

The Chesapeake Paddler



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Adventure on the Magothy River

By Bill Smith

The paddle plan was to launch from Spriggs Farm Park on the Magothy river and paddle a big loop around the wider portion of the river to include the north side of Gibson Island; I had 10 +/- paddlers signed up for this trip. I chose Sprigg's Farm Park as a launch because it is a new park that was originally closed to the public; this is my way of thanking Lisa Arrasmith for her hard work and demonstrating to the county that yes this park will get used. I highly recommend paddlers to check it out; be sure to contact the county for the combination since it changes weekly.

I have always had really good weather luck but the weather gods must be mad at me for something. This trip was originally planned for May 21st but the predicted weather called for 100% rain, it seemed logical to change it to a later date-the new date was planned for June 12th. As luck would have many of the original paddlers had other plans for this day. Looking at the weather it looked like a picture perfect day with sun and mid-80's with some 20 MPH winds thrown in. Wind on the Magothy is not always a problem, it just depends on the direction. The day began with 8 people signed up but I received a few cancellations and two who were late and were going to join us near Gibson Island (Nancy Osborne and Gail Davidson). The four, Lois Wyatt, Lise Soukup, Jess Parker and myself launched and had a bumpy ride over to the east end of Dobbins island; everyone was handling it well so we continued across to the west side of Gibson Island and followed it north. As we paddled the wind began to build and became more like straight line winds out of the west. I was able to contact Nancy and Gail who told me they were headed back to the launch-so they were OK. I had a bailout plan but we were still 3 miles away from it; the wind towards the bailout spot would make this a treacherous paddle. We decided to detour up Cornfield creek where a friendly resident allowed us to park our boats while we waited a ride-a call to my daughter who had us on our way back to our cars within 30 minutes. Checking the marine weather I found the winds had increased to 25 MPH with 35 MPH gusts.

I plan to schedule this trip one more time this summer but hopefully the weather gods will decide I have suffered enough. ☹

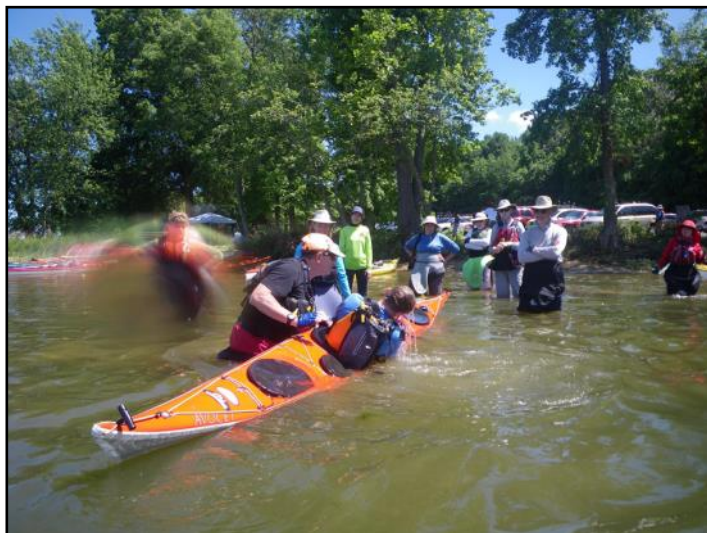
Pirate Nonsense:

Did you know that the term "Arrr" is not a really a pirate term? It's a Hollywood term! Robert Newton (Treasure Island and Long John Silver) is the one who popularized it! Things you learn when you take the Beers and Buccaneers tour at Heavy Seas Brewery! Does anyone know what a Buccaneer is???

SK203 Trip Leader Training Course Completed

By Ralph Heimlich

Kayaking trips are CPA's lifeblood and you have to have trip leaders to have trips. CPA does NOT certify trip leaders, but we DO offer training to help potential trip leaders acquire the skills needed to successfully lead our trips. This year, we tried something a bit different by splitting the classroom sessions (navigation, trip planning, CPA policies and protocols, etc.) into a winter session, held at the Daugherty Conference Center at Janes Island State Park in February, and an on-water session (strokes, rescues, trip formations, towing, etc.) held in mid-June at Pohick Bay Regional Park. Also, rather than simply advertizing SK203 and hoping for the best, we identified people who had attended at least 3 trips in the last 3 years (140 people) and invited them to take advantage of the SK203 training opportunity. We got 17 positive responses for the February session (12 females and 5 males). Of those 17, 11 were able to attend the on-water session.



How to Teach Wet Exit

Photo by Greg Welker

For the on-water session, we were fortunate to get Pohick Bay's Overflow group camp, which gave us a separate site and bathhouse, and we used the soft launch at the north end of the marina parking lot for our training site. One of the highlights of the on-water training was a "Crazy Cruise" in which a decade's worth of "incidents" occurred in a single afternoon's trip, many of them simultaneously. Incidents ranged from slow or wayward paddlers, panicked "new" paddlers in their first capsize, a non-responsive hypoglycemic paddler, and an "all-

[Cont. p. 5; SK203](#)

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?

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News From the CPA Coordinator - Ralph Heimlich

Heat, Sun, and Lightning

Summer on the Chesapeake is hot, humid and hazy! Not really a news flash: His Britannic Majesty allowed diplomats assigned to Washington DC hazardous duty pay in the 19th Century because of the tropical summers. We kayakers flee to the waters of the Bay and tributaries during the hot summer months to beat the heat, but it follows us there. We stress the dangers of cold water paddling in the winter months (hypothermia), but perhaps do not think enough about the opposite dangers of hot weather paddling (hyperthermia, heat stroke, dehydration).

Hyperthermia is an abnormally high body temperature caused by a failure of the heat-regulating mechanisms of the body. Hyperthermia can manifest as heat fatigue, heat syncope (sudden dizziness after prolonged exposure to the heat), heat cramps, heat exhaustion and heat stroke. Heat stroke, the most serious form, occurs when your body temperature increases significantly (generally above 104 degrees Fahrenheit) and has symptoms such as mental status changes (like confusion or combativeness), strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering, or coma. We need to be extra aware of these potential symptoms, not only in ourselves, but in those we're paddling with, especially older people (like ME!). If you or someone on your trip exhibits these symptoms, don't delay in getting them to medical attention as soon as possible because it is a life-threatening situation.

Fortunately, the best cure for hyperthermia is prevention. First, take and drink plenty of water (3-4 ounces every 20 minutes). It doesn't help to drink a gallon all at once since your body can only absorb about 8 ounces an hour, so you have to drink enough water to replace losses from sweating and urination as it occurs. I like to use a bladder and hose system so I can drink without interrupting my stroke, but however you do it, drink enough water or sports drinks to stay hydrated.

Second, cover up to keep the direct (radiant) heat of the sun off your head and upper body. That means a big shady hat with a lot of cross ventilation, and sufficient clothing. I actually wear two layers: our CPA wicking shirt as a base and a loose nylon overshirt that acts as a combination "burnoose" and swamp cooler because I keep it wet.

Third, cool off by rolling (rotocooling) or just "taking a bow" by using a paddling partner's bow to rotate half your body into the cooling waters at a time.

Take a "beach break" when the opportunity affords, pull off your PFD



Ralph Heimlich

photo by Mike Fernandez

and skirt and take a swim right in the Chesapeake Bay—No kayak needed. Another easy preventative measure is to take a small tarp or emergency blanket in your hatch so when you take your beach break you can rig a shade and cool off during your lunch.

Another aspect of a Chesapeake summer is the late afternoon thunderstorm. Weather forecasts get a little predictable: Low of 70, high of 95, scattered afternoon thunderstorms. For us kayakers, however, the issue is what to do when one of those T-storms scatters in our direction during a paddle. Clouds and a little rain would actually be a welcome break from the sun and heat, if they don't last too long, but the risks are high winds and lightning.

Keep the possibility of brief periods of high winds associated with T-storms in mind as you plan your summer paddle and try to have a "plan B" set up if you need to duck into a more sheltered tributary or cove.

Lightning can be a real killer on the water, and is hard to predict. The key is to get off the water as soon as you hear thunder (When thunder roars, go to shore). The reason is that lightning can strike from 6-10 miles away. Use the 30-30 rule: If there is 30 seconds between the flash of lightning and the sound of thunder, you are in range of a strike. Get off the water and stay off until 30 minutes after the last lightning. There is a wealth of other interesting and useful stuff about lightning in Tina Ehrig's notes from SK203 (Trip Leader Training) at <http://www.cpkayaker.com/forums/viewtopic.php?f=22&t=7607>.

So, get out and enjoy the best the Chesapeake has to offer in the hot, humid, hazy summer months, but BE COOL! ☺

Paddler Profile: Jeff Walaszek

by Bob Browning

Lives in: Mathews, VA

Real job: Recently retired, formerly worked for the US Army Corps of Engineers Research and Development Center.

Do you regularly attend a Piracy? Co-Pirate Captain of Pirates of the Occoquan with Jim Zawlocki. I picked up leadership of the Piracy when James Song moved out of the area in mid 2000s. It was then called the Pirates of Algonkian and was based out of Algonkian Regional Park along the non-tidal Potomac River. The Piracy migrated to southern Fairfax County where most of its members lived and began regularly paddling on the Occoquan Reservoir and tidal Potomac at Pohick Bay and Mason Neck State Park.

Number of years paddling: I started paddling canoes in the Midwest in the mid-70s out in the Boundary Waters Canoe area, along Illinois rivers, and later the Current and Jacks Fork Rivers in Missouri. In college I spent two summers as a Trip Director for a YMCA camp in Michigan taking kids on 8-day canoe trips on the Upper Muskegon River.

How did you get involved in sea kayaking? I was used to paddling tandem canoes and wanted something I could go out on my own. In 1999 I bought a Dagger Magellan thinking that would be the only kayak I would ever need.

What boats do you paddle? I now have five other sea kayaks: Valley Nordkapp and Avocet, NDK Greenlander Pro and Romany, and P&H Capella 169. All of these boats have unique features that make them valuable. I match the boat to the paddling conditions I expect to encounter to ensure I enjoy time on the water and the boat is a “non-event”. The boat is just a medium through which to enjoy the water and the surrounding environment.

Rudder or skeg? I’m clearly a skeg person for its simplicity. I find rudders irritating and just another unnecessary variable to contend with when on the water. If you know how to handle a boat you really don’t need either.

Type paddle used: I stick with the basic Euro paddle.

Do you do any other type of paddling besides sea kayaking? I am more of a rabid canoe guy than I am a sea kayak guy. Kayaks are fun but paddling canoes can be a truly magical experience ... especially if you’ve paddled places like the Boundary Waters. I also paddle “old school” whitewater kayaks from the late 80s such as the Dagger Crossfire and Perception Dancer when running rivers – usually on the headwaters of the James River.

Do you regularly do any other outdoor activities? I like to cycle and have three bikes. I prefer to ride “rail-to-trail” type routes along rivers such as the Greenbrier River Trail in West Virginia and the C&O Canal along the Potomac. Even when not paddling it is hard for me to stay away from the water.

How often on average do you paddle between May and October? I have a target goal of paddling at least 40 outings a year ... and keep records of it. I usually make it. If you don’t make paddling a priority, routine life duties often will get in the way of you doing it.

Do any winter paddling? I don’t do much of it. In the past I’ve only donned the drysuits and wetsuits when I’ve hit the wall with a bad case of cabin fever in mid-to-late winter.

Favorite local paddling location: Mathews County has over 200 miles of shoreline and 20 public launch sites along the Chesapeake Bay and its tidal rivers and marshes – it’s a paddlers Utopia. I often run the East River which is home to numerous historic homes dating back to the 1700s along with one of the few remaining tidal mills on the East Coast.

Favorite CPA trip you’ve ever been on and why: My primary CPA activity is the Pirates of the Occoquan. Circumnavigating Eastern Neck Wildlife Area and Wye Island with fellow CPA members were two of my favorite trips. I like paddling along natural and undeveloped areas.

Coolest paddling trip you’ve ever been on anywhere and why? Lots of



Jeff at Fountainhead

Photo by Susan Green

them. Hearing the chorus of loons in early evenings reverberating along the lakes of the Boundary Waters was wonderful. Running the 150 mile long wild and scenic stretch of the Missouri River along the White cliffs in Montana was a great trip. My butt sat on the same rocks that the Lewis and Clark expedition team sat on in their campsites. Seeing the exposed, brown rock cliffs of along Lake Powell in Utah during record low water was another fun and scenic three-day trip.

Scariest/most dangerous trip/experience and why? The dumbest thing I’ve ever done that could have turned into my scariest experience was on a weekend trip to the Apostle Islands in Wisconsin early in my sea kayaking days. A buddy and I were crossing a three-mile open stretch of water in Lake Superior with a fetch between islands running clear to Canada. The winds picked up in the afternoon shooting down the fetch. My buddy said at one point he saw my kayak going down a crest with the stern out of the water at a 45 degree angle. It was June, we were only wearing wetsuits, and while we both were experienced canoeists neither of us had practiced re-entry and rescues in sea kayaks. We made it across without incident -- but we were lucky.

Future bucket list trip: I will get back to the Boundary Waters Wilderness Canoe Area one last time before my body gets too broken down to handle the portages. I’ve been there four times and it’s worth going back again.

Three things you like most about paddling? 1) I love experiencing the natural, undeveloped environment. As paddlers we can get to places most folks will never see. 2) You really appreciate the power of water when your butt is sitting in it in the bottom of a canoe or kayak. I remember the first time I paddled a large swell on Lake Michigan and realized how insignificant I was as the water is a powerful force and would do whatever it wanted to do to me – it truly needs to be respected and be taken seriously. 3) I enjoy the workouts. Paddling pushes you physically if you are up to the challenge of longer runs and occasionally challenging conditions.

What do you like about CPA? Paddlers are just good, down-to-earth people.

One unusual, non-paddling thing other people find interesting about you: I’m pretty much a boring person, but I dabble in landscape photography and have over 35 photos printed and framed on my walls. People, especially paddling buds, think they are cool. ☺

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

Potomac River Swim

June 4, 2016

By Cheryl Wagner

24 swimmers and 30 paddlers (many from CPA) completed the 7.5 mile Potomac River Swim on June 4, 2016. Swimmers, kayakers, and kayaks were transported across the Potomac River to the start at Hull Neck, VA very early Saturday morning. (Loading started at 6AM.) Our lead kayaker, Jim Zawlocki, directed loading and ensured that experienced "sweeps" (kayakers who sweep through the formation and assist other paddlers) were on each of the commercial fishing boats. When we arrived at Hull Neck, each kayak had to be lowered into the water followed by a kayaker. Then the kayakers found their assigned swimmer on shore and the race began. Conditions were perfect - the best ever in 21 years. The water was flat, the skies were overcast and the temperature was around 75. All 24 swimmers completed the swim and joined their kayakers in a delicious lunch prepared by the St Mary's Watershed volunteers. Proceeds from the swim are donated to environmental groups dedicated to the health of the bay and river <http://www.potomacriverswim.com/benefactors.htm> 🐾

[SK203: cont. from p. 1](#)

in" episode where all paddlers were in the drink having to help each other back into their boats. We look forward to seeing trips on the calendar by our new potential trip leaders (Laurie Collins, Linda Delaney, Robin Deykes, Mike Fernandez, Jaclin Gilbert, Dorothy Guy, Kathleen Kozub, Rick Leader, Terri Lehman, Bill McAllister, Denise Parisi, Kathy Rost, Bill Smith, Madeline Towle, Shelly Wiechelt, and Lois Wyatt). Many thanks to our wonderful instructors (Brian Blankinship, Paula Hubbard, Jenny-Plummer Welker and Greg Welker) without whom this kind of event could not be carried out. 🐾



All-In Incident on the "Crazy Cruise" Photo by Greg Welker



Swimmers Photo by Cheryl Wagner



Support Photo by Cheryl Wagner



Supporting Photo by Cheryl Wagner



The Swimmers Photo by Cheryl Wagner



Paddlers Photo by Cheryl Wagner

A Kayakers Eulogy for Marc Bernardo, Jr.

It is with great sadness that we announce the sudden loss of a very active and special member of the Chesapeake Paddlers Association (CPA) community, Marcelino Bernardo, Jr, who died from aggressive form of colon cancer on June 10, 2016. On behalf of our membership, CPA extends our deepest condolences to his wife Rose, his son, Neil and his daughter, Cynthia. Marc was greatly admired for his enthusiasm and passionate love for the sport of sea kayaking and is greatly missed.



Marc and Rose began paddling less than 6 years ago, the summer of 2010, during their first trip to Jug Bay. Later that year, they soon started kayaking with the purchase of a tandem kayak. Over the next year, they joined CPA in 2011, as they explored the lakes, creeks, rivers and bays along Black Hills, Triadelphia, Mattawoman Creek, the Potomac, Mason Neck and Jug Bay.

Within the next 5 years Marc didn't take up the sport for recreation, he adopted its culture and became one of the most active members of in the kayaking community. Together with Rose, they quickly improved their paddling skill sets and experience through the various curricula of training courses and workshops that CPA offered on sea kayaking. Within his first year, Marc practiced to roll reliably with his first sea kayak in 2012, taught by none other than his close friend, Dubside. At CPA, they also learned the fundamentals of kayak navigation using a basic compass and marine map.

Armed with these powerful new skills, Marc soon gained respect within our paddling community, becoming trip leader for both CPA and the Washington Kayak Club, where he led or hosted numerous paddling venues to Thomas Pt Lighthouse, Eastern Neck NWS and

Kent Island. Marc even hosted several trips for the Anne Arundel County Water Trail Committee to help establish greater public access sites for paddlers into the Chesapeake Bay. His support eventually led to the 30 mile Anne Arundel County's Water Trail in 2015 that spanned 530 miles of shoreline.

He accomplished and offered so much more; volunteering annually at SK102 and for numerous kayak swim support events, such as the Purple Swim, IronGirl, ColumbiaTri and the Great Chesapeake Bay Swim. And just last August 2015, both he and Rose paddled 32 miles around Manhattan.

If there's truly one lasting memory that many of us will always remember about Marc, it's his broadly huge and wonderful smile, which conveyed the totality of his spirit for life and for the sport. Let this remembrance of him continue to inspire our members at CPA to paddle forward for these same reasons.

The Bernardo family also encourages each of our members to express your personal condolences or to share your own testimonials in Marc's memory at his obituary page: <http://www.pumphreyfuneralhome.com/obituary/Marcelino-Bernardo-Jr./Germantown-MD/1629955>.

Also, photo album to memorialize Marc was posted at Dom J Manalo's Facebook page:

<https://www.facebook.com/media/set/?set=a.1717250748530971&type=1&l=ff729171ea>.



Photo by Dom J Manalo



Paddle on...

Photo by Dom J Manalo

Chesapeake Paddlers Association 2016 Calendar

Date	Title	Summary
July 1-4	Pocomoke River Car Camper	Camp and Paddle the Pocomoke river and its tributaries over the holiday weekend.
July 9	Kent Island Paddle #4	Practice and endurance to circumnavigate Kent Island.
July 9*	Manhattan Circumnavigation by kaya	Paddle around Manhattan
July 10	Solomons Island to Cedar Point LH Ruins	Paddle the Lower Patuxent River
July 11	Susquehanna River Conowingo Lake	Paddle north on Conowingo Lake from cold Cabin to the rocks just below Norman Wood Bridge.
July 16	DC Skyline/Full Moon Night Paddle	A nearly full moon provides a great opportunity to see the DC Skyline from the Potomac River.
July 23	Potomac river - at Monocracy Viaduct to Pt of Rocks	Exploring clear waters of the upper Potomac from Moncracy Viaduct.
July 23	Eastern Neck Paddle - Summer	This is the second of four seasonal circumnavigation paddles around Eastern Neck Island.
July 24	Magothy River to Severn River	Paddle between the Magothy and Severn Rivers with a short shuttle
July 25	Parkers Creek	Paddle to from Gunkhole Parkers Creek in Calvert County
July 30-31	Practice Kayak Kamper (Pax River)	Try out Kayak Kamping!
July	Calendar	

* Non CPA Event

Celebrating



Find Your Chesapeake Today!

Back in May, CPA helped The Chesapeake Conservancy organize and run a paddle formation spelling out "100" to commemorate the 100th Anniversary of the National Park Service in June 2016. Here's the final "spiffed up" version of that formation, taken by an aerial drone at Sandy Point State Park, just above the Bay Bridge. If you were part of the "100", pick out your boat above.





**Calling All Patuxent River
ROUGHNECKS**
Indian Creek Campsite
WORK TRIP & Inaugural
PICNIC & PADDLE

.....
It's time to get this campsite in
shape. We'll be clearing brush,
putting up signage, repairing
the fire ring & picnic benches,
& clearing a trail to the water.
.....

Saturday, July 16
(Rain Date: Sunday, July 17)
Benedict, MD 9AM-1PM

Meet at the Indian Creek NRMA parking
lot across the street from Serenity Farm
on Rt. 231 near the Rt. 231 bridge over
the Patuxent River. Bring lunch,
something to grill if you like, water &
your boat if you want to paddle.

RSVP:
Sonia@PaxRiverkeeper.org

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August issue article due
date July 17th.☠

The Chesapeake Paddler

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