

The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc.

Volume 26 Issue I

Jan/Feb 2016

SK101

Sea Kayaking 101 - Our club has given many paddlers a start in this sport because this educational day opened their eyes to the vast possibilities available on the open water. The attendees range from experienced folks who are new to the area; paddlers who have been out a few times in a sea kayak, and realize that a bit more knowledge will give them greater confidence and capabilities; and those that have been out only in recreational kayaks and are envious of the sleek forms they see moving swiftly through the water. (The sea kayaks that is. Our members, myself included, don't necessarily fall into the sleek category...)

Being pragmatic, I know that a few members are in the CPA solely because some of our local outfitters offer discounts. However, the vast majority of members are in the club because they have a love of sea kayaking; they enjoy the camaraderie with other paddlers; and they have a sense of wonder of the world a sea kayak opens to exploration. "The mission of the CPA is to promote safe sea kayaking and safe paddling practices through the education of the local sea kayaking community and the interested public." SK-101 is one of the many ways we reach out to educate and inform a broader group about how to enjoy paddling, while minimizing the risks.



Looking at the statistics from the past attendees, we see that the biggest segment are those who learned about the program from a CPA member. Your personal invitation to a friend has more influence than any newspaper advertisement! We do publicize this through a variety of outlets and will continue to do so. That's not enough. I'm asking each of you as an individual to help CPA perform its mission - get the word out to friends, neighbors, and acquaintances. Basically, 'chat it up' to any of those that have shown the least bit of interest when you told one of your sea-stories.

Please use the blurb ([page 8](#)) when passing this information on to friends via email, or posting on social media. ☺

The CPA Planning Meeting

Sunday, February 7
Noon with a lite lunch.

Please come and share your plans for trips in the 2016 season. We especially need Level 1 (Beginner) day trips, but would like to get all kinds of trips on the calendar.

If you can't make the meeting but still want to lead trips, please email me with the details (place, date, leader(s), contact info, description, rating) and I'll get it on the calendar.

With nearly 700 members, having multiple trips on the same weekend is not a problem. We can also list trips on week-days for retired or alternative schedule folks.

See you at the meeting, or on the water,

Ralph Heimlich
Coordinator ☺



Don Goff; Kayaking Safety at Sk101-15
Photo by Suzanne Farace



SK102

planning is in full swing. Check out [page 5](#) for information.

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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CLASSIFIEDS

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. 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

Paddling Your Arm-Chair into the Kayaking Season

After Winter Storm Jonas, it's time for arm-chair paddlers to turn your minds to the upcoming paddling season. With the trip planning meeting on Sunday, February 7, NOW is the time to be thinking about where you want to paddle in the upcoming season. Come with your ideas for trips and events in 2016 and enjoy the fellowship with other paddlers while it's cold outside. Experienced paddlers can help you refine and tune-up your paddle idea—chances are one of us has led a trip there already! We can also hook you up with a trip mentor who can have your back on leading a first trip. If you can't make the Planning Meeting, email me your trip idea and details and I'll get it on the CPA calendar. You can add trips to the calendar anytime, not just at the meeting.

One of the best ways to make sure you are doing the paddles you enjoy is to step up and become a trip leader. If you've enjoyed paddles led by experienced CPA members and learned a lot paddling with them, it is time to give back to the club and help new members in your turn by volunteering to lead a trip or two. We need Level 2 and 3 (Advanced Beginner and Intermediate) paddlers to offer Level 1 (Beginner) trips, especially day trips. Think about your favorite place to paddle and offer to share it with newer paddlers who are in the same place YOU were a few years ago.

Because CPA does not "certify" leaders, it may confuse you as to what it takes to be a CPA trip leader. Basically, you decide when you meet the skills listed on the CPA website at <http://www.cpakayaker.com/paddle-now/organize-a-trip/> that a trip leader should have. Anyone with several years experience and participation in CPA trips should be thinking about leading at least one trip. You do NOT have to be the best kayaker in the world to lead a CPA trip as long as you match the trip requirements to your skill level. Shorter, Level 1 trips on sheltered waters offer few risks and can easily be led by most members with typical skills. Without volunteer trip leaders, there would be no CPA trips, and not much reason to have a club.

This year, I've taken a different approach to Trip Leader Training. Participants in last year's SK203 course suggested that there was too much information to cover in one weekend and that we should break it up. I also decided to be more proactive in identifying potential trip leader candidates. I identified 138 CPA members who have participated in 3 or more trips over the last three years but were not trip leaders and personally invited them to participate in the first-ever Winter SK203 classroom training session. I was delighted that 17 members accepted this challenge, and even more delighted that 12 of the 17 are females. Some of our best trips are lead by female trip leaders, but many ladies seem reticent to put themselves forward as trip leaders.

The winter session of SK203 will be held over a late February weekend at the Janes Island State Park Daugherty Creek Conference Center and will cover topics such as trip planning, navigation, leadership psychology, risk assessment, and CPA trip policies and procedures. A



Ralph Heimlich

Photo by Suzanne Farace

second weekend of on-water training will be scheduled in spring and will consist of a paddle-in kayak camping trip with exercises and instruction along the way. The winter class is fully-subscribed for this year. If you missed out, contact me or another SC member and stay tuned for next year.

Another action you can take during these chilly winter days is to pass on the info about our SK101—An Introduction to Sea Kayaking course (see p. [1](#) & [8](#)) to your friends and relatives who have expressed interest in paddling. Word of mouth is our best advertisement for this one-day classroom instruction that will get the new paddler off on the right foot. Topics covered include equipment, safety, how to transport kayaks and places to paddle. SK101 is the "gateway drug" for our paddling addiction and our best recruitment tool for CPA membership. Please help by spreading the word.

Despite the massive snowfall, winter on the Chesapeake Bay is brief and the paddling season will be here before you know it. Meanwhile, make the most of your arm-chair paddling opportunities! ☺

Bay Journal Highlights Chesapeake Paddlers Association for Arm-Chair Paddlers

By Ralph Heimlich

The [Bay Journal](#), a non-profit monthly published by Chesapeake Media Service to inform the public about issues and events that affect the Chesapeake Bay, interviewed me about this season's Potomac Passagemaker Tour with an eye toward paddlers planning for the upcoming season. Writer Lara Lutz covered the first leg of our 136-mile tour and pointed to a lot of the good things CPA does to promote paddling and kayak touring in the Chesapeake Bay area. She also wrote about the lack of paddle-in sites at some parts of the Potomac, and praised the efforts of park officials and planners in others to develop sites for kayak touring. Take a look at http://www.bayjournal.com/article/turning_kayakers_into_happy_campers and pass the info on to any of your friends and relatives interested in becoming kayakers or kayak tourists. ☺

Paddler Profile : Linda Delaney

by Bob Browning

Lives in: Dayton, Maryland

Real job: Federal Employee in Acquisition Services

Do you regularly attend a Piracy? Patuxent Piracy

Number of years paddling: 1-1/2

How did you get involved in sea kayaking? I met CPA members at a pool series and they told me about sea kayaking.

What boats do you paddle?: 1.) Point 65, modular Mercury, 14', Blue; 2.) Current Designs (CD), Squall, 16'10", red 3.) QCC 600XL, red

Rudder or skeg? My Point 65 has a rudder and a skeg, CD has a rudder, QCC has a rudder

Type paddle used: Greenland

Do you do any other type of paddling besides sea kayaking? I used to tube and canoe

Do you regularly do any other outdoor activities? hiking

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

Do any winter paddling? My first winter as a kayaker, I attended the indoor pool sessions at the Lee District Rec Center which is also where I first heard of CPA. This summer, I bought a dry suit, so this winter I paddle outdoors on weekends weather permitting. I attended the CPA Cold Water Clinic Dec 6.

Favorite local paddling location: Allen's Fresh in Charles County Maryland (beware of the effects of the tide, if you paddle in Allen's Fresh)

Favorite CPA trip you've ever been on and why: Upper Potomac kayak camper August 1. I love to camp and I love kayaking – and I discovered that I love the two activities together.

Coollest paddling trip you've ever been on anywhere and why:

The coolest paddling trip I've ever been on was a combination canoe and snorkeling excursion in the Bahamas in 2011. It was the coolest because a group of us paddled to an island in canoes, and then we snorkeled around the island. The snorkeling around the island was magnificent, and the paddle to and from the island was beautiful. I was tandem in a canoe with one of the guides, so I was able to enjoy the view, while he made the paddle effortless.



Linda Delaney

Photo by David Kirschtel

Scariest/most dangerous trip/experience and why: The scariest paddle I have been on was in July of 2014 when I had only been paddling a month. Before I understood tides, had ever taken a kayaking class, had heard of re-entry, or knew what a pump or a paddle float was. I was paddling alone on the lower Patuxent and I fell out of my kayak going against the tide in choppy water. Luckily, I was close to the shore, so I swam and pushed my kayak back to the beach and then turned it over on the beach to get the water out of it.

Future bucket list trip: The Dry Tortugas (Fort Jefferson National Park, Florida) – I camped and snorkeled there for a week before I started kayaking and now I want to go back and kayak and camp.

Three things you like most about paddling ? The feel of the water under my boat, being outdoors, waves.

What do you like about CPA? The CPA members are supportive, genuine, safety conscious and respectful. What I like most about CPA - are the members.

One unusual, non-paddling thing other people find interesting about you? I have over 650 skydives, and I achieved a USPA 'D' license. The largest skydive I was ever on was a 30-way. I jumped from 1982 until 1993. 🙋

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



CPA's 18th Annual SK102 Skills Clinic

April 29-May 1, 2016

Lake Anna, VA

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

Registration Period: February 1 – March 28, 2016

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

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 (i.e. navigation, kayak camping, etc.) are offered. SK102 is designed to teach beginner or intermediate kayakers proper paddling technique and the skills they need to kayak safely.

IT'S ALSO A HECK OF A LOT OF FUN. Read: <http://www.cpakayaker.com/sk102-narrative>

SK102 sells out every year with a significant waitlist. New paddlers and SK101 attendees receive priority.

Where: Lake Anna is 2 hours south of Washington DC. The lake is a nuclear power plant cooling pond, so the water is very clear and 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, spray skirt (for closed cockpit kayaks), life vest, paddle, pump, and paddle float. You will be required to sign a release of liability.

Rental kayaks & gear are available to be delivered to SK102: http://www.cpakayaker.com/sk102_rental/

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 capsizes and wet exits

Be able to rescue another kayaker who capsized.

Learn types of tow systems, methods and how to use them

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

Design & Advantages of Greenland style paddling

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 flotation that “sank”

Techniques to rescue an injured paddler

Foundations of Rolling: *For intermediate paddlers who are ready to transition to rolling:*

Braces and hip snaps are the foundations of several kayak rolls

Bow and Paddle rescues

The best form of rescue is to never exit the boat

Sunday Classes: *Schedule to be announced, sign up at the event.*

For more information, please contact Catriona M. and Maxine M at SK102@cpakayaker.com

Pictures of previous events are visible here: <https://picasaweb.google.com/cpakayaker/>

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

Trip Report: KIPBURRRZ January 2016

Article and photos by Paula Hubbard

Winter can be an interesting time for paddlers, it's cold, roads can be icy, the wind is usually blowing, and by the way, it's cold. It's also quiet, no powerboats, no noise, and beautiful. Marshall Woodruff introduced the KIPBURRRZ paddles as a way for KIPPERS to continue to get together and paddle during the winter.

Saturday January 16th, 8 paddlers, Robert Golden, Randy and James Kruger, George Banks, Linda Delaney, Bill Smith, Ed Johnson, and Paula Hubbard braved the cold and predicted winds for a paddle out of Kent Narrows. The plan was to paddle north to Eastern Neck, head up the Chester River to Bogles Warf for lunch and return. Of course, things rarely go as planned for winter paddling and it's best to be more cautious. So given the predictions of increasing winds, we decided to skip the crossing to Eastern Neck and paddle close to Shore towards Love Point for lunch at what we call Quarry Beach.



AND, since the weather rarely performs exactly as predicted, we had beautiful weather and calm seas for the entire trip.



For most of our trips to Love Point we cut straight across and generally are away from the shoreline, this time we took the opportunity to do some sightseeing and bird watching along the way.



We saw geese, a variety of ducks, egrets, and swans.



And back by the ramp, there was a little practice rescue and swim. James is demonstrating that you can paddle a submerged kayak.

Winter paddling is beautiful, and with the correct equipment it's possible to stay comfortable.

- Always dress for immersion. Dry suits are strongly recommended and remember to have adequate insulation under the suit. If you aren't willing to get wet, you aren't dressed for the water.
- Be flexible; be ready to alter your plans based on weather conditions, both current conditions and predicted trends.
- It's better to be more conservative since the consequences of misjudgments are much worse when it's cold.
- Have fun, stay warm, and most of all stay safe. 🧤

Interesting Reads:

Microbeads! <http://www.independent.co.uk/news/uk/politics/call-for-uk-ban-on-microbeads-pollutant-after-obama-takes-action-in-us-a6792161.html>

Nat'l Aquarium: <http://www.baltimoresun.com/entertainment/bs-ae-aquarium-20160128-story.html>

Float Trip Test: <https://www.floatmissouri.com/float-trip-test/>

Tossing Tea near the Artic Circle: <http://www.thisiscoolossal.com/2015/12/pouring-a-thermos-of-hot-tea-at-40c-at-sunset/>

The Bay's Islands: <http://www.bayjournal.com/article/the-long-and-short-view-of-chesapeake-bays-inhabited-islands>

Chesapeake Paddlers Association 2015 Calendar

Date	Title	Summary
2/7	CPA Trip Planning Meeting	Meet at Ralph's Home to plan trips for the year at 1:00 p.m.
2/14	Williamsburg Pool Sessions	Kayak practice sessions at the RF Wilkinson YMCA.
2/20	Greenland Paddle Workshop Part 1	Get your Greenland Paddle blank roughed out.
2/28	Kayaking Opportunities on the Main Island Trail	Hear about kayaking the MITA from a certified Maine Guide and paddler.
2/28	Williamsburg Pool Sessions	Kayak practice sessions at the RF Wilkinson YMCA.
3/13	Williamsburg Pool Sessions	Kayak practice sessions at the RF Wilkinson YMCA.
3/19	SK101	See Article
3/26	Greenland Paddle Workshop Part 2	Greenland Paddle creation
4/29-5/1	SK102	CPA Skills Weekend

* Non CPA Event



Congrats! Leigh and Bela

Photo by Susanne Farace

KIPP-11 2016 Dates

April 9	Aug 6
May 14	Sept 10
June 4	Final Sept 24.
July 9	

Contact: Marshall Woodruff marshall.woodruff@gmail.com

Learn more about the KIPP program by reading May Win's Article in Nov/Dec's issue of The Chesapeake Paddler: http://www.cpkayaker.com/uploads/online_newsletters/cpa2015/Nov-Dec%202015%20CPANewsletter.pdf

OR you can read Marshall's explanation on the calendar page of the website: <http://www.cpkayaker.com/calendar/85/2771-Kent-Island-Practice-Paddle-Series-KIPP-11-2016/> ☺

Maine Island Trail

Join Annapolis Canoe and Kayak for:

...A talk about kayaking opportunities on the Maine Island Trail. The presenter, Ben Fuller, is a certified Maine Guide and kayak paddler as well as a curator at the Penobscot Marine Museum in Searsport, Maine. The Maine Island Trail is a 375 mile water trail along the coast of Maine.

Sunday, 28 Feb at 1 p.m.

Annapolis Canoe and Kayak, 311 Third St, Annapolis, MD 21403

Please RSVP to ACK at 410-263-2303

or e-mail davei@annapoliscanoeandkayak.com ☺



Ben Fuller

Photo from [Qajaq USA](#)

Send, Tweet, Facebook to tell your friends about SK101

Sea Kayaking 101 (SK-101) is a one-day indoor seminar being held on 19 March 2016 focused on introducing people to the sport.

Details and the registration form is available on the web at <http://cpakayaker-sk101-2016.eventbee.com>, and questions can be sent to: sk101.cpa@gmail.com.

Knowledgeable people will be available to discuss different aspects of kayaking. Presentations include:

- Choosing the right kayaks and paddles
- Equipment needed to start paddling
- Basics of safe paddling
- Places to paddle in the Maryland/DC/Virginia area
- Other topics of interest

There will be a variety of kayaking gear on display: kayaks, paddles, equipment, clothing, car racks and more. This event is primarily for the new paddler or those interested in getting into the sport; however, everyone is invited to expand their paddling horizons

Cost is \$28/person.

Saturday, March 19, 2016

8:30 a.m. to 4:00 p.m.

West River Center, West River, Maryland.

Includes a light breakfast and lunch.

Advanced registration is required.

Space is limited and available on a first come, first serve basis.

Registrations must be received by March 13, 2016.

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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.