

# Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc., Volume 18, Issue 4

June 2008



Potomac Swim Support pre-swim dinner, photo by Brian Blankinship

## Potomac River Swim 2008

By Brian Blankinship

The Potomac River Swim was once again interrupted by weather. Small craft advisories with a possible thunderstorm and hail prevented the mass crossing. I car pooled to the event with a new friend, Dan Peterson, and we had many laughs on the way down. Setting up camp was fun, especially watching Isaiah Allen try to set up a huge family tent by himself. Three of us quickly took pity on him and we had it up in a jiffy.

The pre-swim dinner and organization party was wonderful and we ate to paddle, a reverse of our norm. It was nice seeing new friends from SK102 at dinner and it gave us a chance to talk to the USCG about radio frequencies for the swim. The skipjack captain reminded us all that with small craft advisories, we would have to let safety be our guide and make the go/no-go call in the morning.

A few of us decided to get up extra early and paddle across before the swim started. I called Cheryl Wagner, the organizer, at 5:00 but from the sound of the wind outside my tent, I already knew we were not going to make it. We went to the alternate plan of a Lake Conoy swim and Cheryl even had pre-printed course maps. Two ladies from MIT and one at Western Kentucky University were planning to swim the English Channel in a couple months and wanted the rough water practice. The captain of the 42 foot cabin cruiser agreed to lead, and a few kayakers agreed to guide, so we had two swims going on.

Nelson Labbé and I headed to the finish line beach where we understood the swim would start. After waiting a while, we

*(Continued on page 4)*



Applying a tape keel strip, photo by Jenny Welker-Plummer

## Pier 7 Outfitting Night A Success

By Ralph Heimlich

If you think your boat is fully outfitted when you take it out of the store, you're kidding yourself. Every boat needs to be "customized" to fit your butt, if not your personality. Little things like a "painter" (no, Bucky, not one of those guys in a white suit with a brush in his hand!), some foam to wedge your thighs or sides in so you don't immediately drop out when you capsize, or to pad your TB on long trips, or a tape keel strip to keep you from biting through your lip when you "stump" yourself up that windy little creek.

More than 25 curious Pier 7 Pirates participated in an outfitting session organized by Captain Greg Welker in June. He taught the "running sennit" (no Bucky, it's not snot!) knot for reducing the length of floating line painters to lead your boat and serve as an emergency tow line. Ralph Heimlich applied a tape keel strip to a boat and the group discussed the pros and cons of

*(Continued on page 8)*

**CLASSIFIEDS**

Ads dated 3 months before the date of this issue will be pulled unless a new request is received by the 15th of the month prior to the next issue. And if it has sold...tell us!

**Advertising Rates:**

We accept display advertising that relates to the interest of our readers. Monthly rates are as follows:

Size cost wide x deep (col)  
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A degree in Outdoor Recreation or relevant experience is a plus

For additional information and to apply please visit [www.llbean.com](http://www.llbean.com)

**SCHEDULE FOR 2008 CHESAPEAKE PADDLER**

Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is usually the 15th of the preceding month as follows:

| Issue     | Deadline for Copy         |
|-----------|---------------------------|
| May 2008  | April 15, 2008 (Tax Day!) |
| June 2008 | May 15, 2008              |
| July 2008 | June 15, 2008             |

Have an idea for an article, or is there information you would like to see in the newsletter? Email Ralph at [news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com) or call at 301-498-0722.

**THE CHESAPEAKE PADDLERS ASSOCIATION**

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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**MEMBERSHIP:** Subscription to the Chesapeake Paddler is included with membership. Membership is \$10/year or \$20/2 years. Send checks or changes of membership information to CPA, PO Box 341, Greenbelt, MD 20768. DO NOT send them to the newsletter editors.

**DEADLINES:** Closing date for articles, trip reports, information and advertisements is the 15th of the month prior to the next issue. The editors retain the right to edit or not to print any submitted material. See advertising information in the Classifieds section.

*The Chesapeake Paddler is published monthly, except Nov-Feb and may be reprinted whole or in part if credit is given to this newsletter and any identified author (unless an article is specifically copyrighted), and a courtesy copy is sent to the Managing Editor.*

## Admiral's Walk



### Buy a boat, Get a class

There has been quite a lot of concern about kayak safety this spring, more than what we usually see in a new paddling season. Why is this? Is it because we are getting more new kayakers on the waters than ever before? Is it because we hear of more incidents and fatalities related to kayaking than ever before? Or is it that experienced kayakers are more worried about the well being of everyone on the water than ever before?

I have to believe that it is all of the above. But I also think it is something even deeper, that we can't quite put our fingers on so easily: Our **"society group safety consciousness"**.

As a society, we abhor incidents. We want to be safe in everything that we do. It is everywhere. I was using the restroom of one of my favorite local fast food joints the other day, and saw on the wall a poster about the importance of food safety. It was so obvious that I had to think about why I was even noticing this sign. Then it clicked. Everything we do today has a recommended way of playing it safe. We all wear seatbelts when driving. We all wear bike helmets when biking. We all get tetanus shots when we step on a rusty nail. We all back up our work data before it gets lost. We all wear PFDs when we go paddling. Oh.....well it worked well up until the last one at least. So where did I go wrong?

Well all those other things, before "PFD wearing" made sense. So much sense that I would not even question someone who said: "Buckle up, we're off.", or "Here's your bike helmet, let's go riding.", or "You better see a doctor about that cut.", or "Did you back up all your hard work?". Why is this second nature? Because it has been in front of me for so long, so many times, again and again and again, that it is no surprise. It is second nature to all of us to take all these actions for granted. It has been repeated enough to all of us that you could say we have a "collective safety conscious" idea that these things are right. Get it?



But how did all this repetition start? Let's look at the Food Safety idea. We all know that contaminated foods can make you sick. I can honestly say that I have seen that sign so often, heard those words so often that if I see someone leaving any restroom having avoided washing, I am uncomfortable knowing that they are going out into the world unsafe.

So why doesn't this apply to people wearing their PFDs on the water? Why is it that the number one cause for water sport injuries is simply the neglect of wearing a PFD? Well maybe it is not yet in our society's **"group safety consciousness"** to want to be safe on the water. Maybe we have not all heard



how we need to play it safe on the water enough. Maybe we all have to see just how to be safe again and again and again. Where do we start? Here are some ideas.

**Buy a boat and get a class.** For every kayak bought, the dealer spends 30 minutes with you explaining the importance of safety on the water. How better to reach people at their prime moment.

**How about if every public launch displayed a safety message?** If a poster could be placed in every bathroom, then one can be placed at every launch. How about at every kayak dealer, and every rental facility? How about a sticker on every kayaker's shuttle vehicle? How about a cute brochure promoting safety handed to everyone looking at kayakers in the store, or at a demo day, or at a kayaking exposition?

**How about if other concerned kayakers just repeatedly mentioned their concern to their buddies or even to strangers out on the water?** If we all say it and hear it enough, wouldn't it become second nature? Would we then add it to the **"collective group consciousness"** of everyone who paddles?

Yes we want every newcomer to the sport of kayaking to start thinking safety, but it does not have to be overbearing. Look at the Food Safety Task Force; they explained it thoroughly in 8 words: "Use Soap.", "Wash for 20 seconds.", "Rinse.", "Dry."

Maybe we can do something similar. How about **"Wear your PFD."**, **"Make Yourself Visible."**, **"Dress for the Weather and the Water."**, **"Plan Your Trip."** That explains a lot. That can be said in a casual conversation with another paddler. That could be placed on a safety poster.



Coastal safety authorities are seriously considering whether stronger regulations are needed for manually propelled craft. Everyone who paddles may soon need to complete a safety course. You can help. You can tell your dealer to include safety, help organizations spread paddling safety material to the community, mention "safety first" to your fellow paddlers. We will even eventually think as casually about wearing our PFD as we do about washing before dinner. Help spread the word now, and do it again and again and again.

Dave Biss

**Potomac Swim** (Continued from page 1)

saw the cabin cruiser with swimmers and kayakers headed out of the harbor and the chase was on. I caught up to Isaiah at the front and he had two swimmers who were keeping close together. Farther back was H. B. "Radar" Raynor in a recreational kayak working hard to keep up with his swimmer. Matt McGillicuddy, also in a recreational kayak, was doing quite well keeping with his swimmer. Behind him David Mood, accompanying a slower swimmer, gave me the water for one of the lead swimmers. By the time I got the bottle from David, his swimmer was lost in the 2-2.5 foot seas. It took a few minutes to find him despite his bright swim cap. Bringing up the rear was Jim Zawlocki's swimmer. Jim just installed a higher seat in his boat making it very tippy. Considering the periodic three foot seas, he was out of his element and he asked me to take over for him. I give Jim double credit: Not only did he have the sense to overrule his pride and recognize the limitation of equipment that was not right, but he also stuck it out until relieved rather than abandoning his swimmer. Jim went to the beach, advised Chris he was off the water, and monitored our progress visually and on the VHF until we landed. I called Nelson on the VHF to take over Jim's swimmer so I could check on the others throughout the swim. I was using a wing paddle and Nelson a Greenland so I had a bit of a speed advantage on him and could make it back and forth easier.



Isaiah Allen in the waves, photo by Brian Blankinship

Once again, by the time Jim passed off the swimmer's water and food to me, and I passed it to Nelson, we lost his swimmer twice. I bring this up because Chris Bresnan, the organizer of the kayak support, made a point at dinner that the sweeps should operate in pairs so one could tend to the swimmer while the other helped the paddler in need. Boy was Chris right, and I wished there were another sweep just for that purpose.

The plan was to swim about two and a half miles to a marker and return to the beach finish line. By the time we were half way there, the swimmers were spread out about 300 feet, with the wind and waves against us. We would spread out even more on the return trip, surfing the waves. I feared some of the kayaks would broach and flip in the occasional, but regular, 3-3.5 foot waves, and was uncomfortable that I would be unable to get to someone that needed help quickly enough. All of the swimmers and kayakers agreed to turn around when the leaders reached them on their return, which would regroup our party. About this time, a Boston Whaler joined our swim group and agreed to sweep for us.



Brian Blankinship, ??, Dave Mood, ??, Isaiah Allen, ??, photo by ??

As the leaders turned, they took a short break. By the time they started up again, the middle two swimmers were not that far from the buoy and didn't want to turn before rounding it. Fortunately the other two swimmers turned with the leaders. I asked them to wait for the ones rounding the buoy, but they started getting cold so we pushed off again. We were now two groups. The cabin cruiser was leading four swimmers and four kayaks, and the Boston Whaler was with two swimmers and two kayaks.

I got the opportunity to catch a few nice surfing waves, and had water slamming down on my neoprene spray deck. The two lead swimmers were separated, and the one Isaiah was not with was headed off on a bad angle. Isaiah agreed I should take over the lead swimmer. We stayed this way for a while until we heard two blasts of a whistle from behind. I turned and headed back to find the problem, leaving the power boat to watch over my

(Continued on page 10)

## Passing Rocks and the Rocket on a Rollercoaster Ride

On Sunday, May 18, 2008 the chair of the Patapsco/Back River Tributary Team Events, Outreach and Education Committee swam for the benefit of Herring Run Watershed Association while HRWA and P/BRTT members gathered at Rocky Point Park to cheer him in and for a wade-in picnic celebration. This year's event spotlighted Back River, into which Herring Run flows, whose water quality is in large measure dependent upon the success of Back River Treatment Plant. Distribution of the just-released "Upstream, Downstream" report at the event also highlighted the need to decrease stormwater contaminating the stream, river and bay.



The start and finish point of the swim was Rocky Point Park Beach on Hawk Cove in view of Hart-Miller Island and the Chesapeake Bay. Thanks to Baltimore County Departments of Recreation and Parks and Environmental Protection and Resource Management who made the venue available. Maryland Port Administration gave a guided tour of Hart-Miller Island where channel dredging fights erosion, restores wetlands and creates habitat for birds and beaches for boaters on a DNR managed State Park.

Supported by the Chesapeake Paddlers Association, the Chesapeake Bay Boston Whaler Club and the U.S. Coast Guard, Joe swam four miles in 3 hour 15 minutes, from a sheltered beach, beyond Rocky Point out to the northeast edge of Pleasure Island, then into a choppy Chesapeake Bay and out to and around Craighill Channel buoy light a/k/a **The Rocket**, over to the southwestern side of Pleasure Island through "the cut", tacking to Cuckold Point off the town of Millers, re-crossing Back River, passing Rocky Point again into Hawk Cove to finish at the starting point.

Pleasure Island (once attached to Hart Island) used to be connected to the town of Millers by a bridge and was the popular site of the first Bay Shore Amusement Park. Going through the cut can be treacherous because of riptides and strong currents. Trying to pass the Rocket, huge waves washed over Joe he wasn't able to ride because currents kept pulling him backwards; his swimming in place wasn't exactly a roller coaster ride, but watching waves pass him while his body bobbed up, down and back did simulate one.

Over \$2,400 in pledges was raised for Herring Run Watershed Association by the swim. Former Maryland Senator and original wade-in founder Bernie Fowler, MDE Sec. Shari Wilson and MD Delegate John A. Olszewski, Jr. joined representatives from the offices of US Senator Ben Cardin and Baltimore City Mayor Sheila Dixon, staff and volunteers from local watershed organizations, citizens, tributary team members and DNR workers for the wade into the water to measure its visibility level and then a picnic with lots of environmental exhibits under cover of a pavilion at the celebration on what was a cool, rainy, windy day.

Note: Joe did benefit crossings of Patapsco River five times (2002-2006). P/BRTT had wade-ins at the 2002-2006 swims. The 2007 wade-in at Fort Smallwood didn't include a swim but commemorated the 400<sup>th</sup> anniversary of the exploration of the Chesapeake by Captain John Smith. What will 2009 bring?



## CPA Gear Day

CPA's first annual Gear Day will take place Sunday, August 24th, at Truxton Park in Annapolis. This new event will be a club-wide show 'n tell, in the spirit of Sunday morning at SK102. You can Demo different kayaks and paddles on the water, show off and discuss all of your favorite equipment, and learn from your fellow paddlers. A gear swap and picnic will be included as one of the many activities. Organizers are seeking volunteers for teaching on-water skills, setting up demonstrations, and coordinating the picnic. Please contact Suzanne Farace ([sfarace@fslawoffice.com](mailto:sfarace@fslawoffice.com), 410-446-5991 Cell) or Gina Cicotello ([ginacico@earthlink.net](mailto:ginacico@earthlink.net), 240-305-0922 Cell).

Another Demo at Truxton Park, photo by Ralph Heimlich



Kayaks in the starting gate at Tuckahoe Bridge, photo by Ralph Heimlich

This paddle was a "do over" for one that took place two years ago when the skies opened and we were all stranded on Stoney Point in a T-Storm and shower that seemed to go on forever and dropped the temperatures at least 30 degrees. We learned from that experience and told everyone to bring rain gear, which was not needed on this trip, of course. In May, Ralph led another group from Covey's Landing, out onto the Choptank to Ganey's Wharf. A long lunch time nap allowed us to catch the tide going back up on that trip as well, making 16 miles.

## Tuckahoe Paddle

By Ralph Heimlich

On June 21, Lucy Mitchell and Ralph Heimlich led a group of 9 paddlers on an easy day paddle of one of the most scenic little rivers on Maryland's Eastern Shore: Tuckahoe Creek. Launching from Covey's Landing, halfway to the mouth of the creek where it empties into the Choptank River, the group paddled upstream on the tide, past Stoney Point and on to lunch at Hillsboro Landing. After lunch, we continued upstream for a bit, under busy Route 404 and up past the abandoned railroad bridge. We coasted downriver on the receding tide, making an easy 12.7 miles.



Tuckahoe Paddlers, photo by Ralph Heimlich

### Join CPA, Become a Member Individual/family memberships: \$10 per year

You will be delighted to know that we are now offering a new method of joining the CPA or renewing your club membership. We are hosting payment through **PayPal online**. This is a secure way of paying by using a credit card, eCheck, or funds in your PayPal account.

We offer a variety of methods of completing your membership with the **Chesapeake Paddlers Association, Inc.** If you wish to mail in a check to the CPA, please click on the "**Mail**" button below. If you wish to use online payment methods click on the "Online" button below.

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If you are already a member and need to update your membership information, please use our **online Membership Address Correction** form by selecting the below option.

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Thank you for joining the **Chesapeake Paddlers Association, Inc.**, the largest kayaking club in the Mid-Atlantic region. We appreciate your membership and look forward to seeing you on the water. *Note: the links above actually work, or you can go to <http://www.cpakayaker.com/join.html>*

## CPA Trip Requirements and Ratings

All trips are organized by and for members of the club. When you participate, please remember that trip leaders are “hosts”, not professional guides, but you must be willing to follow their instructions. They are neither necessarily trained in first aid or CPR, nor do they always carry first aid equipment or safety devices for your use.

**You, and you alone, are responsible for your personal safety.**

Trip leaders will pre-screen all participants for skills, equipment and willingness to abide by club rules and policies. If you wish to join a trip, you must contact the leader in advance.

### REQUIREMENTS

**Equipment:** While on the water, all paddlers must wear PFDs, spray skirts and clothes appropriate to the water temperature. Boats must have water-tight bulkheads or flotation devices to prevent the kayak from swamping when capsized. All paddlers must have—and know how to use—a pump, paddle float and whistle. On the day of the trip, leaders may refuse to admit participants for noncompliance with any of these requirements, so if you are not sure, discuss it with the leader in advance!

**Waivers:** All participants in CPA-sponsored trips must sign legal release forms each time before setting out on the water. Only one release per season is needed for regularly scheduled events (e.g., the weekly activities of the “pirates”). The legal release absolves all participating CPA members from legal liability for the injury or death of a fellow participant.

### RATINGS:

**First Timers:** Participants have never paddled before. No prior skills needed.

**Beginners:** Participants have paddled some, taken classes, or have been on short (up to 4-mile) trips and can do a wet exit and paddle float re-entry.

**Advanced Beginners:** Participants have been on longer trips (up to 10 miles, full-day outings), have some experience with varying conditions such as winds and waves and have good rescue and groups paddling skills.

**Intermediate Paddlers:** Participants are comfortable with open-water crossings of 2+ miles, can handle a variety of water conditions and have strong self- and group-rescue skills.

| July                | Check the calendar at <a href="http://www.cpakayaker.com/events.html">http://www.cpakayaker.com/events.html</a>   |
|---------------------|---|
| Jul 4 (Fri)         | <b>Independence Day Paddle in Georgetown</b> --Come join us for the best seats in the house to see the Washington D.C. Fireworks - your kayak on the Potomac River. <b>Skill Level:</b> Beginner Paddlers <b>Organizer(s):</b> Led by Todd Angerhofer 202-412-7267.   |
| Jul 5-6 (Sat-Sun)   | <b>Patuxent Kayak Kamper</b> --Launch from Hallowing Point in Benedict and paddle across to remote campsite at Patuxent River NRMA. <b>Skill Level:</b> Beginner Paddlers <b>Organizer(s):</b> Led by Ralph Heimlich 301-498-0918 (leave a message). Email organizer to prequalify. Numbers will be limited due to capacity of the site.  |
| Jul 6 (Sun)         | <b>Tridelphia Reservoir Day Paddle</b> --Paddle a quiet waters trip. <b>Skill Level:</b> Beginner Paddlers <b>Organizer(s):</b> Sue Bauer 410-531-5641 <a href="mailto:susiegreenthumb@aol.com">susiegreenthumb@aol.com</a> and Rich Stevens <a href="mailto:rstevens15@verizon.net">rstevens15@verizon.net</a> .   |
| Jul 10-13 (Thu-Sun) | <b>Janes Island Car Camper</b> --Camp at Janes Island State Park and paddle nearby destinations on the Bay, such as Janes Island Water Trail, Cedar Island WMA, etc. <b>Web Site:</b> <a href="http://www.dnr.state.md.us/publiclands/eastern/janesisland.html">http://www.dnr.state.md.us/publiclands/eastern/janesisland.html</a> <b>Skill Level:</b> Advanced Beginner Paddlers <b>Organizer(s):</b> Led by Ralph Heimlich <a href="mailto:heimlichfamily@comcast.net">heimlichfamily@comcast.net</a> or 301-498-0918 (leave a message). |
| Jul 12 (Sat)        | <b>Non-CPA Event Blackburn Challenge</b> --The Blackburn Challenge is one of the east coast's premier open-water human-powered boat competitions. This 20 mile challenge sends rowers, kayakers and canoeist around Cape Ann in Massachusetts. <b>Skill Level:</b> Intermediate   |
| Jul 12 (Sat)        | <b>Parkers Creek Trash Cleanup and Paddle</b> --We will launch from Warrior's Rest beach and pick up trash along the way up Parkers Creek and return. <b>Skill Level:</b> Beginner Paddler <b>Organizer(s):</b> Led by Jenny Plummer-Welker 301-249-4895.   |
| Jul 12 (Sat)        | <b>Kent Island Practice Paddle (KIPP 4-'08)</b> --This is the third year for a most unusual paddle. It is a paddle where we have five practice paddles (once a month, from April to August) culminating in a final paddle, in September, where you paddle the distance you have been practicing for. <b>Skill Level:</b> Intermediate Paddlers <b>Organizer(s):</b> Led by Marshall Woodruff 202 345 0606.  |
| Jul 18-20 (Fri-Sun) | <b>Matthews County Car Camper</b> --Camp at Gwynn Island and paddle venues on the Bay or around Gwynn Island. <b>Skill Level:</b> Advanced Beginner <b>Organizer(s):</b> Led by Bill Dodge 703-201-8636 (cell).   |
| Jul 19-20 (Sat-Sun) | <b>CPA Greenland Paddle Days</b> --Come get together with other CPA Members who are getting intersted in the Style of Greenland Paddling. If you want to participate or volunteer, we want you to join us. More information to follow. <b>Skill Level:</b> All <b>Organizer(s):</b> Led by Dave Biss 703-241-0036.  |
| Jul 20 (Sun)        | <b>Bear Creek Day Paddle</b> -- <b>Skill Level:</b> Beginner Paddlers <b>Organizer(s):</b> Led by Suzanne Farace 410-446-5991 Cell <a href="mailto:sfarace@fslawoffice.com">sfarace@fslawoffice.com</a>   |
| Jul 25-26 (Fri-Sat) | <b>Eastern Neck Paddle 3-'08</b> --The Eastern Neck Refuge, located in Rock Hall, MD, is a 2,285 acre island refuge, a major feeding and resting place for migratory waterfowl. We will circle the Island, paddling along the Chester River and Chesapeake Bay, exploring numerous creeks. <b>Skill Level:</b> Advanced Beginner Paddlers <b>Organizer(s):</b> Led by Marshall Woodruff 202 345 0606.   |

Continued on page 11

(Continued from page 1)

cheap tape, expensive Dynel, and just letting your gel coat take a pounding. Participants showed off their own little outfitting ideas, from hog rings and shrink tube wrap (no Bucky, psychiatrists don't come packaged in it!), to under deck storage ideas, reflective deck line, back bands, seat cloth, foam carving, and where to get outfitting supplies. Check out <http://www.cpakayaker.com/forums/viewtopic.php?t=3062> for some of the answers.

Pier 7 is planning rolling, rescue, and other skill nights all summer long. If you have a topic you want to learn about, or to share with others, bring it up.



Merits of a Dynel keel strip, photo by Jenny Welker-Plummer

## Pirates of the North

The Pirates of the North meet every Tuesday night at Jean Roberts Park at ~5:45 PM with a scheduled launch at 6 PM. Based on wind, tide, paddlers, etc. we decide where to paddle. Given that we are at the mouth of the Susquehanna River we can:

- Go West up river toward Susquehanna State Park
- North around Garrett Island
- Northeast toward Furnace Bay
- South toward Battery Island
- South past lighthouse and on toward Swan Creek

If there are any changes to location we post them at the Pirates of the North Forum <http://www.cpakayaker.com/forums/viewforum.php?f=18> I am available by cell the day of the paddle for any updates at 484-889-2214. CPA waiver required along with standard safety equipment.



Michael Free and

Bob Shakeshaft



Sue on Tridelphia Reservoir photo by Ralph Heimlich

## Quiet Waters Paddle In Memorial to Shirley Ireton

On Sunday, July 6, you are invited for a CPA Memorial Paddle for our friend - SHIRLEY WATT IRETON - who left to paddle towards Heaven in 2006. She surely loved to paddle on Tridelphia Lake! Please join us on the quiet fresh waters of the Rocky Gorge / or Tridelphia Lake. WSSC requires a \$4 day/ \$30 annual launch permit. Bring your lunch and plenty of water for a day paddle. For more info, see [http://www.cpakayaker.com/events.html?event\\_id=569](http://www.cpakayaker.com/events.html?event_id=569)

We will be meeting first at the WSSC rangers station office on Brighton Dam Road (naturally), located off Ten Oaks Rd from MD 32 / MD 108 WEST at Clarksville. NOTE: There is a brand new 3-way roundabout to mark Brighton Dam Rd turn. We will then caravan to the best launch location on either lake. PLEASE call or email me beforehand to get our starting time!

Sue Bauer  
410-531-5641





## Kayak Stroke Do Bees and Don't Bees

By Joe Pescatore

I was a rugrat in Long Island back in the 1960s, and "Romper Room" was my equivalent of today's Sesame Street. There were some creepy aspects of that show (I still shiver when I think of Miss Louise turning to the screen pointing at us and saying "I see Suzy, I see Johnny...") but I always remember the "Do Be a Do Bee, and Don't Be a Don't Bee" segment:

Did you ever see a Do Bee, A Do Bee, a Do Bee?  
 Did you ever see a Do Bee go this way and that?  
 Go this way and that way, and this way and that way.  
 Did you ever see a Do Bee go this way and that?

Sung to the tune of "Auch Du Leiber Augustine" while a cartoon bumblebee with big floppy antennae buzzed around, this song was finally driven out of my head in my late teens when John Belushi started wearing his killer bee suit on *Saturday Night Live*. However, the concept of the "Do Bees" and the "Don't Bees" always stuck with me, reinforced I guess by reading all those "Goofus and Gallant" stories in Highlights magazine at the dentist's office. What better way to learn than by simultaneously seeing the examples of what to do and what not to do? The kayak race clinic at Lake Anna gave me a great opportunity to try to apply that to my forward stroke.



**THE FORWARD STROKE DO-BE**—Actually, there are two Do Bees in this picture: in the white shirt on the left is Coach Holm just finishing a stroke, while in the black shirt on the right is Brian "The Blur" Blankinship just getting ready to start a stroke. You can see Holm has fully rotated his torso counter-clockwise and his paddle is completely clear of the left side of his boat - it might even be beyond parallel with his boat, he is really coiled up. Brian is a little ahead in the phase of the stroke, as he has already taken the paddle out of the water on the right side and beginning to do his catch on the left, but you can also see his torso rotation. They are both sitting pretty upright with some lean forward.

than Holm is. On the positive side, my paddle is fully in the water and it looks like my right hand is up at eye level, though it should probably be higher. But it looks like I'm leaning way forward, versus sitting up straight, and it looks like I've pushed my right arm forward versus rotating my torso at all. In my defense, I'm not yet all the way around, but the paddle is pretty close to my hip and should be coming out of the water soon. It also looks like my left hand has moved too close to the center of the paddle. Holm put some tape marks on my paddle for his grip recommendations which had my pinky just about on the yellow label and I am definitely not doing that. Though when you look at Holm's grip, he has a lot of space showing between the outside of his hands and the paddle blade.



**THE DON'T BE PADDLER**—Here's a picture of me, a little earlier in the left hand stroke

**EXPERT OPINIONS**—I asked Cyndi Janetsko and Brian, who both have excellent strokes and are skilled kayaking instructors, for some additional input:

Cyndi: "I'd also note that when Holm fully exits that blade his entire paddle shaft will be parallel to the side of his boat (like you said) and both hands will be over the water and at shoulder level. That can only be achieved with really, really good rotation. To the left is a picture that Dave took of Melissa (in the blue boat on the left, Anke is in the boat on the right) doing just this. I'd also note how Holm and Brian are both rotating from "the lower spine up". Too many of us just rotate our shoulders and not the lower torso."



Brian: "There may be more to compare than to contrast between the Do-bee's and the Don't-Bee. You have to think of John's (mid stroke) picture as between mine (start of stroke) and Holm's (end of stroke). Take a look at off-hand height (the hand not engaging the water). In all three cases it is at about eye level. As Holm's

back hand comes up to eye level, it will be where my back hand is. As mine comes forward it will be where John's is. As John completes his stroke, his off-side hand will be where Holm's (front) hand is. I find this is a key feature of using a wing paddle. If you keep

(Continued on page 11)

**Potomac Swim** (Continued from page 4)

swimmer. I realized I could not find Dave Mood and his swimmer and feared I'd find an upturned kayak. Fortunately the Cabin Cruiser found him with binoculars. Claire, his swimmer, was having shoulder issues and decided to board the Whaler. That freed Dave up to sweep the rear two swimmer/kayaker teams. I resumed my post with the lead swimmer until she reached shore.

After we all landed, we had a great picnic provided by the swim support crew. Several of us went back out to surf just off the jetties protecting the beach. I didn't see how it happened but a paddler was out of his recreational kayak with it being pounded against the jetty by the surf. I paddled up and said to let go of his kayak and grab my bow, but he didn't respond. After repeatedly asking if he was OK, the paddler-turned-swimmer finally turned towards me and indicated he was OK. His painter was caught in the rocks, locking his kayak to the jetty. He did not have a knife and was unwilling to let go of the kayak and allow us to rescue him despite being repeatedly bashed by waves. If he ended up between the kayak full of water and the rock jetty while being pounded by the waves, we would have been badly injured.

I landed at the beach and told a worried Chris Bresnan that he was OK but needed help. Another paddler threw a whitewater throw bag to the paddler but he still clung to his kayak instead. He kicked off his nylon spray skirt because it was tangled up around his feet. Chris took care of my gear and I swam out to the jetty from the beach side and used my PFD knife to cut the painter free. The throw bag was also caught in the rocks and the owner released it. Fortunately I was able to get the bag out of the rocks without having to cut it as the paddler-turned-swimmer drifted in towards shore with his swamped kayak. It had no supplemental floatation so he and I did a curl rescue to empty it. I commented that I was glad we didn't have to do this rescue two miles off shore.

**LESSONS LEARNED:** These are my opinions and do not necessarily reflect the opinions of the swim support organizers, or the Chesapeake Paddlers Association.

1. Chris was absolutely right, sweeps should be in twos when possible.
2. Sweeps are necessary to keep an eye on the paddlers and help out in trouble.
3. Recreational kayaks may not be the best choice for paddling in small craft advisory conditions on an open river. If one of them had the waves crash on their skirt like I did on mine while surfing, I believe it would have collapsed into the boat.
4. VHF's are wonderful things in swim supports or other occasions when kayakers are likely to be separated.
5. Keep the support leader informed of your status, particularly if you leave early.
6. People in need of rescue should follow instructions of those rescuing them.
7. People conducting rescues need a back up plan for when the person being rescued refuses to listen.

If you like being out on the big water and are up to the challenges, join other CPA members in future swim support efforts.



Who is this?, photo by Brian Blankinship

Continued from page 7

|                        |   |
|------------------------|---|
| Jul 26 (Sat)           | CPA Race 3--  |
| Jul 27 (Sun)           | <b>St. Clements Island Day Paddle</b> --Launch from Abel's Wharf and paddle out of Breton Bay to St. Clements Island for a picnic and return. <b>Web Site:</b> <a href="http://troop424.freesevers.com/Breton%20Bay%20Paddle/index.html">http://troop424.freesevers.com/Breton%20Bay%20Paddle/index.html</a><br><b>Skill Level:</b> Advanced Beginner Paddlers <b>Organizer(s):</b> Led by Ralph Heimlich 301-498-0918 (leave a message).   |
| Jul 27 (Sun)           | <b>Non CPA Event: Ocoquan River Festival</b> --Celebrate on the Ocoquan. <b>Skill Level :</b> All   |
| <b>August</b>          | Check the calendar at <a href="http://www.cpakayaker.com/events.html">http://www.cpakayaker.com/events.html</a>   |
| Aug 2 (Sat)            | <b>St Georges Island</b> --Paddle in protected waters as well as on the open Potomac for a 10 mile day trip. <b>Skill Level:</b> Advanced Beginner Paddlers <b>Organizer(s):</b> Led by Mark Woodside (301) 373-4561.   |
| Aug 2 (Sat)            | <b>Non-CPA Event: Manhattan Island Circumnavigation</b> --Join some native NY Paddlers on a long day's expedition around Manhattan Island. <b>Skill Level:</b> Advanced Beginner Paddlers <b>Organizer(s):</b> Led by Todd Angerhoffer 202.412.7267.<br>The launch will be at Pier 40 in Manhattan. Unload your gear and then park your car across the street. The launch will be at 7:00 AM SHARP. The group will be paddling against the start of the flood until we round the Battery.   |
| Aug 3 (Sun)            | <b>Algonkian Island Explorer</b> --We will paddle out of Algonkian Park, VA on the Potomac River and explore the waters to the north. More information to follow. <b>Skill Level:</b> Beginner Paddlers <b>Organizer(s):</b> Led by Jesse Aronson 571-334-5242.   |
| Aug 9 (Sun)            | <b>Kent Island Practice Paddle, KIPP5-'08</b> --This is the third year for a most unusual paddle. It is a paddle where we have five practice paddles (once a month, from April to August) culminating in a final paddle, in September, where you paddle the distance you have been practicing for. <b>Skill Level:</b> Intermediate Paddlers <b>Organizer(s):</b> Led by Marshall Woodruff 202 345 0606.  |
| Aug 15-17 (Fri-Sun)    | <b>Belle Isle, Virginia, Car Camper</b> --Camp at Virginia's Belle Isle State Park and paddle venues on the Rappahannock River or Windmill Point on the Bay. <b>Skill Level:</b> Advanced Beginner Paddlers <b>Organizer(s):</b> Led by Bill Dodge 703-201-8636 (cell).   |
| Aug 24 (Sun)           | <b>Pirate Club Day-Black Hills Regional Park</b> --This is the "Gear Day" so many were discussing on the Forum. Gather at Black Hills Regional Park to share experiences with gear and mess around in boats. <b>Skill Level:</b> All <b>Organizer(s):</b> Led by Suzanne Farace 410-446-5991 Cell, Gina Cicotello 240-305-0922.   |
| Aug 30-Sep 6 (Sat-Sat) | <b>Fifth Annual Loons of the Adirondacks</b> --Come paddle in the Adirondack Mountains of upstate New York. Lakes galore suitable for all levels of paddling will be explored. <b>Web Site:</b> <a href="http://web.mac.com/dtmoore/My_Site/Welcome.html">http://web.mac.com/dtmoore/My_Site/Welcome.html</a> <b>Skill Level:</b> All Paddlers <b>Organizer(s):</b> Led by David Moore 301-704-3262/301-445-3273. This is CPA's fifth annual week long paddle trip in the Adirondack Mountains of New York for paddlers of all levels. Past paddlers have significantly developed both their stamina and their skills during the week. Trip lengths vary from 4-5 miles to over 15 miles. We always plan on a variety of distances to accommodate everyone's preferences. |

(Continued from page 9)

your off-hand so that it follows the horizon completely across the stroke, then you will tend to have good rotation. If you drop your off-side hand, you tend to shovel water up and towards your kayak which is inefficient and may cause the kayak to steer with each forward stroke.

Speaking of rotation, if again you visualize the three of us taking one stroke, you can see I have wound up for the catch and am about to spear forward as I rotate my arms down. John is half way through his stroke. The lines on his shirt indicate there was some rotation going on, but perhaps not from the bottom of the spine like Holm and I. The stroke continues around to where Holm is completely rotated around and starting to exit. Due to a knee injury, I was locked into the thigh braces so I would not use my knee too much. Holm on the other hand is pressing with his legs to use his largest muscles (quads) to help power the kayak. With John leaning forward as much as he is, he might be inhibiting that rotation a bit. (Note from John: I was also locked into "sea kayaker" position vs. knees up, as I'm not yet stable enough in the new boat to paddle knees up.)

I find the best position for full body rotation to be feet and knees together in the middle of the kayak, butt to the back of the seat, leaning slightly forward (like Holm and I) and the lower back arched forward (belly button pushed up and forward). This really frees your body for rotation. Unfortunately most sea kayaks are not designed for this type of stroke. John's paddle is correctly submerged (right length). The entire throat is under but the shaft is not. He is getting all the power the blade can provide but it is not so deep that it slows his exit. If John was rotating more from the spine and less from the shoulders, the wing paddle might be a little farther from the kayak, which means he would have powered through a longer stroke without it being any further behind him. John's elbow has not pulled past his shoulders so at least he is not arm-paddling.

John also mentioned pushing with his off-side. When I started paddling, I remember reading the push was a certain percentage and the pull the rest of the power. I no longer think of it in those terms at all. Now I think of reaching as far forward as I can for the catch by straightening my lead arm and rotating as much as possible. As I plant the blade, I think of pulling back with my abs while my on-side foot shoves the boat forward. Holm (again this year) told me to engage with the bicep. He is trying to get me to be more aggressive in the stroke, not pull with my arms. When I get that 18 foot kayak up to 6 MPH, I can hold that speed without too much effort. To maintain 6.5-7MPH, I have to be aggressive and always pulling harder."

Thanks to Bill Woodruff and Dave Biss for the pictures, and to Brian and Cyndi for guest commentary.



Nassawangoers at the Pocomoke River Canoe Company Dock *photo by Sara Bellum*

## Inside our June 2008 issue:

- Potomac River Swim 2008
- Pier 7 Outfitting Night a Success
- Buy a Boat, Take A Class
- Passing Rocks and The Rocket
- CPA Gear Day
- Tuckahoe Day Paddle
- July and August Calendar
- Stroke Do Bees and Don't Bees
- Quiet Waters Paddle
- Join online now

**The Chesapeake Paddler, Inc.**  
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