

# The Chesapeake Paddler



tion of The Chesapeake Paddlers Association, Inc.

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It's at Ralph's House.  
**What is the Holiday Party?**  
Go to page 11 for details!

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## Happy Birthday KIPP!

By May Win Liu

2015 marked the tenth anniversary for a different type of paddle, the Kent Island Practice Paddles, aka KIPP. KIPP started in 2006 when Marshall Woodruff proposed circumnavigating Kent Island as a series of paddles to a small group of friends with the eventual goal of paddling the entire 34 miles.

The first year did not have much of a plan. It was all new and all were learning how to execute a long distance paddle. Each paddle was a learning experience, with events reviewed and lessons learned and subsequently applied. Each year's experiences became the platform and blueprint for the subsequent year's activities. The Chesapeake Bay was the training ground and her many faces were seen: snow, icy water with warm air temperatures, dead calm on hot humid days, 25+ mph winds with 2-3+ foot waves,

[Continued on p. 6; KIPP](#)



Waiting to start the paddle to Love Point

by May Win Liu

## CPA Members Help Win National Award from the American Canoe Association (ACA)

By Rick Wiebush

In the summer of 2015, several CPA members participated in an experimental skills development program that recently received a national award from the American Canoe Association. The ACA's "Stroke of Achievement Award" is presented each year to an ACA member organization for superior performance and achievement in program development. Largely due to the hard work and dedication of the participants (and the coaching staff), the award was presented this year to Cross Currents Sea Kayaking at the ACA's annual meeting on October 24 in Charleston, South Carolina.

Participants in Cross Currents' "Unconscious Competence" series (referred to as "UnCon") included CPA members Denise Parisi, Shelly Wiechelt, Liz Marancik, Jaclin Gilbert, Luci Hollingsworth, Susan Green, Rebecca Fitzsimons, Ed Cogswell, John O'Hara and Paul Plowright. Congratulations to everyone!

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## One More Paddle

By Greg Welker

Dave and I decided to get one more paddling camping trip in this fall. I somehow managed to get a permit for three nights in the Okefenokee Swamp National Wildlife Refuge (Georgia) with only a week's notice (permits are "reservable" up to two months before a trip date, and I have heard tales of people putting the permit phone number on speed dial to get through to the refuge office). Camping was on platforms over water/land/swamp, so we took Dave's solo canoe and my Kruger Seawind for ease of loading and unloading.

The eleven hour drive down I-95 was uneventful and it was a short drive from there to our campground for the night before the trip. We stayed at Traders Hill Campground. \$10/tent per night. Nice laid back campground, clean restroom and shower (yes, just one).

The next morning, Sunday, we drove about five miles to the Okefenokee Swamp Recreation Area visitor center and checked in with our permit. The center is nicely maintained, has a nice beach to launch from, and seems pretty secure for multi day parking. Gator number one was waiting for us just off the beach.

We launched and paddled west out through the main cross swamp canal. We passed two groups of people coming in from weekend trips. Our first camping platform was about a ten mile paddle. Each platform is elevated about 2 feet above the water and is about twenty

[Continued on p. 8 Swamp](#)

# 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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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. 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!

## THE CHESAPEAKE PADDLER

The Chesapeake Paddler is published 10 times a year, with combination issues in Nov/Dec and Jan/Feb. 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?

The newsletter 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.

# News From the CPA Coordinator - Ralph Heimlich

## It's a Group Effort

The kayaking season is almost behind us for this year. The only club-wide event remaining is the CPA Holiday Party ([see p. 11](#)), which is Saturday, December 5, at my house in Laurel, MD. We'll have the traditional White Elephant Gift Exchange (with a kayaking theme) and a potluck dinner, supplemented with some things bought by the club, as well as the opportunity to meet your fellow paddlers with their skirts off.

Thanks to Catriona Miller's energy, the 2015-16 season kicks off the very next day when the Cold Water Safety Workshop with Moulton Avery takes place on Sunday, December 6, at Annapolis Canoe and Kayak. Click [here](#) for details and to register (required).

The end of the paddling season is a time to thank the many, many CPA volunteers and leaders who make everything happen. Three of the most energetic were recognized this year at the Annual Meeting. Catriona Miller has been a fireball since joining CPA in 2010, originating and leading the CPA Boat and Paddle Workshop from 2013-14, organizing and leading CPA's Sea Kayaking Skills Clinic (SK102) course in 2014-15, serving as registrar for SK102 in 2012-13, organizing the CPA Gear Day in 2013, organizing the Cold Water Clinic in 2014 and recording and posting the talk in 2013, co-managing CPA's website, forum and Face Book pages since 2013, and serving on the Steering Committee in 2012-13. She will once again organize and lead the team putting on SK102 in 2016, and well deserves this award.

A couple that are essential to the administrative life of CPA, and to many trips and activities throughout the year are Sue and Rich Stevens. They have served as Membership Secretary since 2006 and Treasurer since 2007, Pirates of Arundell coordinators since 2006, SC members since 2006, and led numerous day trips and support activities since joining in 1999. No one is irreplaceable in an organization, but when these two team up, they are the nearest thing to most valuable players.

Many others are also essential to running CPA. Returning Steering Committee members **Paula Hubbard and Dave Isbell** are a font of appreciated wisdom and experience. Incoming Steering Committee members **Carol Collins, Tim Dole, Mike Cohn, and Bill Smith** have already made their mark in CPA, leading trips, participating in KIPP, and being mainstays in Piracies, but will now have increased opportunities to serve. Departing Steering Committee members **Paul Casto (SK101), Dave Wilson (POB), Marshall Woodruff (KIPP), and Béla Mariassy (Logo Gear)** are well known to CPA paddlers and will remain active in the club. Thanks also to newcomer DJ Manolo who ran for the Steering Committee. He will continue to shine a light on CPA with his excellent photographic skills, and his winning personality.

Other behind-the-scenes work that goes on continuously includes **Carrie Casto's** splendid efforts as Editor of *The Chesapeake Paddler*, including the issue now under your eyes. Also contributing to the newsletter are **Bob Browning**, who replaces **Rick Wiebusch's** efforts with Paddler Profiles, and **Sue Stevens and Jenny Plummer-Welker**



Ralph Heimlich

Photo by Suzanne Farace

who distribute the electronic and paper editions. Other volunteers handle our electronic communications, especially web masters **Gregg Banse, Catriona Miller, and Paula Hubbard**. **Catriona and Suzanne Farace** also post items of interest to our Facebook page, helping to keep our community in touch.

The CPA Traveling Library, which was unpacked at the Annual Meeting, has been maintained for many years by **Carolyn Labbé and Nelson Labbé** (yes, we HAVE a [library](#)). They have now passed this chore on to **John Gibbs**, so look for him with several crates of books and DVDs at the next event. We also have store, or sorts, for CPA logo gear (shirts, caps, bumper stickers, etc.), ably (and colorfully) handled by **Marla Aron**, who took over the inventory from **Béla Mariassy** this year. These services add richness to CPA's offerings, but take dedicated and continuing work.

The heart of CPA is the programs that many, many volunteers put on each season. There were **38 leaders** this year, too many of them to list here, but all are recognized in the Trip and Event section of the Annual Report ([link to report online](#)). These 38 leaders organized and led a total of 88 trips and events, attended by 369 individual participants on 1,081 participant/days. You should particularly thank **Catriona Miller**, who headed up SK102 again this year, as well as **Paul Casto**, who again organized SK101. Both Cat and Paul as well as the entire cast of instructors for these two events contribute much to the important task of bringing new members into both sea kayaking and CPA, and will be doing so again in 2016. Others who led more than three trips or events apiece include **Marshall Woodruff, Tom Heneghan, Greg Welker, Jim Zawlocki, Rich Stevens, Sue Stevens, Ben Mayock, Bill Smith, Mike Cohn, Suzanne Farace, and Me**.

If you were one of the 52 attendees at the Annual Meeting, you heard most of what went on. If you couldn't be there, I urge you to read the [CPA Annual Report](#) (including Minutes of the meeting, Financial Report, Membership Report, Participation Report, and Logo Gear Report) which is online in full detail at [http://www.cpakayaker.com/uploads/Annual\\_Reports/CPA%20Annual%20Report%202015.pdf](http://www.cpakayaker.com/uploads/Annual_Reports/CPA%20Annual%20Report%202015.pdf)

**See you at the Holiday Party, or on the water!** 🦋

## Paddler Profile by Bob Browning: Bob Maynes

**Lives in:** Arlington, VA

**Real job:** Retired but spend extensive hours on the board of a non-profit

**Do you regularly attend a Piracy?** Potomac

**Number of years paddling:** 4<sup>th</sup> year

**How did you get involved in sea kayaking?** My youngest daughter and her husband bought a house on the Erie Canal and the seller left them a canoe and a kayak. My daughter and I were paddling the canoe and my son-in-law was in the kayak. I was intrigued by the speed and the quickness with which he darted in and out of places I was interested in, but could not reach. Had to try it. Immediately capsized, but tried again and was captivated.

**What boats do you paddle?** Regular boat is Current Designs Solstice GTS, 17'7" by 22", "Mango". Starter boat was Wilderness Tsunami 145, 14'6" by 24.5", yellow, which is now my visitor boat.

**Rudder or skeg?** Rudder

**Type paddle used:** Euro now but getting a Greenland

**Do you do any other type of paddling besides sea kayaking:** No.

**Do you regularly do any other outdoor activities** January through March I mostly ski in the Rockies and Canada and with grandchildren at their local mountains.

**How often on average do you paddle between May and October?**

When I am in town, one to two times per week

**Do any winter paddling?** No, that's ski season.

**Favorite local paddling location:** Going out of Belle Haven on Wednesdays is great but I have liked all the other trips I have taken too. As I am relatively new to this, every trip is an adventure. I do find I am being drawn more to longer trips and kayaking camping trips to any place.

**Favorite CPA trip you've ever been on and why:** This year's Potomac Passage trips. They were longer trips on which I was able to focus for long stretches on improving my technique and efficiency. In addition I had the opportunity to paddle places I had never been.

**Coollest paddling trip you've ever been on anywhere and why:** Had all 5 grandchildren in a house on Cayuga Lake and got all of them to try kayaking. This became a problem as they all loved it and there were only 3 kayaks. I was kept pretty busy with shift after shift going out and the youngest usually needing to be towed back. They all had a great time. It did cost me since I eventually had to buy some kid kayaks.

**Scariest/most dangerous trip/experience and why:** Nothing really scary or dangerous so the closest I can come to this is the most unnerving trip. Went on Jesse Aronson's Cherry Blossom paddle and when I got back my wife asked me how the blossoms where. Told her I had no idea but that everyone else said they were great. I was always looking straight ahead and focused on staying



Bob Maynes

Photo by Greg Welker

upright in wind I had not experienced before—close to 20 and gusts over 25. It was a great trip that really pushed my envelope and I might have bailed without encouragement from Ralph.

**Future bucket list trip:** No specific place, just objectives. I want to keep extending my ability to deal with more difficult conditions so next time I can look at the cherry blossoms. I want learn to roll and to use a Greenland paddle. I want to improve my technique/efficiency so I am not holding up the better paddlers.

**Three things you like most about paddling?** 1. I have always been a mountain person but paddling opened up a whole new world of water that I had pretty much ignored for most of my life. 2. It's healthy. 3. I used to be a bit down at the end of ski season but not anymore.

**What do you like about CPA?** Really helpful and knowledgeable people. There are so many really nice folks who always seem ready to share their knowledge one-on-one or in formal settings at CPA events. The focus on safety and education is impressive.

**One unusual, non-paddling thing other people find interesting about you:** As a volunteer I have been involved in youth soccer for over 30 years. I was the Director of Coaching for McLean Youth Soccer for 22 years and have been on the Board of Directors of Virginia Youth Soccer since '99 as VP, Finance Chair and as the leader of the effort to build our \$15 million training center in Fredericksburg. Phase 1 at about \$8 million is done. 🙏

**We would like to know about you!** Contact Bob Browning if you are interested in a being featured in the Paddler Profile or if you know of someone else he can contact. Contact Bob at: [BBBrowning43@verizon.net](mailto:BBBrowning43@verizon.net)

**KIPP; continued from p. 1**

confused water, and sudden thunderstorms. Each incident was full of teaching points in equipment required, appropriate clothing, group management in good and bad conditions, and communication. The series has grown both in participants and as a training experience, with float plan, emergency plans, equipment lists, sub-leaders and helpers, understanding of tides, current, wind, and weather, and rescue/towing/communication skills. Participants learned to pace themselves over a long distance, managing hydration and caloric needs. They learned to paddle in a group, keep an eye on each other, help where they could, and they learned to anticipate and adapt to whatever came along. Rookies, in their first year of KIPP, became stronger, more knowledgeable paddlers by the end of the series, returning paddlers imparted lessons learned and became leaders and sub-leaders, helping to keep the group together and safe. The KIPP series now serves as one of the premiere training opportunities not only for long distance paddling but for trip leadership.

On September 12, a group of 43 paddlers, including Michael Naito fresh off a flight from CA, gathered for the tenth year anniversary paddle. The day was gloomy but clouds and rain do not deter intrepid KIPPers. The weather report did not include impending thunderstorms in the area. The plan was to paddle 13 miles total, from Kent Narrows to Love Point. As in the past 5 years, the group was divided into a fast, medium, and scenic group to accommodate the different speeds and to better manage the paddlers. In addition to the leaders, seasoned



**Heading back to the launch Kent Narrows from Goodhands Creek  
by May Win Liu**

members of the 2006 group were there: Chris Beckman, Brian Blankinship, Kingsley Chan, and Bob Pullman. Kingsley had a 5K in the evening but was determined not to miss this special KIP get-together. Amazingly, every year of KIPP was represented.

After an hour, the thunderstorms appeared to by-pass our area. But this is the Chesapeake in the summer - sudden changes can and do occur. So the plan changed to paddle into Goodhands Creek with its many bailout points in case the thunderstorms returned.

All paddlers launched with the fast group setting off first followed quickly by the other 2 groups. With someone constantly monitoring the weather station, the groups paddled leisurely towards Goodhands Creek. Upon arrival at the mouth, the fast group decide not to turn into Goodhands Creek itself but to explore farther into the intersecting creek. The other groups followed and in the small creek, all mingled together. We didn't care about distance or speed. Today, it was all about the camaraderie and friendship we had built over the past few months and for some, over the past few years. The sound of laughter floated over the water and smiles were everywhere. Up ahead, a black Lab wiggled her welcome on her dock. Several kayakers zipped up to receive her greetings and kisses. We had surprised her owner who had never seen so many kayaks come up his creek at once.

Gradually, we headed back to Kent Narrows. The light breezes were welcome, adding a nice bouncy ride before arriving back at the

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**Rita Scherping, Bob Shakeshaft, Jimmy McArdle, Gail DaMato, and  
Bill Smith, enjoying a laugh on the way to Goodhands Creek  
by May Win Liu**

KIPPers traveled with each group as an extra safety measure.

The groups headed out. Shortly afterwards, thunder and lightning were reported. The medium and scenic groups headed back. With Brian Blankinship, Jan Sheehan, Chung Ha, and Pat Kennedy setting the pace, the fast group had already covered 2.6 miles when the radio call came to abort the paddle. Jim Z paddled out to find the fast group on a beach and gathered all up to head back to the launch.

As per usual, people were monitoring the weather patterns. A few thunderstorm cells were nearby but did not appear to be moving directly our area. We decided to wait an hour just in case and re-evaluate.

Because there were a number of KIPPers from previous years present, many took advantage of the break to catch up with old friends. Four



**Bob Pullman KIPP '06-'10 and Pat Kennedy KIPP '07-'15**

**by May Win Liu**

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**John O'Hara, Rick Wiebush, Paula Hubbard, Shelly Wiechelt, Susan Green, Jaclin Gilbert, Denise Parisi, Liz Marancik (hidden), Luci Hollingsworth, Rebecca Fitzsimons, Paul Plowright, Ed Cogswell.**  
Photo by Greg Hollingsworth

## UnCon Overview

### The Concept

The themes underlying the program are "long-term paddler development" and "unconscious competence". The first phrase refers to an intensive, summer-long series of instructional sessions. "Unconscious competence" means that the paddler has learned something so well that they can do it without thinking much about it i.e., it's virtually automatic. For this skills series, the focus is on developing unconscious competence with respect to BCU 3\* and ACA Level 3 personal skills. The 3\*/L3 skill set marks the highly competent intermediate paddler and we consider it to be the "gold standard" for coastal kayaking. The basic design incorporates:

- carefully selecting the participants;
- delivering a series of 12 sessions to the same group of paddlers over a three-month period;
- learning progressively more sophisticated skills and constantly reinforcing previously learned skills;
- applying those skills in increasingly challenging environments;
- a pledge by all participants to routinely practice the skills outside of the class setting;
- developing group cohesion to provide a supporting learning environment;
- coaching delivered by a team of ACA and BCU certified instructors;
- measuring skill acquisition through "pre" and "post" testing; and
- providing a formal ACA or BCU assessment for the participants.

### The Problem

Organizations that teach paddling skills (e.g., outfitters, paddling clubs) typically offer a variety of skills classes without any unifying theme or overall goal. There may be one course offered on basic strokes and rescues, another on advanced rescues, yet another on surfing, etc. Each course may be taught by a different instructor and filled with students that have very different skill levels. Typically the instructors don't know the strengths and weaknesses of the students. And, although students may get a preliminary handle on a set of skills, those skills often erode or are lost over time due to lack of practice and reinforcement. The Unconscious Competence model was de-

signed in part as a response to these and related issues.

One of the UnCon participants commented on this issue when describing her background:

*At the start of this kayaking season, spring 2015, I was comfortable in flat water with my limited set of kayaking skills. I had taken a few one-day classes over the years, but by the time I got back into my boat a week or two later, I had forgotten exactly what I had learned. I could go forward and turn, but not with any precision. My ability to broaden the variety of kayaking trips and experiences was limited because I did not know how to predict conditions, assess locations, or have great control of my boat.*

### UnCon Participant Selection

One of the keys to the model is selecting a group of people with similar skill sets and the motivation to take those skills to the next level. For the 2015 program, Cross Currents' Rick Wiebush identified people who – based on his previous knowledge of them - all had approximately ACA Level 2 personal skills and who were very interested in advancing those skills to Level 3. Ten paddlers were chosen based on their: 1) current skill level; 2) buy-in to the concept; and 3) willingness to attend all the training sessions over a three-month period.



**Coaches Tom Noffsinger and Greg Hollingsworth with the group at Metompkin Inlet**

by Rick Wiebush

### The Program Elements

The training had several key aspects including:

- conducting a training session every 10 days from mid-May to mid-August, including three, two-day weekend sessions;
- alternating those sessions between weekend days on the Chesapeake Bay or Atlantic Ocean with shorter, mid-week evening sessions at Triadelphia reservoir;
- moving from an initial focus on mastering basic strokes and rescues to the introduction of more advanced strokes, maneuvers and rescues;
- starting off in calmer, more protected environments (the Bay, the reservoir) and gradually progressing to rougher environments involving currents, wave trains and surf at Cape Henlopen, DE,

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Ocean City, MD and Metompkin Inlet, VA;

- training sessions that frequently involved revisiting and reinforcing the concepts and skills that had been introduced during previous sessions; and
- practice sessions organized by the participants that were held on evenings between the formal sessions

The people who participated said there were several things that resulted in greater progress, more skill retention, and heightened confidence. These factors included: 1) the early emphasis on getting the basics down in flat water, then adding more advanced skills; and 2) constant review and reinforcement of previously introduced skills; and 3) the progression of skill application from calmer to rougher-water environments.

Along these lines, one of the participants commented that:

*I particularly have appreciated the efforts being made to train us in "conditions." It is one thing to learn skills on a lake. It is something quite different to learn and practice them in Force 4 winds and strong current, as we have done. Alternating between the reservoir and various ocean locations has really allowed us to test our skills, in places where they are truly needed, under the watchful eye of competent instructors.*



**An UnCon paddler in the Cape Henlopen wave train**  
by Greg Hollingsworth

#### The Instructors

A team of instructors did each training session. Three of the instructors were the same for all 12 sessions, so there was a lot of continuity. But we also added at least one other instructor, and usually two, for the ocean sessions. This meant that the instructor-student ratio was at least 1:3 and often 1:2. It resulted in a lot of individualized attention. People frequently commented that having a lot of different instructors involved helped them because they provided different perspectives, tips and advice. The instructors included Rick Wiebush (L4), Paula Hubbard (L3), Greg Hollingsworth (L3), Tom Noffsinger (L5), Mike Hamilton (L3), Mike Ward (L2), and Tom Malone (L2).

#### The Assessment Criteria

What exactly does it mean to have ACA level 3 or BCU 3\* skills? The ACA and BCU criteria are almost identical at this level. Generally, candidates must be able to manage themselves, maneuver their kayak, and conduct rescues and towing in 10-15 knot winds, 1-2 foot seas, 1-2 foot surf, and current up to two knots. Specifically, people have to demonstrate effective forward and reverse paddling (including going straight and turning), launching and landing in surf, a 360 degree spin, bow and stern rudders, side slip, draws, edging, and low brace turns.

Several rescues and recoveries are required, include bracing, sculling for support, deep water t-rescues, Eskimo rescues, self-rescues, and rolling. People also have to be proficient using a variety of towing techniques (All skills must be demonstrated in the required "conditions". In fact, during the course of the training all the students used these strokes and rescues in conditions that exceeded the L3/3\* remit, including 20-25 knot winds, 3-4 foot seas and current up to 3 knots).

In addition to these technical skills, people have to show that they have at least basic working knowledge in several other areas. These include navigation, obtaining weather, tide and current information, knowing the symptoms and treatment for hypo- and hyperthermia, and having good group awareness, communication, and risk assessment skills.



**Managing an "incident" at Cape Henlopen**

by Denise Parisi

#### The Assessment Process

Several different methods were used to assess and provide feedback to the UnCon participants. First, there was continuous assessment and feedback provided to the students both during and after each session. This allowed each person to be aware of where they stood with respect to all the skills and assessment criteria and what they still needed to work on.

Second, during the very first session the instructors took "pre" videos of each participant and posted them (privately) on YouTube. This was followed about two months later with a series of "post" videos. In addition to the instructors providing feedback to the students based on the videos, each student did a written critique of their own performance and shared it with the instructors. Further, each participant had to review one other student's video and provide feedback on their performance to that student. Here's an example of the latter:

*To me, you look really good. But at Rick's request, here's my critique.*

*Bow rudder: You need to sink the paddle and edge away from the paddle. It looked like your initiation was strong but hard to tell.*

*Anything involving edging: I don't think you are getting your edge by sinking your weight and repositioning mostly your lower body. .... it's hard for me to tell from watching a video but I think you need to make your lower body move independently from your upper body.*

*360 rotation: What I really, really liked was that you are making the boat pivot around you with nice long effective sweeps.*

[Continued on p. 8: ACA](#)

[ACA; continued from p. 7](#)

*Usually when I watch people do this the kayak still has forward and backwards movement. It seemed like your body helped finish the turns, involving your whole body in controlling the kayak. (I'm envious, this is what I want to be doing)*

*Low braces: you get the whole head, hip snap thing.*

*Bottom line: You seemed to have great presence of mind even when being videoed. I couldn't even remember which side to edge on! And best of all, no matter what I commented above, you seem to have excellent boat control.*

The final assessment component consisted of a formal assessment (for most of the students) either using the ACA L3 personal skills assessment criteria or the BCU 3\* skills assessment criteria. The formal ACA assessment was conducted by Rick Wiebush (with input from the coaches). The formal BCU 3\* assessment was conducted by Jen Kleck of Aqua Adventures (San Diego) during the Kiptopeke Symposium.

Outcomes

In terms of intermediate outcomes, both the coaches and the students believe that everyone made incredible progress in a relatively short amount of time. At the end of the program it was clear that people's enthusiasm and confidence was sky-high. Here are two examples of that:

*I have been paddling for several years, but this course has transformed my paddling capabilities, and my perspectives about paddling. It has resulted in expanding the number of competent, enthusiastic, engaged, and active paddlers in the mid-Atlantic kayak community.*

*We were well-prepared prior to paddling in challenging conditions. When briefly exposed to L4 conditions, we were able to confidently handle our boats due to the skills developed in this course. Most of us were unconsciously using skills that we have been practicing for weeks. Students successfully used the correct stroke or brace at the right time without thinking.*

One of the outcomes that wasn't really anticipated was the incredibly strong bonds that developed among the group members. The tight group cohesion created a supportive learning environment that allowed people to try things that they might not otherwise do; allowed them to sometimes fail but get right back up and dust themselves off; and gave them tremendous satisfaction when they accomplished something that was met with whoops and cheers from everyone else.

The goal of Unconscious Competence was to move people toward mastery of the intermediate skills that are reflected in the ACA L3 and the BCU 3\* criteria. Judging by the number of people who passed one or the other formal assessments, that goal was largely achieved. Three of the participants received the ACA L3 personal skills award, two others received the BCU 3\* award and one received both awards. Of the remaining students, two decided to forego the formal assessment, and two others still have a few skills to master to the point of unconscious competence. They will likely pass the assessment and get their awards in the spring of 2016.

The last outcome – and maybe the most important – was that throughout this whole three-month experience, we all – students and instructors alike – has an incredible amount of fun! ☺

[Swamp; continued from p. 1](#)

by forty feet, with half of the platform covered with a tin roof like a picnic pavilion. A small walkway leads to a port-a-pot with a pit toilet underneath. This site was partially on land, so we beached our boats to unload. There was a fire ring on the land. There are very few sites where fires are allowed. After setting up our tents and tying them down to posts and other appurtenances on the platform, we relaunched for some more paddling. While paddling in the main canal was an easy 3.5 mph pace, once we left the canal and got into some of the less traveled trails the lilies and other aquatic vegetation slowed our pace to less than three miles per hour. Plus, we were gawking at the scenery and birds, such as White Ibis and Wood Storks. We did about 16 miles that day. That night the low was between 50-60 degrees, and we had no mosquitoes. However, Fluffy, the resident alligator at the platform did show up begging for a handout. Poor Fluffy went hungry that night.



First Platform Camp

by Dave Isbell

Next morning we relaunched under the watchful eyes of Fluffy and headed back through the canal and then north into the trails to Cedar Hammock platform, about a 10 mile paddle. The location of this platform had puzzled us before the trip, and it did not show up on any maps. We found out at the visitor center that a fire about ten years ago had burned the platform and the surrounding area, and a day use platform had been repurposed at a new location on the trail but not renamed on the map. This platform, consisting of the plastic dock

[Continued on p. 9; Swamp](#)

Okefenokee Swamp

by Greg Welker



**Swamp; continued from p. 8**

blocks we often see at marinas and kayak launches, was literally floating in an open area of the swamp's prairie. A 360 degree view of the swamp, and a nice sunset. Anchoring to the platform was a bit of a challenge, as we only had the pavilion posts to use, and the platform pieces tended to form an uneven sleeping surface. Both of us were glad we would not be experiencing a thunderstorm while camping on this site. While the swamp was surprisingly quiet during the day, at night the noises were constant. Alligators groaned and bellowed, owls hooted, frogs croaked, and lots of unknown things splashed. And there were the expected mosquitoes once the wind died down. The morning brought a wet fog and we were careful not to slip slide off the platform into the realm of the gators.



**Dave's tent anchored by food barrel and water bottles on platform**  
by Dave Isbell

Our third day of paddling took us south about 10 miles to Monkey Lake, where the platform was located in the center of a cedar hammock. The paddle took us across the widest section of prairies we had seen to date. Our largest alligators were seen along this route, with one in the 8-9 foot range (sorry, no desire struck us to get exact close up measurements). There were very few mosquitoes at this site which surprised us. That night we were closely serenaded by several Barred Owls, with at least one about ten feet from the tents.



**Flat Water**

by Dave Isbell

Our last day of paddling took us out seven miles to the north. We came across two Sandhill Cranes in the prairie. The binoculars revealed that these were wild birds, with no identification bands. Very nice to see. We just beat the rain back to the vehicle and managed to keep ahead of it for the drive back to Maryland.



**Hammock Camp**

by Dave Isbell

Overall, a very nice exploratory trip. It would be worthwhile to go back and do more camping and paddling in other parts of the swamp. Permits are \$15/person per night, and I am not sure of the maximum number of people allowed per site, but I wouldn't want to have more than four tents on a platform. It looked like the pavilions would support a hammock, but you would be in the way of cooking and using the platform in the rain. ☹️



By Greg Welker

**More photos of Greg and Dave's Trip:**

<https://www.flickr.com/photos/gdwelker/albums/72157661420754501>

<https://picasaweb.google.com/101178211036772879744/2015NOVOkefenokeeCanoeTrip>

[KIPP: Continued from p. 5](#)

launch. There we were greeted by KIPPers Kathy Rost, Ed Cogwell, Bill Upton, Rich Pieper, and Marshall. Kathy and Ed had left another get together to join in the KIPP festivities.

We then headed to Ramshead, our usual post-paddle meeting point. The KIPP group has become so large, we no longer fit on "our" private room and instead sit in the main bar area. There after our meals and more happy conversations, Bob Pullman from KIPP 2006 and Pat Kennedy, KIPper since 2007, regaled us with musing from the past KIPPs. Jim Zawlocki added how the KIPP has changed so much so that it was now a premier training opportunity for skills improvement and group management. Carol Collins remarked on the friendships and bonds made because of KIPP. Marshall then spoke of his pride in how the KIPP series and participants had evolved and developed. Ralph Heimlich, fresh from the CPA's Adirondack trip, surprised Marshall with a few words. He remarked on how far KIPP has come from its humble beginnings to one of the popular and brightest aspects of CPA. He presented Marshall with a signed photo book full of photos, stories, and quotes from KIP's 10 years. Over 15 people contributed pictures to the book.

We closed out the day with a KIPP birthday cake and Marshall surprising us with gifts of red and white Kent Island wine. The day nicely encapsulated the KIPP series: safety management, contingency plans for bad weather, effective use of equipment, decisive, clear leadership, group management, and most of all camaraderie and fun!

Over 150 paddlers have participated in KIPP over the 10 years. More than a third have returned for more than a year; most of those have returned over and over again. Why? It's the camaraderie, the bond, and the outstanding training opportunities for all levels. This is all due to Marshall's hard work in pursuing, fulfilling, and fine tuning his dream of developing a long distance paddle.

For those interested in viewing or ordering a copy of KIPP anniversary book for themselves, the link is <https://share.shutterstock.com/share/received/welcome.sfly?fid=f12f2d51cec953826d9889752d9a603c&sid=2DbNm7Rm1ee> 📄



Robert Golden, Marshall Woodruff, & Michael Naito (CA) catching up  
by May Win Liu



Upside-down KIPP Cake

by Carol Collins



Steering Committee: Dave Isbell, Bill Smith (hidden), Rich Stevens (Treasurer), Paula Hubbard, Sue Stevens (Secretary), Carol Collins, Tim Dole, Ralph Heimlich (Coordinator), Mike Cohn (Missing)  
by DJ Manalo

## Annual Meeting

The Annual Meeting was held on November 1 at Chesapeake Bay Foundation's Philip Merrill Environmental Center. Members were fed pizza and many tasty sides and desserts. The committee chairpersons gave their reports; shared events of the year, and plans for the coming year. Ballots were counted and the new steering committee was recognized (see photo). All the reports and news of the meeting are available on the CPA website. Take a look at what we do and notice all the people who make this organization run - it's quite mind-boggling! 📄

[http://www.cpakayaker.com/uploads/Annual\\_Reports/CPA%20Annual%20Report%202015.pdf](http://www.cpakayaker.com/uploads/Annual_Reports/CPA%20Annual%20Report%202015.pdf)

## Chesapeake Paddlers Association 2015 Calendar

Date	Title	Summary
12/5	<a href="#">CPA Holiday Party</a>	See below
* Non CPA Event		



## CPA Holiday Party IT'S MOVED!

The traditional CPA holiday party will be held on Saturday, December 5 this year at the home of Coordinator Ralph Heimlich in Laurel, MD. Wrap up a special kayak-related item for the White Elephant gift exchange (nothing of real value, please), share your favorite pot-luck recipe with us all, toss back a few and tell paddling stories with your peers.

Aye...ye be invited for some holiday spirits at the Annual CPA Holiday Party. Chart yer course for the 5th of December (Saturday). We be a meeting at 1900 hours at coordinates: *N-39 09' 17.22"* by *W-76 53' 05.66"*. There will be swashbuckling fun, grub, grog



The old original Kayak Santa

photo by Ralph Heimlich



Naughty and Humbug

by Suzanne Farace

**Land Lubber translation:** The CPA Holiday Party has MOVED BACK TO hosts Beth and Ralph Heimlich. Make your way to their house at 7914 Belgaro Road, Laurel, MD 20723 on Saturday, December 5 at 7 p.m.

### If your last name begins with:

A-K bring a salad (green, fruit, jello, pasta, etc.) and some bread

L-S bring a casserole or entrée (nothing ALIVE please!)

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

To feed 4 people (trust me—we'll have plenty).

I'll supply a couple of pans of pulled pork and brisket from Kloby's Smokehouse and non-alcoholic beverages, but you are should bring your own beer, wine, or other beverage of choice (supplying booze to you lot would even break a pirate!!). We'll have a "white elephant" ("Shoveunder", "Chinese") gift exchange for those wishing to participate. Bring a wrapped kayak-related "treasure" worth less than \$10 (check your Cracker Jacks boxes now). Regifting is an art form!

RSVP's would be appreciated by Tuesday, December 1 via email at heimlichfamily@comcast.net. If there are any questions, please call or email: ).

### Driving Directions:

From I-95 between Washington and Baltimore - Take exit 35 west towards Scaggsville on Route 216. Continue through 2 lights and take the first (north) exit on the traffic circle to Route 29 North. Go 1 exit north and take the exit for Gorman Road (east) off the next traffic circle. Go around the curve (slowly) and make the 1st right on McIver, go downhill to the stop sign at the T, turn left on Belgaro Road and follow it past Crestview Lane.

### Or put this in your GPS: 7914 Belgaro Road, Laurel, MD 20723

We're the 3rd house on the right with Kayak Santa and a parking problem. Call 301-498-0722 if you're lost. 🗺️





You are invited:            Sunday, December 6 at 11 a.m.  
   Annapolis Canoe and Kayak  
   311 Third St., Annapolis MD

Tickets Available: <http://www.eventbrite.com/e/2015-cold-water-safety-with-moulton-avery-swim-test-your-gear-tickets-19467430609?aff=efbtt>

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### The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

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REMINDER: Please check your mailing label for your membership expiration date. If you receive the newsletter electronically, you will receive an e-mail reminder prior to your membership expiring; 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.