plans (and participants) may have to change. All trip leaders need to have a "Plan B" in mind with a generally lower rating (or cancellation) if conditions encountered are worse than planned for at the start of a trip or deteriorate while underway.

Throughout this year and in the future, every CPA trip proposed for the calendar will be rated based on this new system. Official CPA trips and events are those listed on the [calendar](#) as such and shown as "CPA Sponsored" and displaying the CPA logo. The ratings and rating icons are summarized in a table below each calendar page. All CPA sponsored trips and events (including the weekly Piracies) must comply with CPA trip policies. The calendar also lists non-CPA events for members' information. The calendar does not list "peer paddles", which are organized by members and others by phone, email or by using messages on the Forum in the "Peer Paddles" section. Anyone organizing a peer paddle would be wise to follow the same principles that stand behind the CPA trip policies and trip ratings.

The development of these new trip ratings is a good example of how CPA evolves in response to members' needs and experiences. As one of our life members reminded me, every one of CPA's rules is there because of a specific incident on some past trip or event. They were all good CPA trips...NOBODY DIED! ☠



Ralph Heimlich, CPA Coordinator

Photo by Greg Welker

The Kent Island Paddle Experience

by Marshall Woodruff

How the Kent Island Paddle came about

The idea for a Kent Island Paddle came to me back in 2006. I thought - Here is a beautiful island and I want to paddle around it. I wonder who has done it? Then it occurred to me - Why not have an event with this? But after thinking more about it, I decided you cannot have an event where you suddenly paddle 35 miles without considerable preparation; so, I thought - why not have a series of practice paddles?"

I knew Lucy Mitchell, who lives on the Island and, is a CPA member, so I contacted her. Lucy offered to drive me on a tour around the Island. We took pictures of all the potential launch and rest sites. Afterwards, I took the Kent Island chart and marked all the spots I thought would work for stops and put-ins. Stepping back and looking at the chart, the idea of a Kent Island Paddle, and later the concept of a series of Kent Island Practice Paddles jelled.

Acronyms Acronyms

Just so you don't get confused:

KIP- Kent Island Paddle

KIPP-Kent Island Practice Paddle

KIPPERS-those paddlers that went through the KIP series and come back year after year to help

KIPP-1, 2, 3, 4, 5, 6 -14 -designates the number of the paddle and date i.e. **KIPP-1-15**, **KIP-10-15** - refers to the 10th year of our KIP series

Rookies- those paddlers that have just joined us

The Paddle Series

The idea of the KIP paddle is to meet once a month through the spring and summer in a series of KIPPs to build skills and endurance; to plan paddles that use different directions, various put-ins and stops; and exercises to provide diverse and enjoyable experiences for paddlers of all skill levels. We start with a ten mile paddle and increase the distance monthly. For the practice paddles I want each paddle to be different and to be on a different part of the Island. This offers conditions that include varying distances between stops; tidal currents; turbulence near the Island's points and the narrows; wind, rain, sunshine and heat; darkness and cold... Over the years, we have worked variations out with five to six practice paddles that visit the whole Island and a final paddle that circumnavigates Kent Island. Each paddle is an achievement, and the final paddle in the fall is the crowning achievement. The first KIP had 20 participants – a great turn out. Through the ensuing nine years we have had KIPP paddles that ranged from 14 to 40 paddlers.

Paddling Skills, Preparedness, and Gaining Experience

It has certainly been a learning experience for me, if not for everyone else involved, organizing the series, taking leadership, and experiencing the events as they occur. We learn about the Bay and also about real life conditions while paddling. Everyone tries to be as safe as possible, but usually nature throws more at us than we expect. The skills



Marshall Woodruff

learned in practice are applied to real life events. That is what I think we all want to achieve and what we strive for in KIP. We don't know what will happen when we go paddling. We try to prepare for anything. Practice sharpens your skills more when you get to try it out in a real situation - when it is unexpected. Just ask some of the KIPPERS about their favorite and most challenging experiences. We have had snow storms and cold weather paddling conditions; strong gusty winds and rain squalls; large waves and swells; powerful currents and confused water; heat and high humidity; mild breezes and pleasant temperatures; and everything in-between. We have had fast, medium, and slow paddlers accommodated in separate groups. We have had expert paddlers, experienced paddlers, and rookies paddling every brand, type, and size kayak. We have had opportunities to practice and use safe paddling; paddler assistance and rescue skills; and developed and used effective group skills and discipline. Ask the KIPPERS and they would all tell you how they gained skills and experience in all aspects of this wonderful sport.

Key to the success of the KIPP paddles is gaining maturity in personal paddling skills and all aspects of group paddling – planning and preparation, performing, and handling the expected and unexpected. Paddlers learn that they are part of the paddle and with it comes responsibility. You just don't show up and say, "Here I am, take care of me." Like so many other events you expect the trip leader to take care of you. Nooooooo! You are expected to always have the proper gear; have a chart; know the route, be part of the paddle; and look to your group to make sure we are all on the same page. We are all responsible for each other. We check each other's kayaks, equipment, and each other to make sure we are 100%. We dress for the water.

On our KIPP series, all the practices and lessons learned come into play. Whether it is the heat, exhaustion, hydration, strong winds, towing, rescues or even calm waters. You are prepared to paddle after going through KIPP.

[Continue on p. 6](#)

CPA Finances

By Richard Stevens, *Treasurer*

The Chesapeake Paddlers Association, Inc. is in good financial shape and we ended the year with close to the same amount that we started with. Our cash on hand decreased by \$607.44 or approximately 2.82%, from \$21,542.61 to \$20,935.17. This amount includes \$20,898.96 in the CPA bank account and \$36.21 in the PayPal account. These figures are for the fiscal year, which coincides with the calendar year. We still have a considerable financial cushion at this point, but will have to monitor income and expenditures in the future and see where we are at the end of next year. In 2013 our cash on hand decreased by \$1,612.58 or 6.97%. This is the second year that CPA has had a net decrease in funds year to year, but things seem to be stabilizing. Without the web site expenses we would have had a small increase over the year.

The primary extraordinary expense for this year was for the Web Site. Our hosting was up for renewal as was our domain name registration. In addition we had some security problems that affected the web site, as some of you probably noticed, and we elected to purchase a security monitoring agreement. The total cost was \$1,079.67, but is good into 2019, which took advantage of a multiyear discount.

For 2014 we successfully sponsored a number of events for our members and the interested general public at large, including SK 101, SK 102, subsidies for the trip planning meeting, Boat & Paddle Work Day, Gear Day/Fall Out of Your Boat Day, a Cold Water Workshop, the Fiberglass Workshop, Greenland Paddle Workshop, a Navigation Course, and Gear Day. We funded the Piracy stipends, holiday party, and the Annual Meeting with outstanding member appreciation gifts. We also covered the ongoing expenses of our newsletter and other printing, as well as banking and office expenses. Our insurance liability policy is paid and up to date. We are current in filing the necessary state and federal tax returns. Following this summary are some of the major account transactions for the calendar year:

Membership Dues: We collected \$5,573.01 consisting of \$974.00 by check or cash, \$1,050.00 with the included membership from SK102, and \$3,549.01 net by PayPal. PayPal fees for membership were \$165.99 for the year. In 2013 over same period we collected 6,536.01 in dues, for a decrease of \$963.00, or \$14.73%. The decrease in membership income is somewhat troubling for the long term.




Insurance Renewal: The policy renewal for 2015 was \$1,642.00. This was a reduction of \$834.17 achieved by following our agents to a new and larger agency.

The Piracy Stipends: This year they were \$2,317.02, up \$57.74 from last year's \$2,257.28.

SK101: Income was \$2,070.00 and expenses were \$1,764.00. That left a net profit of \$181.93. Last year there was a net profit of \$136.10.

SK102: Income was \$5,452.00. Of the income \$1,050.00 was for the included membership fee and was counted toward membership, not SK102. The expenses were \$5,083.61. Net profit was \$368.39. The previous year the net profit was \$1,348.09.

Any questions please e-mail me at Treasurer@cpakayaker.com. For the full report go to: [http://www.cpakayaker.com/uploads/Annual_Reports/CPA%20Financial%20Report%202014%20\(Final\).pdf](http://www.cpakayaker.com/uploads/Annual_Reports/CPA%20Financial%20Report%202014%20(Final).pdf) 

Annual Report: http://www.cpakayaker.com/uploads/online_newsletters/cpa2014/CPA%20Annual%20Report%202014a.pdf



Sugar Run

By DJ Manalo



Matthews County

By Catriona Miller

[Ratings continued from p.1](#)

Other Factors to Consider When Rating a Trip

Distance

Distance alone does not define the trip rating. Once a paddler develops advanced beginner skills, distance is dependent on conditioning as much as skill level. Anticipated distance should always be included in a trip description.

Pace

Anticipated paddling pace should always be included in the trip description. This does not define the trip level, once a paddler develops advanced beginner skills, they may want to focus on pace rather than conditions.

Scenic (Average < 3 kt) – this is a more leisurely pace allowing time for paddlers to explore shoreline features and take photos etc.

Moderate (Average 3 kt) this is an average paddling speed allowing time for breaks, water etc. This represents speed over water and may need to be adjusted for current or wind.

Performance (Average > 3 kt) this is for paddlers who like to maximize the distance covered over time.

Special Features - additional conditions that may be encountered during the trip.

Open Water Crossings – open water crossings increase the risk of changes to conditions that may impact a paddler. Conditions may change from L2 to L3 or from L3 to L4 before the paddlers have time to get to more sheltered waters. These paddles should be rated at last 1 level above the anticipated conditions to account for the possibility of change.

Surf – breaking waves are a special challenge and may not be present on all intermediate to advanced paddles. Whenever surf conditions are expected, it should be clearly defined in the trip description.

Tides / Currents – any anticipated tide races should be mentioned in the trip description. ☹



Paula Hubbard in the Surf

By Paul Casto

[KIPP continued from p. 4](#)

Group Paddling and Sharing Skills and Knowledge

Looking back on the series, I think what has made this series so successful is the “older” participants coming back to help the next group – the KIPPERS and sometimes Old KIPPERS. The makeup of KIP participants has changed over the years. In the beginning most of the paddlers who came out for the series were “racers” - fast paddlers. We still have some very strong and fast paddlers but now we see new and experienced paddlers that maintain a steady pace and just want to become better paddlers, experience the Bay, and learn how to deal with Nature.

Each year we have learned something new and have added it to our paddle. At first it was just group up and paddle. As time went on we broke the group into three paces, fast, medium and slower, this really worked out for the range of paddlers that have joined the group and helped them find a niche that suits their paddling style. Paddlers can change groups at any time to test their comfort level. With this development we then came up with co-leaders for each group. As time went by we began using our radios more and more to keep in touch with each other and the groups. Each year we tried to do more but it never really worked, we always wanted to paddle then get off the water. We were determined to change this and three years ago when we used the first two paddles as a “get to know you” and we were able to do it. We used these two paddles to work on towing and being towed, rescues, follow the lead paddler, radio usage, etc. But the best came about when we decide to break the paddlers down to groups of three Rookies and a KIPPER and did these exercises. It gave the Old KIPPERS a chance to lead and work one on one. It worked - better than we thought.

We could not have this event without the Old KIPPERS that have become mentors who show up year after year: George Banks, Bill Upton, Carol Collins, Eric Dougherty, Jim Zawlocki, Kevin Lawrence, Pat Kennedy, Paula Hubbard, Rob Bowen, Robert Golden, Sue Byerly, Tim Doyle, Ben Mayock, Bill Smith, Bob Shakeshaft, Ed Johnson, Jay Perry, Katie O’Meara, Mark Rizzuto, and Maywin Liu.

To find an excellent reference to our paddles, go to the CPA Forum site, look at the upper Right hand corner for "search", put in “Afterthoughts” as a search term. There you will be able to read about any of our paddles. Two especially good ones are KIPP-1 10' and KIPP-5 12'.

Come and join us on the water this year!

Ancora Imparo

KIP-10 15' Schedule

1 - April Sat. 4/11

2 - May Sat. 5/9

3 - June Sat. 6/13

4 - July Sat. 7/11

5 - Aug Sat. 8/8

6 - Sept. Sat.9/12 ***KIP Birthday party Weekend starts Fri 9/11!

7 - Final Sat 9/19

Rain date 10/3 ☹

CPA Paddler Profile

By Rick Wiebush

Name: Reggie Reid

Lives in: Silver Spring, Md

Real job: Software Engineer

Member of a Piracy? No

Paddling Buddies: Catriona, Jim Zwallowki, Gina and Peter. Really I'm not picky – will paddle with anyone who will invite me on a multi-day camping trip.

Number years paddling: 7

How did you get involved in kayaking? Ex-mountaineer, backpacker – got injured wanted to continue back country camping.

How did you learn to sea kayak? The hard way... trial and error with no direction.

Any formal training or ACA/BCU certifications: no

Boat usually paddled: I'm a total boat slut – I paddle anything – hope to be seen in a frankenboat P&H Cetus LV or self-designed wooden stitch and glue boat a lot next year. (both have been in my basement "getting repaired" for years)

Type paddle used: Wing, Greenland, euro in that order – but I broke my favorite wing so that might change.

Do you do any other type of paddling besides sea kayaking? no – except maybe surfski...

Do you regularly do any other outdoor activities? used to cave, big wall climb, mountaineer, winter backpack, mountain bike.

How often do you paddle in summer? I randomly do day paddles and get talked into lots of multiple day backcountry camping trips.

Do any winter paddling? I randomly will paddle locally and do occasionally travel south (NC, Florida) to paddle

Go to pool sessions? Yes, Fairlands

Favorite local paddling location: None

Favorite non-local location: Apostle Islands, Lake Superior; Georgian Bay. You can paddle big water without having to carry fresh water.

Best paddling trip/experience ever and why: My favorite trip was paddling Otter Cliffs on a Deer Island Archipelago and Mt Desert Maine trip – mostly because it was our first kayak camping trip and we were too stupid to know how dangerous conditions were as we played in rock gardens, practiced seal landings, went into Thunderholes, and bounced around without helmets, with no roll, no radios, no practical experience with tides in 55deg water without drysuits, etc. We did everything wrong and had an absolute blast, and made it into many tourist's highlight reels.

A close second was sharing an island and lunch with four elderly gentlemen on Lake Superior who had been boating and fishing together for 60+ years. One of their fishing partners had died, and they brought his 60 something year old son "Junior" along to spread his ashes and commemorate his life on their yearly outing. They old men spent the whole time harassing "Junior" for bringing the wrong beer, not knowing how to filet a fish properly etc... But you could feel the love they all had for each other.

Scariest/most dangerous trip/experience and why: It's not very scary or dangerous but somewhat disconcerting to be lost in a salt marsh maze at night, only hundreds of feet from your paddling partner in total darkness (within earshot of each other) but knowing that it could take hours of backtracking and/or bushwacking to meet up again and longer still to find a suitable campsite. We've had the same experience in mangroves, and in glacier carved rock mazes where getting out and scouting offered a reasonable fallback plan.

Bucket list trips: Las Roques, Venezuela; Scotland; West Coast of Baja California; West Coast of Vancouver Is (Tofino, Broken Islands group); New Caledonia; Solomon Islands (see Vangunu and Kavachi); the Great Ocean Road, Darwin to Yirrkala Australia, Elliot Bay to Port Esperance, Tasmania; Freycinet Tasmania; Gordon River to the Sea, Tasmania; The Skook.

Three things you like most about paddling? 1) The ability to explore isolated waterways and coastlines on a human scale. 2) The luxury backcountry experience. 3) Accessibility, just about anyone can sea kayak and safely go on amazing adventures – that isn't the case for many other outdoor activities.

What do you like about CPA? I thank CPA for helping me be a safer and more responsible kayaker. CPA members are always willing to take time out and teach newer kayakers. I think that due to how much more accessible sea kayaking is for beginners versus, say for instance, caving or winter mountaineering, there needs to be a consistent voice expounding safer practices.

One thing other people find interesting about you: I completely planned out and worked out logistics for a self-supported Antarctica trip using kite skis and kite-powered sleds when I started kitesurfing back in 2001 (while dating a Polar scientist) – and was both thoroughly bummed-out and elated when it was done in by some Canadians in 2006. I'd make a great Bond villain - I never seem to actually complete my plans....



CPA Paddler Profile

By Rick Wiebush

Name: Pete Hohmann

Lives in: Woodbridge, VA

Real job: Recently retired pastor, now working part-time for Prince William County Parks as a paddler instructor and "Science in the Park" teacher

Member of a Piracy? Until recently I lived too far away from any Piracy to join. I will join one this summer.

Paddling Buddies: Brian Stevens, Brian Blankenship

Number years paddling: 10

How did you get involved in kayaking? My church, where I was a pastor, bought me my first kayak on my 15th anniversary of working there (Mechanicsville Christian Center near Richmond, VA)

How did you learn to sea kayak? A set of Nigel Foster DVD's and Derek Hutchinson's "The Complete Book of Sea Kayaking."

Any formal training or ACA/BCU certifications: ACA L-3 kayak instructor, ACA L-4 kayaker, ACA Adaptive Paddlesports Instructor, and BCU 3 Star Paddler, ACA L-2 SUP Instructor

Boat usually paddled: NDK Romany, Carbon/Kevlar, Black Deck and clear hull

Type paddle used: Euro, Greenland, and a wing paddle with my Epic 18x

Do you do any other type of paddling besides sea kayaking? SUP and canoe instructor for Lake Ridge Park and Marina

Do you regularly do any other outdoor activities: I enjoy hiking and backpacking. I will be walking the Camino Santiago next September (500 miles across Spain)

How often do you paddle in summer? 6 or 7 times a week. I teach kayak camps for kids during the weekdays, adult stand up paddleboard classes on Saturday, and I lead paddles with my Meetup Group on Sundays, Lake Ridge Park Paddlers <<http://www.meetup.com/Lake-Ridge-Park-Paddlers>>

Do any winter paddling? I help lead paddling trips in Florida and the Bahamas in the winter (Burnham Guides and Kayak Voyagers). I paddle here whenever the water is not frozen.

Go to pool sessions? Not usually.

Favorite local paddling location (within 1-2 hours of your house): I love paddling from Annapolis Canoe and Kayak to Thomas Point Light-house. I paddle Occoquan Reservoir several times a week since I live in walking distance of Lake Ridge Park and Marina.

Favorite non-local location: I spend two weeks in the Bay of Fundy every June.

Best paddling trip/experience ever and why: My most impacting trip was when I paddled the length of the Chesapeake Bay in 2009 (western side). It was my 20th anniversary as a pastor at my church and the church gave me the time off and paid my expenses. The entire church followed my journey through my SPOT and daily blog. The journey renewed me emotionally and spiritually.

Scariest/most dangerous trip/experience and why: The scariest moment was right after I committed to paddle through Reversing Falls in Cobscook Bay (part of the Bay of Fundy in Maine) during full flow. It was intense tidal whitewater and a whirlpool sucked the stern of my kayak downwards, but my 10 mph momentum keep my going forward through it. Even though I was a pastor at the time, I screamed, "Oh sh*t, I'm going to die" more times than I can remember. There were a lot of spectators on the shoreline of Reversing Falls Park when I did it and I'm not sure if they were hoping I would make it or wipe out in a spectacular way.

Bucket list trips: Paddling above the Arctic Circle, probably Norway.

Three things you like most about paddling? I paddle to meet people and I enjoy introducing others to the sport. I feel closer to God on the water and paddle to maintain physical fitness (performance paddling). This coming year I also am looking forward to providing people with disabilities a chance to regain their freedom on the water. Lake Ridge Park just completed a new dock system that will accommodate paddlers with disabilities.

What do you like about CPA? Great opportunities to both give and receive training, the connection with others, especially during the over-night events.

One thing other people find interesting about you: I am famous for the question I ask all new paddlers on the water. I ask them, "Tell me about your life?" I have a professional counseling background, and people seem to feel a freedom open their lives up to me on the water.





CPA's 16th Annual SK102 skills clinic

April 24-26th, 2015

Lake Anna, VA

<http://www.cpakayaker.com/sk102/>

SK102 is CPA's on-water skills clinic weekend.

SK102 offers on-the-water skills classes covering wet exits, basic strokes, basic and advanced rescues, stroke improvement, rolling and more. Additional on land courses cover topics like navigation, kayak camping, etc. SK102 is designed to get teach beginner or intermediate kayakers the skills they need to be kayak safely, including proper paddling technique and the skills they need to kayak safely.

It's also a heck of a lot of fun.

How to register: You must register by **March 28th, 2015** on our website: <http://www.cpakayaker.com/sk102/>

SK102 sells out every year with a significant waitlist. New paddlers and especially those who attend SK101 receive priority for SK102 registration.

Where: Lake Anna is 2 hours south of Washington DC. The lake is a nuclear power plant cooling pond, so the water is not only very clear, it is heated – allowing you to practice wet exits, rescues, and rolling in warm water in early spring! The location is private property on which you are welcome to camp.

Cost: \$50, which includes the cost of two days of all volunteer instruction, camping on-site, morning coffee, Saturday night dinner, porta-potties and a one year CPA membership.

Required: You are required to bring a kayak, life vest, paddle, pump, and paddle float to SK102 for use during your classes. You will be required to sign a release of liability.

Saturday Classes: *Sign up for 2 of these classes when you register:*

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

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

Stroke Improvement, Intermediate Strokes, Bracing *For those who 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

Self-Rescues, Group Rescues, Towing *Be able to get yourself and others back into a kayak in deep water.*

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

Greenland Style Paddling *What is that thin paddle anyway?*

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

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

Rolling *For more advanced paddlers who have strong bracing skills.*

Braces and hip snaps are the foundation of several kayak rolls
Bow and Paddle rescues

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

For more information, please email Catriona M. at SK102.CPA@gmail.com

Pictures of last year's event are visible here: <https://picasaweb.google.com/cpakayaker/2013SK102>

For more information about CPA, please go to <http://www.cpakayaker.com/> or <https://www.facebook.com/CPAKayaker>

And the Survey says...

By Ralph Heimlich

Summary of Website Survey Findings

Overall Summary—Response to the survey was good, with about 30% of members responding. The most-used areas of the website are the Paddle Now! section, including the Calendar, and the Community section, including the Forum and CPA membership. There are a number of areas on the website that do not get very much use and should be eliminated or pushed down in the navigation. There were a number of good suggestions for improvements to the Calendar, but there is not a groundswell to abandon it in favor of social media, with only a minority using it heavily. There is a need to better integrate the Website, Forum and Calendar more seamlessly. CPA information flows could be better integrated with social media, but only at the member's option. Several comments indicate lack of familiarity with existing website capabilities and CPA trip procedures and protocol by users and by trip leaders and officers. These offer an opportunity for education and better integration through the website.

Response to CPA Web Survey			
	Solicited	Response	Percent
Primary CPA Members	550		
Secondary emails	103		
Total CPA members	653	179	27%
SC Members and Webmasters	11	6	55%
Nonmembers	un-known	10	
Total	664	195	29%

Read the complete survey report at: <http://www.cpakayaker.com/uploads/Results%20from%20Member%20Survey.pdf> Forum: <http://www.cpakayaker.com/forums/viewtopic.php?f=1&t=8644>



Battling the Surf

By Rick Wiebush



KIPP

By Paula Hubbard

From the Editor:

Safety... When I was a kid, my brother and I sat in the back seat -get this- without seatbelts! Do you remember that? My baby brother was in the front with this crazy contraption that hung over the middle of a bench seat. Nary a strap to hold him in! We lived... but today, none of us rides in the car without buckling up!

Did you wear a helmet when you rode your bike or skateboard when you were a kid? I didn't! Heck, I rode barefooted! Our kids all had helmets, knee pads, wrist guards etc. The were protected from everything!

On our first kayak trip, Paul and I wore PFDs and skirts. We didn't have any other safety equipment. We had a guide and we expected

him to take care of us. I don't think he had much in the way of safety equipment either. We were so NOT dressed for the water either!

Ralph sent me a [Bryan Hansel's article](#) from Paddlinglight.com about kayakers and safety. It's posted on Facebook and there is a discussion on the [forum](#).

There are plenty of folks who don't follow sound safety advice. I can't be their mom! I DO believe in modeling behavior, not so much in preaching. Let's continue to be an intelligent group of sea kayakers! Carry your gear and share it when a novice gets into trouble on the water. ☹

Chesapeake Paddlers Association 2015 Calendar

Date	Title	Summary
March 14	SK101	Introduction to sea kayaking—1 day class
March 29	Cherry Blossom Paddle	Paddle from Columbia Island to see the Cherry Blossoms.
April 4	Patuxent River Clean Up	Get out on the water and help clean up the Patuxent.
April 11	Kent Island Paddle #1	The KIP series is for paddlers who want to have a distance challenge and build their skills and knowledge of paddling.
April 19	Bull Run Virginia Bluebell Paddle	The paddle is a leisurely scenic 8.6 mile round trip lasting 3-4 hours.
April 24-26	SK102	Skills clinic weekend.
May 1 - 8	Sail Angels Spring Gathering	A week of sailing kayaks and canoes with a group of kayak sailing enthusiasts.
May 1 - 3	Assateague Kayak Kamper Paddle	An 11 mile bayside paddle to an overnight backcountry campsite with a potluck dinner.

CPA Classifieds

See Page 2 for details on placing a classified advertisement in the *Chesapeake Paddler*.

WANTED: Your updated email address. We want you to receive email notices when the *Chesapeake Paddler* newsletter is posted to the web and ready for viewing. Please notify Secretary Sue Stevens of any email address changes. Send updates to membership@cpakayaker.com.

New Members... Welcome!

By Sue Stevens , Membership/Secretary

We have sent out a warm welcome to our new club members – who joined during the cold months of winter. They are very much all optimists at this time of the year since most of our club members' kayaks and gear are still stowed away till warmer days spring days. The new members are looking forward to our upcoming classes: SK101 March 14 in Galesville, MD or SK102 over April 24-26 weekend at Lake Anna, VA.

Please welcome - Robert San Luis, Ryan Lash, L.R. Stewart, Cheryl Rose, Russell Morin, Howard Spira, Andrew McDermott, Greg Martin, Terri Lehman, Jen Kuhn, Laurie Collins, James Gallatin, Cindy Davidson, Rush Kester, Linda Delaney, Paul Gwiazdowski, Richard Shore, and Cliff Landesman.

All new members receive a CPA intro letter from our Coordinator Ralph, a handy sticky CPA logo to place on the bow of their kayak, and another cling-style CPA logo to place on their vehicle window, along with their own CPA membership card and unique CPA member number.

Did you know that your CPA membership gets you access to the CPA Paddler newsletter – send out ONLY to our CPA members throughout the year (675 + go out by email announcement, with a remaining 25+ via printed copy). YOUR membership also allows you password protected access to the CPA Forum discussions . Your CPA membership number also allows you to go online to nominate and cast your ballot for the club officers each November. Be sure to keep your CPA membership card in your wallet!! Your CPA membership also can get you a nice discount throughout the year at a number of local kayak shops- just ask!

Of course, only CPA members are allowed to attend SK102 held each year at our CPA hosts' lovely waterfront home on the warm waters of Lake Anna.

Let's hope to see you out on the water come warmer days! ☺





Kayaks in Dry Dock

Photo by Mark Fisher

Inside this issue:

- [✖ Trip Descriptions and Ratings](#)
- [✖ The Association Info](#)
- [✖ Coordinators Column](#)
- [✖ Finances](#)
- [✖ Paddler Profile 1 & 2](#)
- [✖ SK102](#)
- [✖ Website Survey](#)
- [✖ New Members](#)
- [✖ Calendar](#)

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

P.O. 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; 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.