

The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc.

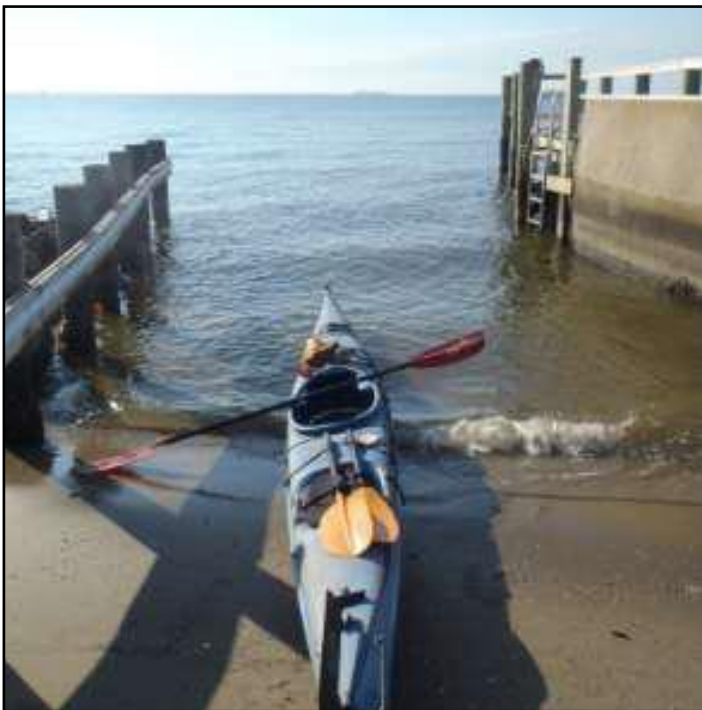
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Paddle to Work

My 2016 Paddle to Work - June 30 2016, by Paul Fofonoff

In 2002, I bought a Cape Horn 17 Sea Kayak and decided that next year I would paddle to work. It was a six mile paddle from the ramp near my rental home in Cedarhurst, Shady Side MD to my workplace at the Smithsonian Environmental Research Center. I paddled along the shore of Chesapeake Bay, and up the West and Rhode Rivers and Muddy Creek to SERC's canoe dock. It was a great adventure, and beautiful paddle, but it required a long sunny summer day, with no thunderstorms.



Launching at Columbia Beach

photo by Paul Fofonoff

I continued the tradition for almost all of the last 13 years, even after purchasing a home in Columbia Beach, the next neighborhood over, adding about half a mile. This year I Launched at 7:45 from Columbia Beach, heading toward Jack Creek Park. The park was a peninsula when I began this tradition; today it is a beach island lined with tall trees. I paddled past the crab boat rest stop at Sand Point, Rhode River entering Muddy Creek where I approached Fish Weir and Muddy Creek. I arrived at the SERC Canoe Dock at 10: 15.

[Continued on p.5; Work](#)

Car Camping

AT POCOMOKE RIVER STATE PARK OVER 4TH OF JULY 2016

By Linda Delaney

Contentment

I can think of only a few things that fill me with as much contentment and peace as falling asleep and waking up to the sounds of leaves rustling, bird songs, and water lapping against a shore, and if I am extremely lucky the pitter-patter of rain drops on cloth over my head. Years ago under the stress of work and school, I listened to recordings of these very sounds to take my mind off an intimidating 'to do' list and lull myself to sleep at night, while fantasizing about the future when I would be able to enjoy those sounds in person without a care in the world (or at least no cares for the time I was camping). Such were the sounds this 4th of July weekend at the Pocomoke Kayak Camper paddle held at Pocomoke River State Park. Kayak car camping is, for me, a combination of two of my favorite activities: camping and kayaking. The campsite at Pocomoke State River Park has the luxury of a nearby kayak put in, so once your kayak is off your car, you don't even have to lift it back up when you return from your paddle, until you leave. It was easy to picture myself as an early settler who used the water for transportation and food, and my daily route involved

[Continued on p.5; Camp](#)



photo by Suzanne Farace

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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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

Trip Followers' Responsibilities

I spend a lot of time talking about trip leaders—what they should know, what they should do, their responsibilities. As a participant on CPA trips—a Trip Follower—you also have some responsibilities, and they're just as important to the success of each trip as those of the Trip Leader.

At Trip Leader Training (SK203), we spend a good part of the time talking about one of the big hazards on trips: the thoughtlessness and lack of consideration by some trip participants. Participants who are ignorant (or just ignore) their responsibilities are not only impolite, they create potential hazards for themselves and others on the trip. CPA Trip Leaders take on a lot of responsibility for initiating and organizing a paddle and bear a lot of responsibility for conducting it on the water. Here's what YOU owe the Trip Leader:

- **Be on time (THEIR time, not YOUR time).** That means you have to check out how long it will take you to get to the launch, factoring in delays, and adjusting your wake up, breakfast, and prep time to arrive on time.
- **Be prepared to paddle.** Your boat and other gear should be ready to go and you should have everything you need, including minimum CPA required gear of skirt, PFD, pump and paddle float, as well as any other gear recommended by the Trip Leader.
- **Be prepared to DO the paddle.** In addition to gear, you should know where you are going, have looked at a chart or map and thought through where the paddle plan will take you, and be ready to assume navigational chores. You don't have to know EVERYTHING about the paddle, but you shouldn't come ready with NOTHING.
- **Practice common courtesy and communication.** If you can't get there on time, let the Trip Leader know as far ahead of time as possible, but be aware that the Trip Leader is trying to make it to launch, too, and they may not have the best mobile connections.
- **Recognize your limitations as well as your strengths.** There is more to being a "Good" paddler than being a "Fast" paddler. Speed, strength, and the ability to roll are great, but knowing how to navigate, knowing tides and currents, and knowing the local area are just as important when you're paddling a new area. Be candid with the Trip Leader when they pre-screen so you don't end up on a paddle that's way beyond your capabilities.
- **Be obedient.** I don't mean you have to take everything the Trip Leader says as holy writ, but they have put the work into planning and organizing the paddle and usually have a



Ralph Heimlich

photo by Suzanne Farace

reason for doing things the way they've laid them out. You should be ready to take direction from the Trip Leader. Good Trip Leaders make a distinction between choices up for group discussion during the trip and things that have to happen because of the plan, safety considerations, or conditions. They'll let you know when there are choices, and when there aren't.

- **Participate and anticipate.** Help others move boats to the water or back to the cars. Wait your turn at a narrow landing and clear boat ramps as quickly as possible. Keep an eye on the paddlers around you and let the Trip Leader know if things are amiss. If somebody else isn't practicing good *Trip Followership*, let 'em know it isn't appreciated.

Be thankful. Trip Leaders are paid in the currency of gratitude. They aren't outfitters and they aren't your MOTHER, so let them know you appreciate the effort and initiative they've shown to lead your CPA trip, and to share their knowledge and experience. As many trip leaders tell me, "To think...we volunteer to do this!"

CPA is lucky to have such a large and dedicated bunch of Trip Leaders. You can demonstrate your appreciation most graphically by being a good Trip Follower.

Speaking of Trip Leaders, kudos to Laurie Collins, Linda Delaney, Mike Fernandez, Jaclin Gilbert, Rick Leader, Terri Lehman, Denise Parisi, Kathy Rost, Shelly Wiechelt, Lois Wyatt, and Paul Smith for completing both the Winter and Spring SK203 Trip Leader Training and to Robin Deykes, Bill Smith, Kathleen Kozub, Madeline Towle, Bill McAllister, and Dorothy Guy for completing the Winter session. You can expect to see them listed as trip leaders on CPA trips the rest of this season and in future years. ☺

Paddler Profile: Maxine Mead

by Bob Browning

Lives in: Severn, MD

Real job: lawyer

Do you regularly attend a Piracy? I have paddled a few times with the Baltimore Pirates. I'm hoping to be able to get out with them more regularly this season.

Number of years paddling: Off and on, about 10 years.

How did you get involved in sea kayaking? I used to have a very short, fat plastic rec boat that I would bring along on sailboat trips. I enjoyed mucking about in that, and soon found myself wanting a boat that would let me do more, and go further and faster. I bought a half rec/half sea kayak (a 12-foot Perception with one bulkhead that could accommodate a spray skirt), attended SK102, loved it and learned so much, bought the Delta. I have no doubt that at least one more boat is probably in my near future.

What boats do you paddle? Delta Expedition, 14.5 feet, green over white. I also own a 13-foot Advanced Elements Advanced Frame Expedition inflatable, but I haven't used it in quite a while.

Rudder or skeg? The Delta has a rudder. I don't always deploy it.

Type paddle used: Euro. I am intrigued by the Greenland paddles, though.

Do you do any other type of paddling besides sea kayaking? No

Do you regularly do any other outdoor activities? I am an avid bicyclist (long distance, bike camping, bike commuting, general moseying about, etc.). I also hike.

How often on average do you paddle between May and October? About once a week.

Do any winter paddling? No. I don't have the gear, and I've got a weird phobia about constricting clothing, especially around my neck (I can't even wear turtleneck sweaters!) so I can't see myself getting into a drysuit any time soon. J

Favorite local paddling location: During a mini-vacation in Rock Hall, MD, last summer, I paddled on the West Fork of Langford Creek. Beautiful!

Favorite CPA trip you've ever been on and why: I've only been on one J -- the Practice Kayak Camper on the Patuxent, Jug Bay area to Spice Creek, last summer. It was a fantastic introduction to kayak camping, with a great group of people. I want to do more of that!

Coolest paddling trip you've ever been on anywhere ? A few years ago I did a guided trip in the Alligator River National Wildlife Refuge in North Carolina. Some of it was on narrow water trails, ducking under overhanging tree branches, some of it on more open water. Beauti-



Maxine Mead

photo by Michele Platz

ful and varied plant life (massive bald cypress trees, aquatic flowers) and turtles, snakes, birds – and we did actually encounter an alligator!

Scariest/most dangerous trip/experience and why: I paddle alone most of the time, and, acutely conscious of my “advanced beginner” status, I tend to paddle very conservatively, so I haven't had any truly dangerous/scary kayak experiences. (I've been subject to a few in my past life on sailboats, fishing boats, and speed boats.) Probably the most tense I've been was negotiating the chaotic swarm of boat traffic around Ego Alley on a day when I paddled from Truxtun Park over to the Naval Academy. I was wishing I had the “rear view mirror” that I attach to my eyeglasses when bicycling!

Future bucket list trip: Florida Keys in winter; Adirondacks in summer.

Three things you like most about paddling? It's a peaceful, quiet, low-impact way to enjoy nature; it's a wonderful way to mentally de-stress; it's a fantastic, whole-body workout.

What do you like about CPA? The people are the best – from trip leaders to instructors to fellow paddlers, what a great group of fun and supportive folks!

One unusual, non-paddling thing other people find interesting about you? I served 10 years in the U.S. Air Force as a Russian linguist and intelligence analyst, back in the Cold War days. ☹

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: BBBrown-ing43@verizon.net

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

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



Sand Point, Rhode River

photo by Paul Fofonoff

I left work at 5:15. Due to the salmon genes I picked up during my childhood in British Columbia, I had an urge to go up Muddy Creek before heading home. After touring Muddy Creek, I headed back down the creek to Hog Island, Muddy Creek, Eroded Cliff, and Rhode River where I entered the West River. I aimed for Curtis Point - the tip of the long low peninsula, with a small tree at the end. After I rounded that, I paddled along the Bay shore. The large white houses on Columbia Beach when I pass Horseshoe Point, announced my arrival home. I landed at Columbia Beach at around 8:15 PM. I slept well! Some of my Chesapeake Paddler buddies could do this as a daily round trip in half the time, but once a year is enough for me! What a beautiful Chesapeake experience. 🐟

kayaking daily in the same way I drive my car. It was such a pleasure to stand outside my tent, or sit at the picnic table and observe the water and my kayak ready to glide me through the magnificent Nassawango Creek lined on both sides by bald cypress raising up from the water surrounded by rings of 'knees' as though the parent cypress had offspring hovering nearby under its' protection.

The Rain

We were so fortunate to wake to the melody of a soft steady rain early Sunday morning. The pitter-patter on our tents and the leaves of the trees surrounding us made us snuggle deeper into our sleeping bags while we abandoned ourselves to the hypnotic miracle of nature. Later in the morning, while sitting under our canopies waiting for the coffee to perk, we breathed in the fresh air and the sweet rain-washed aroma of loblolly pines.



photo by Suzanne Farace

Paddling

We started our paddle later than usual because we wanted to relish and enjoy the rain in our campsites, and we were also waiting for the rain to decrease, which it did around 10:30am on Sunday. Nassawango Creek and the Potomoke River may be more lovely during a sprinkling of rain, because we were the only boat traffic and we could cross back and forth at our leisure to get closer to interesting trees and birds.

The Potluck

CPA potlucks at camping events are famous for the delicious food which is somehow prepared without the convenience of a kitchen, and Sunday night was no exception. Eating together has been a bonding experience for people from the beginning of our kind and with the added comradery of sharing the same hobby and love of water, the closeness that we feel for each other during those special times of sharing our special dishes and conversation is always a highlight of the camp-out.

Parting is such sweet sorrow

But as with all our camp-outs - Monday arrived, and after a morning paddle, most of us went our separate ways, returning to jobs and families and the sounds of civilization. I can't speak for the others, but I know that a weekend camping and kayaking 're-sets' my attitude and I am calmer and happier and have vivid happy memories of the place, the paddle and the people to draw on when I feel a little anxious, until I do it again.



photo by Paul Fofonoff

Muddy Creek

Let the Games Begin

by Dom Mandalo

Tuesday, 25-July 2016: This evening it was HOT and it was HUMID in the mid-90's; but twelve PoSLers (Pirates of the Sugarloaf) joined together to enjoy an evening paddle along the Upper Potomac with waters in the mid-80's. The levels were low enough to walk across the river no deeper than waist high.

Three paddlers were relatively new members, Kristin Zimmer, Mike & Barbara.; and the regulars included co Queen Liz M, Lise Soukup, Steve B., John P. Wack, Robin D, Paul L., Chung, Heather Heller and myself. Our co-Queen Rita Eby Scherping has been missing out on the past few paddles, but she hopes to return to her throne by next week, as



photo by Dom Mandalo

she fully recupes from minor surgery. (Psst Rita, I may have found a new kayaker model!!) ;)

Fortunately, the clear waters and our attitude offered welcome respite to the heat, as we paddled up to the second island, Tenfoot Island, where we enjoyed refining various technical skills, such as bow and stern rudder, sculling and balancing. I even got to practice using my new short tow by paddling an 'injured paddler'! ;)

The PoSLers then celebrated the spirit of the Olympic Games by competing in our first ever Sea Kayak Slalom Course! After setting up a series of buoys, we raced through our time trials. Team PoSLer is ready for Rio! Olympian Chung won Gold for finishing 1st at a time of 17:00.00"; Paul won Silver with a time of 17:50.00' and Heather and Lise tied for Bronze with 19"50".

Congrats to our Olympians! 🏆



photo by Dom Mandalo

[Camp; continued from p. 5](#)

More from Suzanne Farace, the Trip Organizer:

This area is truly a wonderful place to camp and paddle. Members of our group sampled many of the area's paddling opportunities over the weekend, including launching from Pocomoke City and exploring Dividing Creek until turned around by downfall, launching from the Pocomoke Canoe Company floating dock and heading up stream on the Pocomoke to Porter's Crossing, being shuttled by the outfitter and paddling from Porter's Crossing back down to Snow Hill, paddling from the campground up the Pocomoke and then up Nassawango Creek to the bridge at Red House Run (we tuckered out the 15-year-old on that one, but he handled it like a champ), putting in at Byrd Park in Snow Hill and paddling around Goat Island and down the Pocomoke to the mouth of the Nassawango, paddling in the vicinity of Deal Island, and paddling in Chincoteague Bay (with dolphins!). The group also enjoyed "First Friday" celebration in Snow Hill on Friday night and a great dinner out in Snow Hill Saturday night as well as the spectacular community fireworks over the Pocomoke River. 🏆



Photos by Suzanne Farace



Paddle **Chesapeake Paddlers Association 2016 Calendar**

Date	Title	Summary
Aug 4-6	Chesapeake Bay Voyagers	Completing the Chesapeake Bay paddle series.
Aug 6*	Paddlefest on the Choptank - Rescheduled	Rescheduled date for the 7th Annual 'Paddlefest on the Choptank' hosted by the Caroline County Chamber of Commerce from Greensboro to Denton on the Eastern Shore of Maryland.
Aug 6	Kent Island Paddle #5	Practice for endurance to circumnavigate Kent Island.
Aug 7	Cove Point Lighthouse Paddle	This is a 14-15nm. paddle from Solomon's Island up the Chesapeake Bay to Cove Point and back. Trip date is flexible at this point.
Aug 7*	Iron Girl Swim Support	Kayak swimmer support for Iron Girl Triathlon, Centennial Lake, Howard Co, MD
Aug 12-15	Nanticoke River Car Camper	Camp at Roaring Point and paddle the Nanticoke River, Wicomico River and Deale Island
Aug 13	Leisurely Magothy River	Leisurely kayak tour of the Magothy-Cypress Creek.
Aug 18-19	Full Moon Overnight Paddle & Breakfast	Paddle overnight under the Sturgeon Moon," from Thursday at sunset returning at dawn for a potluck breakfast.
Aug 20	Ghost Ships of Mallows Bay from Quantic Marine Base	Cross the River from the Marine base and explore the Bay and the 100+ ships abandoned there.
Aug 21	Colonial Beach to Popes Creek, VA	Paddle the Virginia shoreline of the Potomac to George Washington's birthplace
* Non CPA Event		

Position Available

As of the Nov/Dec Chesapeake Paddler, we will need an new editor. I have enjoyed pulling the articles together but I need to give it up at the end of the year. If you are interested or have questions, feel free to ask. Here are questions that I think you might be asking:

What program do you use to write the newsletter? Microsoft Publisher

How much time is involved? I send an email at the beginning of the month asking for articles from the trip leaders (well, I try to). I spend about 2-3 hours putting the newsletter together. I also pay attention to Facebook and other emails to locate interesting topics.

How often do newsletters go out? 10/year. Nov. and Dec. are combined, as is Jan. and Feb. I try to get the newsletters to our secretary, Sue, about the 30th. She sends it out to the membership on the 1st.

Do you ever have to write articles? No. I check the work of the articles submitted. Then I send a draft to the Steering Committee to check for mistakes. This is the longest article I've posted for the Paddler!

Note: I have really enjoyed working on the Paddler. It's great to find out about the trips and chat via email with other paddlers. This organization does a lot of great things and it's been wonderful to be a part of it!

Contact me at carrie.casto28@gmail.com





photo by Dom Mandalo

Inside this issue:

Paddle to Work	1
Pokomoke	1
Association Info	2
Coordinator Column	3
Paddler Profile	4
Sugarloaf	6
Calendar	7

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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.