

Chesapeake Paddler



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May 2009

The End of an Era: SK102 at Lake Anna, Virginia

By Brian Blankinship

The 11th SK102 skills clinic at Lake Anna is the final event of the series. Eleven years ago I instructed at the first SK101 run by Joq Martin at the Pier 7 Restaurant. That fall it seemed logical to have an event that would follow SK101 by providing on-water skills to go with the new boats and gear acquired by the SK101 participants. I advocated the idea to CPA and suggested Lake Anna State Park, to avoid jelly fish and have warmer water. Teresa Pendleton emailed and invited us to the property she and David Compton purchased the year before. Five instructors, including Gar Robbins and Kevin Black and about 11 students held the first session. For Saturday's dinner, we went to a local Chinese restaurant. The second year we moved the event to the Spring to catch new paddlers at the beginning of the season. The next couple of events grew but we actually scheduled each of the 70 students and 17 instructors hour by hour until 2003.



Kayaks in the Mist, Lake Anna Photo by Jenny Plummer-Welker

Several couples met at SK102, here is the story of one of them. In 2002, Laura Butterbaugh volunteered to help me organize. One of her tasks was to purchase the supplies we needed and she arranged with a caterer to come to the property since we were too large to go to restaurants. As she drove from porta-potty to porta-potty she discharged rolls of toilet paper from the kayak atop her car, Steve Lindeman offered to help. They were married a few years later.

The caterer idea didn't last (not enough food), but Laura continued to help organize SK102 and run the dinner from then on. When Laura had her first child, Gina Cicotello volunteered to do the registrations but Laura continued to do the rest of her job. This year, overwhelmed with two young children, school, work, and the other aspects of life; Laura had to step down. Despite my saying for years I would not do it without her, I was encouraged when both Gina and Yvonne Thayer volunteered to split Laura's jobs. The amount of work these three ladies did is simply astounding. While planning for the event starts in November, the work is mostly done starting February. Each day we would literally send 20 emails including up to five generations of the student roster.

At the 10th SK102 (not knowing the 11th would be the last) we honored the instructors that worked so many years. In all, 81 people have been SK102 instructors or assistants and there have been approximately 900 students. Both Gar and Kevin only missed one. Many instructors started as students, as did Cyndi



Brian receiving the ACA J. Henry Rushton Award

Janetzko in 2001. She came back the next year as an assistant instructor and as a lead instructor the following year. Meeting Dave Biss at SK102 in 2001 might have had something to do with it. Last year the event earned the American Canoe Association J. Henry Rushton award for advancing the sport of kayaking, so it has clearly made an impression on the paddling community.

Nothing lasts forever, and change is the only constant. The Steering Committee has already agreed to continue holding skills clinics, but the nature of the event will change. Later this year a committee will be formed to develop the new program, but I will always remember SK102 and all the new friends I've met there with great fondness. My heartfelt thanks to all the instructors, organizers and others that helped with the event for over the last decade.



Masses of Classes, Lake Anna photo by Sue Bauer

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)
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.

FOR SALE: Two identical 2007 Current Designs Kestrel 140 Fiberglass/Kevlar Hybrid kayaks, w/ rudder, 14' length, 26" width, 38" x 18.5" cockpit. White w/yellow deck. Like new. Weight 41 lb. Sell one or both at \$1500. each. Will include spray tray/work decks that fit front of cockpits. View kayak & details at www.cd kayak.com/products/template/product_detail.php?IID=135
Also for sale: two Cannon Wave FX paddles w/ yellow blades, one size 230 and one 240, like new, \$60 each. Phone: 410-257-1047.

Mark Delfs



SCHEDULE FOR 2009 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
June 2009	May 15, 2009
July 2009	June 15, 2009
August 2009	July 15, 2009

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 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

Officers:

Coordinator—Dave Biss, 703-241-0036, coordinator@cpakayaker.com

Membership, subscriptions—Sue Bauer, 410-531-5641, c/o CPA, PO Box 341

Greenbelt, MD 20768, membership@cpakayaker.com

Secretary—Sue Bauer, 410-531-5641 secretary@cpakayaker.com

Treasurer—Rich Stevens, 703-527-4882, treasurer@cpakayaker.com

Webmaster/E-Mail List Administrator—Dave Biss, webmaster@cpakayaker.com

Newsletter Team:

Managing Editor/Layout—Ralph Heimlich, 301-498-0722, news_editor@cpakayaker.com

Articles Editor—Lynn Erwin, news_articles@cpakayaker.com

Advertising Coordinator—vacant, news_advertising@cpakayaker.com

Mailing and Distribution—Mark Woodside, 301-373-4561, news_distribution@cpakayaker.com

Pirate Groups:

Pier 7 Pirate Committee—Rich Stevens (703-527-4882), Jenny & Greg Welker(301-249-4895), Sue Bauer(410-531-5641), Brent Cogswell pirates_pier7@cpakayaker.com

Potomac Pirate King—Dick Rock, 703-780-6605 pirates_potomac@cpakayaker.com

Patuxent Pirate King—Jenny Plummer-Welker Pirate Captain(410)535-2348/(301)249-4895 pirates_patuxent@cpakayaker.com;

Georgetown Pirate Committee—Tom Heneghan, Paul Bierir, Matt Blakey & Dave Biss, 703-241-0036; pirates_georgetown@cpakayaker.com

Baltimore Pirate King—Bob Huber, 410-335-0994, pirates_baltimore@cpakayaker.com

Algonkian Pirate King—Jeff Walaszek, 703-670-7712, Linda Lewis pirates_algonkian@cpakayaker.com

Sugarloaf Pirate King—James Higgins 301-460-8022 pirates_sugarloaf@cpakayaker.com

Pirate Kings of the North—Bob Shakeshaft (410) 939 0269) and Mike Free (610-565-7563) pirates_north@cpakayaker.com

MEMBERSHIP: Subscription to the Chesapeake Paddler is included with membership.

NEW: Membership is now \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 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.

What do those waivers do anyway? or 'I Think Group-Think'

How many times have you heard the words; "Did everyone bring their signed waiver?" Well, if you are a regular paddler with the club, or any club, you have heard it many, many times. Perhaps you have asked yourself, what do these waivers do for the club anyway? What do they do for me? I believe I have an answer, and I believe it is more than you "think" – *pun intended*.

The first answer may be the most common one. "You sign that waiver so that others are not responsible for you falling down and hurting yourself. If you do something silly, then you cannot come back and blame whoever designed the trip. You are solely responsible." While that may be an overly naïve summation of the text of the waivers, I don't think this is the point. Waivers do more for us than that.

The second answer you may have heard from a well spoken, concerned trip leader when asked why waivers are used is: "We all know that there are hazards to this sport. There are submerged tree limbs and rocks that we could hit or that we could step on accidentally. There is cold water to be aware of. These waivers bring to mind that there are many potential accidents that may happen and that there are many preventions that we must all put into practice in order to be safe on the water." Well, I believe this is true. All paddlers are well advised and sensible if they pre-plan any trip and take into account any potential hazards. This rings true whether you are paddling by yourself or with a group. But to me this is still not quite all those waivers do for us.



Patuxent Sojourn Seeks Safety Boaters

If you like nature, people, good food, music and doing something positive for the environment, consider volunteering as a safety boater for the Patuxent River Sojourn hosted by the Patuxent River Keeper, June 18 - June 22. Each year the Patuxent River Sojourn explores either the Upper or Lower section of the river. This year will be the Upper, which is my favorite. At times it feels one is in a jungle because of very little development, lots of wildlife and plenty of stars. As a safety boater you will be asked to:

- Keep an eye on participants to ensure they stay safe
- Help participants who may need to quit paddling or drink more water or paddle more efficiently
- Keep the group together
- Be a part of the front, middle or back of the group
- Help paddlers in and out of their boats
- Help keep the group on task
- Communicate with other safety boaters to accomplish the above
- Possibly tow a participant a little bit

The normal price to participate in the Sojourn is \$55 (members) or \$65 (non-members) per day. As a safety boater the cost to you is \$15 for the kick-off on Thursday, June 18 and only \$35 per day for any of the remaining days—June 19 - 22. This covers the cost for food, camping and shuttle transportation. You do not need to commit to the entire trip to be a safety boater. The greatest need is on Saturday and Sunday.

To learn more about the Patuxent Sojourn go to: <http://www.paxriverkeeper.org/get-involved/get-on-the-river/patuxent-sojourn-2009>

If you want to volunteer as a safety boater, please email or call me with paddling experience (especially any trip leading experience),- formal paddling lessons, current and expired kayak instructor certifications, current first-aid certification. Hope to see ya on the water.



Patuxent
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18600 Queen Anne Road; Rear Barn; Upper Marlboro, MD 20774

Admiral's Walk



So what is it that I think the waivers do for us? **Group-Think!** I like to think that by signing the waiver the paddler is initiated into the group-of-the-day. You are now a part of that pack which is going out for a paddle. Maybe it is a day trip, and maybe it is an advanced Sea Kayak lesson. But now, you know you are part of the fold.

Let me start back at the beginning of my idea train here. We all paddle alone at one time or another. When we do so we have a responsibility to watch out for ourselves. We pre-plan our trip on the water by thinking about how long we will be out, where we are going, when we will be back, what we need for our time away, etc. We want to be safe, have a good time, and be comfortable. We call this good planning, common sense, or being a good paddler. We all do this.

(Continued on page 7)



Mike Savario
Patuxent River Sojourn
410-533-0317, 570-658-8512
paddletheplanet@aol.com

Great Potomac River Swim



The environment and I really need your help, and all you have to do is paddle across the mouth of the Potomac. And for helping we'll even give you stuff and feed you. You don't have to pay anything, ask for donation or raise any money. How easy and fun is that?

The annual Potomac Swim is coming up on May 30 and we desperately need kayakers. So far we have fewer kayakers signed up at this point than we've had for many years. And without the kayakers we simply can't do the swim.

The event is an open-water distance swim of 7.5 miles. Around three dozen dedicated swimmers have raised money to participate in the event. And each swimmer needs a kayaker, which is where we come in. All the money raised is dispersed to a

number of environmental organizations. Not one penny is going into anybody's pocket.

Your job (should you choose to accept this mission) will be to navigate for the swimmer and to carry their nourishment.

And here's what you get. First and most important is that you get to be part of a really, really cool event. The feeling of accomplishment when the swimmer reaches the beach is beyond description. It's a team effort and they can't do it without you. You also get a free dinner on Friday May 29, an early dawn Skipjack ride across the Potomac, free camping on Friday and Saturday nights at Point Lookout State Park, a free T-shirt, a huge picnic on the beach at the end of the swim and a few other little things.

So, now here it comes, my begging. We really, really need as many paddlers as possible. We can't have too many!! So please consider joining us. If you want more details or to see a list of swimmers or paddlers already signed up then please go to

<http://artemis.crosslink.net/~cherylw/pr2007i.htm> . Or you can e-mail or call either me or Cheryl Wagner. I'll also be at SK102 and

would be happy to talk with you about it then.

Thank you for helping!!

Chris Bresnan

540-837-2733

cbresnan@hotmail.com

Cheryl Wagner

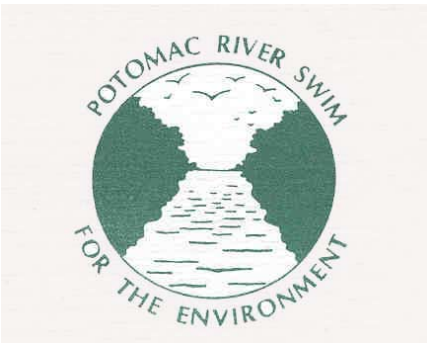
(202) 387-2361 Home

(202) 874-0614 Work

(202) 478-0948 Fax

POTOMAC SWIM May 30, 2009:

<http://artemis.crosslink.net/~cherylw/pr2009i.htm>



Second Annual CPA Gear Day

Sunday, May 31, 2009, 10:00 a.m. to 3:00 p.m.

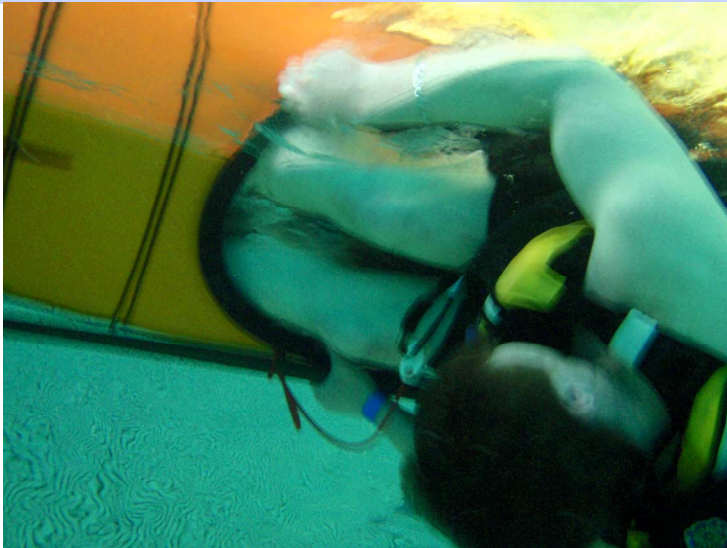
Occoquan Regional Park, Picnic Gazebo #2
9751 Ox Road, Lorton, VA 22079 703-690-2121

A club show-n-tell, in the spirit of Sunday morning at SK102, to check out and learn about the incredible array of gear we accumulate for sea kayaking. Members are invited to bring your boats and associated equipment to one location where we can discuss the spectrum of options, demo kayaks and paddles on the water, and even buy/sell/swap items.

This is a noncommercial event. Bring your kayak and gear, especially the things you think are the best in their category or the most unique. If someone else has a kayak you want to try, encourage them to bring it along too. The more people and "stuff" that shows up, the more fun we'll have. Or just come to see what others have brought. We will have a Gear Swap: buy, sell, trade, or donate gear. CPA logo items (bumper stickers, window decals, shirts, hats, etc.) will also be available for purchase. Of course, it wouldn't be a CPA event without food, so we'll have a pot-luck picnic as well.

Entry to the Park and parking are free. Drop your boat and gear and picnic contribution off at the small beach by the pavilion, and then park at the large lot near the Picnic Gazebo (<http://www.nvrpa.org/documents/file/occoquanmap.pdf>). By special arrangement with the Park, launching from the small beach at the pavilion is free. Please contact the organizers if you have any questions: Gina Cicotello at gjinacico@earthlink.net or Suzanne Farace at sfarace@fslawoffice.com.





A Step by Step Guide to Learning Re-entry and Roll

By Vince Dalrymple, Photography by Brian Blankinship

The conditions worsen and an unexpected situation unfolds for an experienced solo paddler with proficient rolling skills, leaving or forcing the paddler out of their boat with no help available. What to do? The fastest way to get back into your boat, get upright, and under way again is the Re-entry and Roll. It is completely self reliant, a must if you are paddling solo or are separated from other paddlers, and works better than a Paddle Float Rescue in breaking sea conditions. Re-entry and Roll (R&R) is a self rescue method in which the paddler gets back into their kayak while capsized, and then rolls the kayak upright. In the linked [Supplement to The Chesapeake Paddler](#), I first note the prerequisites to learning the R&R, then explain the steps to learn this potentially life saving maneuver.

What kind of scenario would the R&R be used? How about this one. You're paddling solo in advance of an approaching storm system. You're playing the waves bouncing off a set of bridge pilings mid-bay as the conditions continue to build. The sky dark-

Vince demonstrating the R&R photo by Brian Blankinship

ens suddenly and you look up to see a massive wall of wind driven rain heading directly at you. Knowing that your closest safe landing spot is over twenty minutes sprint time away, you realize you've been caught out. You post your self close behind the one of the larger pilings as the rain and howling wind hit in an attempt to ride out the initial tempest. The waves build and intensify even more, now exploding off the pilings around you, including yours. As the next wave smashes around your piling, your bow gets deflected out into the maelstrom, you feel the boat lurch sideways down into the trough, the bow buries deeply and before you can even brace, you're over.

You barely have time to catch a breath. In the dark green murk you feel the boat getting pitched and slammed as you wind up and try to roll on your strong side. The paddle dives as if having braced on air. Your breath is running out as you struggle to maneuver the paddle back into wind-up position, this time on your off-side but can't get it there. Your air is gone. You pop the skirt and somersault free, still holding the paddle and cockpit coaming. You catch an abbreviated breath as a wave crashes over you and your upturned boat. In seconds you've drifted well away from the bridge, a good thing as far as snagging or collision goes, but you feel absolutely exposed. As your capsized kayak drags you along, you briefly think of rummaging around for your paddle float until it strikes you how ludicrous the idea of setting up a paddle float reentry in these conditions would be. With almost every short steep wave washing over both you and your boat, you can barely hold on to the paddle and capsized kayak. Oh yeah, Re-enter and Roll...

You're already on the upwind side, paddle and coaming in hand. Good. But rolling up on this upwind side will mean an off-side wind up and roll, still unreliable during pool practice—got to try it, though. You catch a quick breath before re-grabbing the coaming with both hands, paddle secured in your upwind hand. You pull your kayak on as quickly as jumping into a pair of pants and just as quickly reestablish all your contact points. You grab the inboard blade of your paddle, thumb to concave, fingers to convex and go to your off-side extended Pawlatta wind up. Slow steady sweep with rock solid support. You grasp the blade tighter as you emerge into the waves and wind driven rain again, catching your breath between waves that seem to go right around you as they crash against your hull and into the cockpit. You sweep the high brace on around, turning the boat downwind and slowly on around to upwind, the waves still hammering away against your boat, but having much less impact on its course now that it's flooded.

Stable and pointed upwind again, your anxiety begins to drop. Having installed a foot pump, you decide to try reattaching the spray skirt and pump out, even though you're confident you could paddle the flooded boat about 10 to 20 minutes in breaking beam seas back to the launch area. Taking a couple of forward strokes to set the boat on course directly upwind, you shove your paddle, leashed to the spray skirt grab loop, under the foredeck line and go to work. As you lean back to hook the skirt over the back coaming, the boat gets upset by a wave and you reflexively hip flick in response. The jostling loosens the paddle from the deck lines and the next wave lifts it away. You want to grab it, but both hands are busy threading the spray skirt forward onto the coaming. Splitting your attention between the loose paddle and incoming waves, you pop the skirt in place, look down and see the paddle leash disappearing under the spray skirt—no grab loop, either. A quick shiver runs down your spine until you realize you can use the paddle leash to fish out the grab loop—quickly, too, as the boat is veering back around to beam. Carefully, you pull up the leash end, freeing the grab loop in the process, and pop the skirt back into place, this time with the grab loop out, just as the bow, again buried in a wave trough, begins to pearl.

The Re-enter and Roll technique placed you back upright in your boat all on your own in conditions which other self rescue techniques would not have been able to achieve—and self rescue is what the Re-entry and Roll is all about. Once you know the entry method that works for you and your boat, and are comfortable using it, begin working on your off side R&R. Learn and practice these skills wisely. Do not push beyond your limits to learn them. Think (and practice) today and you'll go on to paddle tomorrow.

You can download the complete article, "[A Step by Step Guide to Learning Re-entry and Roll](http://www.cpakayaker.com/downloads/newsletter/2009/A_Step_by_Step_Guide_to_Learning_Re-Entry_and_Roll.pdf)," as a separate 6-page Adobe .pdf file at http://www.cpakayaker.com/downloads/newsletter/2009/A_Step_by_Step_Guide_to_Learning_Re-Entry_and_Roll.pdf



Paddling, Birding, and Nature Watching on Maryland's Pocomoke River

By Paul Fofonoff

The Pocomoke River is one of Maryland's natural treasures. It starts in Delaware and runs for 73 miles to its mouth on the border of Maryland and Virginia, on the Eastern shore of the Chesapeake Bay. The lower 30 miles of the river is an arm of Chesapeake Bay with a tidal range of about 3 feet, and most of that length is freshwater, bordered with a swamp of hardwoods and Bald Cypress trees. It's North America's northernmost Southern river, where you paddle among majestic cypresses rising from murky brown water, as big turtles slide in with a splash, herons and egrets hunt along the shore, and Bald Eagles circle overhead. A 1939 survey by two botanists (G. F. Beaven and H. J. Oosting), found about 270 species of plants, and noted that the flora resembled that of southern swamps much more than that of northern bogs. True, it is missing Spanish moss and alligators, but it's nonetheless an exotic experience for those of us who live along the upper Bay and the Potomac.

Paddler birding on the Pocomoke River Photo by Paul Fofonoff

In late April, I and my friend Joy, joined a group from the Anne Arundel Bird Club (part of the Maryland Ornithological Society), for a paddling and birding trip on the river. It was Joy's first time on the Pocomoke. She's a seekayaker and CPA member too, but she keeps her boat in a boathouse on the Potomac, and it was easier for both of us to rent a double recreational kayak than for her to bring her own boat. We met at 7 AM and car-pooled from near the Bay Bridge to the Pocomoke Canoe Company in Snow Hill. Our leader, Larry Zoller, is an experienced birder, kayaker, and science teacher, and our group was mixture of people with widely varying degrees of bird and paddling knowledge. So our pace was relaxed, with lots of time for looking and learning, an ideal introduction to the Pocomoke.

We saw herons and egrets, Laughing Gulls (with black heads and high-pitched cries), many Bald Eagles (mostly all-brown young birds), many Belted kingfishers with their rattling calls, and heard many songbirds. One of the most numerous songs, 'Chee chee chee...', belonged to the Prothonotary Warbler, a spectacular bird that prefers Southern Swamps. Larry promised us that we'd all see a Prothonotary. Now and again we saw a flash of golden-orange among the leaves. In addition to learning birds, Joy was learning turtles—at least how to tell the difference between the Painted and Red-Bellied Turtles, before they dropped into the water. (The red bellied is larger, with a less-steeply domed shell, and much more red on its bottom shell.) And now and again we pulled into shore to investigate blooming shrubs, Black Haw, Shadbush, and Pink Azalea. The hammocks among the cypresses were fascinating themselves, patches of moss, grass, and sedges, covered with blooming violets, and surrounded by cypress knees (woody knobs rising from the long horizontal roots that keep the trees upright in the mud- the knees help the roots breath) poking out of the water.

We pulled onto a patch of drier, less swampy shoreline for lunch, and as it turned out, some of our best bird sightings. Larry played some bird-songs from his I-Pod, which brought Prothonotaries, Great Crested Flycatchers, and Yellow-Throated Vireos. One Prothonotary posed for pictures close to us, and a ruby-throated hummingbird buzzed through our group. When we returned to the Pocomoke Canoe Company, we went through the birder's ritual of counting up the total number of birds seen on the trip—it came to 48 species. We thanked Larry and the other expert leaders for the knowledge they imparted, and everyone for their good company.

The Pocomoke, with its many miles of flatwater, and many tributaries and bayous, and two nice campgrounds in Pocomoke State Park, offers lots of exploration and long-distance paddles. However, for a first visit, we can recommend a relaxed springtime trip with naturalists, birders, botanists, etc., or at least slowing down to look, listen, pull out the guidebooks, binoculars, and cameras, and enjoy the natural riches of this beautiful river.

[Editor's Note: You too can enjoy the Pocomoke, and a spectacular tributary, Nassawango Creek, almost entirely protected by The Nature Conservancy, on a car camper scheduled for June 19-21.

For more details.]

Some resources on the Web for naturalist paddles:

Pocomoke State Park <http://www.dnr.state.md.us/publiclands/eastern/ppspecialevents.html> and http://www.dnr.state.md.us/centennial/SouthernExposure_History.asp

Maryland Ornithological Society <http://www.mdbirds.org/activities/schedule/schedule.html>



Prothonotary Warbler Photo credit: <http://www.pwrc.usgs.gov/photogallery/birds/Large/SS-PROW.jpg>



Come Support the 2009 Great Chesapeake Bay Swim, Sunday June 14, 2009

CPA will once again provide kayak support during the Great Chesapeake Bay Swim (www.bayswim.com) as more than 600 swimmers enter the waters from Sandy Point State Park in Annapolis to swim 4.4 miles across the Bay underneath the Bay Bridge. The GCBS has a reputation for being one of America's premier open water swim challenges, in large part due to the safety net provided by the race organizers—and kayakers are a large part of that safety net. As the only safety providers allowed within the bridge spans, kayaks are the first line of support for the swimmers. We will spread out

along the course, and keep an eye out for any swimmers that may need help along the way.

This year's 4.4 mile swim is scheduled to begin between 11:30 am and 12:30 pm. Final times will be set based on NOAA tide predictions as we near the race date. With a later start comes the possibility of rougher water and to be prepared, we would like as many kayakers as possible on the water to help us out. Remember that if you are supporting a swim, you may need to paddle twice as far as the swimmers to return to your launch point. Be ready to tow swimmers to rescue boats, and offer assistance to fellow kayakers, including rescues, as needed.

If paddling 10 miles or the open water sound beyond your comfort zone, please consider supporting the 1 mile swim that takes place earlier that day. Here more than 400 beginning open water swimmers complete a 1 mile swim in a protected cove in front of Hemmingway's Restaurant on the Eastern side of the Bay Bridge. Starting time is 9:00 am. It will conclude by 10:30 am.

For more information or to sign up contact Dave Biss at davidbiss@cox.net or Cyndi Janetzko at janetzko@hotmail.com or call 703-241-0036.



(Continued from page 3)

Now think about yourself out there: Who is the trip leader of your outing? Who is the follower? Who is the sweep? Who has the chart? Who has the lunch? Who has the first aid kit? Who has the tow rope? Who will help you if you sprain a muscle? Who will help you if you capsize? Too much to think about! Too much responsibility! Not really, because you fill all those roles. You have already, whether you know it or not, discussed all those responsibilities with yourself before you launched (I hope!). You have all the gear, and you have it all handled. You are responsible for the group (i.e. yourself).

So now let's extend that idea when you meet up with other paddlers to go out on a simple day paddle around your favorite island. You have signed your waiver, and now you find yourself a part of a larger group of paddlers than just yourself. Think back to all those unspoken responsibilities of which you may or may not have been directly aware when you planned your own trip.

Do you have everything now that you need to be out on the water by yourself? Yes. Are you capable of taking care of yourself? Are you feeling responsible for yourself? Yes. Nothing seems to have changed because you are paddling in a group. How about all those paddlers around you? Can we answer the previous questions for all of those paddlers? Who is the leader of the group? Who is the follower? Who is the sweep? Who has the tow rope, the medical kit, the chart, the plan for the day? Who will help the group if one or all capsize, or needs attention?

What should be the answer to those questions? The group! The cohesive individuals of the group will plan together, share resources together, and will help each other. All individuals who have come together from their separate ways to be a part of the group by signing that waiver, now all hold a shared responsibility for the group. We all have our role to play and to share within the pack. We all now are experiencing *group-think*! We are saying to ourselves, what can or should I do to allow the group to be safe, have a good time and be comfortable?

Essentially *group-think* is not much more than what you do for yourself when you are an individual out alone. But now you have extended your concerns and responsibilities for safety, fun, and comfort to more than just yourself; you have extended it to the group. If everyone in the group does the same, we all share this additional responsibility until it is so light as to be almost imperceptible. In fact that extra load can be fun!

So *group-think* is how a group succeeds on the water. And *group-think* is shared by all members of the group. The next time you are paddling with your buddies, or the next time you are in a class with strangers, look around you and recognize that group. Be aware that you are a part of something larger than yourself for the moment. You are not only watching out for your safe time on the water, but all those others as well. You have entered the fold. When did that happen? When did you change your thought process to include all these other people in your awareness? When YOU signed that waiver, of course.



Volunteers from CPA, Pax Roughnecks, MD Conservation Corps, Capital Off Road Enthusiasts, and Greater Baltimore Canoe Club, with part of the Trash haul

Patuxent River: They Got The Trash Out!

By Chip Walsh

This page tells about the removal of tons of trash from a bank along the Patuxent in an area near Socketts Run, just downstream from the Queen Anne Canoe Launch below Route 214.

Over twenty dedicated individuals turned out on April 25, 2009 and did the work. The organization was done by Keith Holman, of Capital Off Road Enthusiasts (CORE), Lauren Webber, Volunteer Coordinator for the Patuxent Riverkeeper and me, representing the Chesapeake Paddlers Association (CPA) and the Greater Baltimore Canoe Club (GBCC). CPA and GBCC contributed funds and volunteers. CORE provided volunteers and the critical ingredient of tractive power, i.e., vehicles and power winches that were up to the challenges of the site. Many volunteers from the Riverkeeper's Roughneck corps, CPA and the GBCC also worked to get the trash out.



One of the "Before" sites photo by Lauren Webber, Pax Riverkeeper Mar 2008

Chris Carrol took the lead for the Anne Arundel County Recreation and Parks Department, which owns the site. The Department contracted to have the dumpster placed at the nearest road access to the site. CPA funded lunch for everyone.



What an improvement! These pictures took my breath away photo by Keith Holman, 4/25/2009

See all the pictures of the event at:

<http://picasaweb.google.com/ralph.heimlich/TrashOutOnThePatuxent#> and

<http://home.comcast.net/~chipcanoe/PaxTrash/PaxTrashOut.html>



Columbia Safety Crew photo by Sue Bauer

Columbia Triathlon Swim Support

The early bird supporters met at 5:30 am Sunday morning for the swimmers in the Columbia Triathlon on lovely foggy Centennial lake. The weather forecast held back about 500 triathletes—no wonder as it rained off and on until we got off the water. The water was 70 degrees but the air never got past 60 degrees.

There was over 1,500 swimmers out there—which made our job difficult enough watching and maneuvering around the bobbing heads and wandering solo swimmers who could not find the yellow buoy markers. Our eagle-eyes were on the fast and the slower people—as well as encouraging words to many a scared swimmer. A lot more swimmers needed assistance or asked to be pulled this year. Sure was nice for us to be finished before 10 am—so we got a well deserved nap for the rest of the afternoon! The swimmers were very grateful to have us out there watching over them. We were lucky to have 2 extra non-CPA kayakers to join us—Amanda and Jerry. Keep in mind the next kayak swim support dates :

~Potomac River Swim - May 29
practice swim the week before.

~Chesapeake Bay Swim - June 14 ~Iron Girl Triathlon - Centennial Park - August 23 & prac-



Lee DeCola, Robert Golden, Jim Allen and Lucy Mitchell on the Tuckahoe River *photo by Ralph Heimlich*

If You've Never Paddled the Tuckahoe...

It's a very nice little river (creek?) on Maryland's Eastern Shore that runs down into the much better known Choptank just below Denton. You've probably crossed it as you took MD 404 to the Delaware beaches and never noticed. A group of CPA paddlers joined me for a delightful May car camping trip at Tuckahoe State Park (also home of the beautiful Adkins Arboretum). We paddled the wider tidal Tuckahoe on Saturday from Covey's Landing out to the Choptank and across to Ganey's Wharf, a round trip of 16 miles. If 16 miles sounds like a stiff challenge to long-unused paddling muscles, consider the "kick" you get out of catching the receding tide (about 1.5 kts) down river, and the equal kick a long lunch gives you in coming back upriver.

On Sunday, a slightly smaller crowd launched at the little lake formed by damming the river at Tuckahoe State Park (which isn't even ON Lee DeCola's up-to-date USGS Topo map!) and upstream into a green jungle of overflowed wooded swampland. Saki led the charge on our aquatic bushwhack, but we ran out of clear space to push our kayaks before we ran out of water.

All in all, a delightful Spring weekend, with wild azalea and other wildflowers blooming, and, like Camelot, it only rained after we were sound asleep!



Waiting for a tide at Ganey's Wharf *photo by Ralph Heimlich*



Upper Tuckahoe Creek *photo by Ralph Heimlich*

Pictures at

<http://picasaweb.google.com/ralph.heimlich/TuckahoeCarCamper2009#>

Or [Saki's](#) or [Jim Allen's](#)

Point Lookout Car Camper

Every year since the Calvert's established their colony on the shores of the Potomac River, Bill Dodge has led a camping trip from Maryland's Point Lookout. This year is no exception. On June 5-7, Bill will be occupying the primo waterfront site at the Park and invites you to join him. If life IS like a box of chocolates, Point Lookout is like a whole box of paddling trips. Because the weather can be unruly, you never know what water you will get to paddle—it could be a mild June day and we can paddle out of the Potomac and around Point Lookout to the Bay. It may be blowing a gale, and we'll stay in the protected waters of Lake Conoy, Point Lookout Creek and into the mouth of Smith Creek (Yes, THAT Smith, who arrived in the Bay just behind Bill). Whatever the weather brings us, the company will be congenial and the paddling will be great.

If you've never made Point Lookout's acquaintance (or Bill Dodge's) call Bill on his cell at 703-201-8636 (cell). Pictures of last year's trip at

<http://picasaweb.google.com/ralph.heimlich/PointLookoutCarCamper#>



Bill and Jack Van Horn at the Camp Launch *photo by Ralph Heimlich*



New CPA Logo Performance Paddling Shirts

If you were at SK102, you may have seen the Pacific Blue shirts given to each of the instructors with a CPA Logo and the words "CPA Volunteer". Now you too can proudly display our club logo on a high-performance wicking shirt that's perfect for paddling. These shirts are similar to the Patagonia Capilene ultra-light, breathable and quick drying shirts on sale at stores for **\$35-\$40**. They have an 8-15 SPF factor and come in Sage Green, Khaki, Pacific Blue (and a very few Sky Blue, which is darker) in unisex sizes from Small to XX Large.

We got a special deal on these from OpenAirWear, a top-notch local maker who supplies performance wear to the Naval Academy, ski resorts and athletic teams, so these shirts are available to you for **\$15** each, while they last. They'll be at CPA's 2nd Annual Gear Day and then be handled by logomeister Bela Mariassy at Pier 7 and other events.
Ralph Heimlich

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.

May		
Saturday May 23	Chestertown Tea Party Festival Paddle —Paddle to Chestertown; hang out; watch the parade; watch the reenactment of the Tea Party; listen to music; watch country dancers; listen to storytellers; tour and/or take short rides on the Schooner SULTANA; buy stuff; eat; paddle back. Organizer(s): Led by Todd Angerhofer 202.412.7267.	All
Friday May 29	Potomac River Swim —See article, page 5 Organizer(s): Chris Bresnan 540-837-2733 cbresnan@hotmail.com , Cheryl Wagner (202) 387-2361 Home	Advanced Beginner
Saturday May 30	Kent Island Creek Beginners Paddle —Sign up for either Saturday May 30th or Sunday May 31st for a beginner paddle around the creeks of Kent Island!!! Organizer(s): Led by Marshall Woodruff .	First Timer
Sunday May 31	Kent Island Creeks Beginner Paddle part 2 —Sign up for either Saturday May 30th or Sunday May 31st for a beginner paddle around the creeks of Kent Island!!! Organizer(s): Led by Marshall Woodruff .	Beginner
Sunday May 31	2nd Annual CPA Gear Day —Meet and mingle with your fellow paddlers, show off your favorite gear, see demonstrations, try out boats and paddles. Occoquan Regional Park; 10-3. Led by Gina Cicotello 240-305-0922 (cell), Suzanne Farace 410-446-5991 (cell).	All

June

Friday June 05	Point Lookout Car Camper —Camp and paddle around Point Lookout Organizer: Bill Dodge 703-201-8636 (cell)	Advanced Beginner
Saturday June 06	Kent Island Practice Paddle 03 —This paddle is meant for those that join in, to have a bonding experience with each other, the paddle and meet their goals. If you have questions about this paddle give a call or write. Organizer(s): Led by Marshall Woodruff .	Intermediate
Saturday June 06	Ghost Fleet of Mallows Bay from Quantico — <i>This is a great Advanced Beginner trip to cross the Potomac River to the graveyard of ships in Mallows Bay.</i> Organizer(s): Led by Tom Heneghan 703.216.9837.	Advanced Beginner
Saturday June 06	Basic Rescue Skills Practice —A continuation of the CPA skills mini-clinics. We will practice the two most basic rescues -- the paddle float reentry and the T-rescue. First timers welcome and we will practice wet exits first if necessary. Organizer(s): Cyndi Janetzko 703-241-0036	First Timer
Sunday June 07	Marshall Hall to Pamunkey Creek Paddle — <i>Follow the Maryland shore of the Potomac River from Marshall Hall to Pomonkey Creek and explore the creek and wetlands</i> Organizer(s): Led by Mike Cohn 301-283-2391.	Beginner
Saturday June 13	Patuxent River, Benedict to Cedar Haven Paddle — <i>Treasure Map Paddle</i> Like the Pirates of old, we too will be in search of clues and a map which leads to.... Who knows where! Or what will be found? Come join the fun. All are welcome! Bring plenty to eat and drink. Please contact me before June 6, if you plan to paddle to get specific directions to the launch site. Organizer(s): Led by Isaiah Allen 443-404-7250.	Beginner
Saturday June 13	Non-CPA Event: Paddle for the Cure —Join Ultimate Watersports in Baltimore for a paddling events to benefit the Susan G. Komen Foundation in the search for a cure to breast cancer. <i>Led by Hal Ashman 410-207-8601</i>	First Timer
Sunday June 14	Chesapeake Bay Swim —The annual Bay Swim will be held on June 14th and as always we will need swim supporters! Stay tuned for more details. <i>Led by David Biss 703-241-0036, Cyndi Janetzko 703-241-0036</i>	Advanced Beginner
Friday June 19	Nassawango Creek, Pocomoke River Car Camper —Camp at Milesburn Landing and paddle the Pocomoke and Nassawango Creek. Organizer(s): Ralph Heimlich 301-498-0918 (leave a message)	Advanced Beginner
Saturday June 20	Fort Smallwood Paddle —Starts at new Fort Smallwood Park launch site, in Anne Arundel County. <i>Led by Gina Cicotello (240) 305-0922</i>	Advanced Beginner
Saturday June 20-21	Swim Support - Triathlon World Champs —Similar to the Nation's Triathlon Swim Support in September, this triathlon will present the racers with a 1 mile swim on the Potomac along the edge of Washington D.C. <i>Led by Dave Biss 703-241-0036.</i>	Advanced Beginner
Friday June 26	Elk Neck Car Camper —Camp at Elk Neck State Park and paddle around the area. Organizer(s): Ed Hershon (240) 848-2321	Advanced Beginner
Saturday June 27	Fort Smallwood to Leesylvania, Potomac Car Camper —Led by Isiah Allen	Advanced Beginner
July		
Saturday July 4	4th of July Paddle —No details	Beginner
Friday July 10-12	Matthews County, VA, Gwynn Island Car Camper —Matthews County, VA, is a wonderful paddling venue for a car camping base trip. Organizer(s): Led by Bill Dodge 703-201-8636 (cell).	Advanced Beginner
Saturday July 11	Kent Island Practice Paddle 04 —This paddle is meant for those that join in, to have a bonding experience with each other, the paddle and meet their goals. If you have questions about this paddle give a call or write. Organizer(s): Led by Marshall Woodruff .	Intermediate
Saturday July 11	Maryland Swim For Life Swim Support —Kayakers provide swim support for the 18th Annual Maryland Swim for Life. Held at Rolph's Wharf on the Chester River. Organizer(s): Led by Suzanne Farace 410-446-5991 or call the the event organizer, Kathryn Kirmayer at KKirmayer@crowell.com or 301-351-0715, directly.	Advanced Beginner
Saturday July 11	Non-CPA Event: Nanticoke River Festival —Led by Nanticoke Riverfest Org. Join other paddlers for a fun race, food, prizes and more in Seaford Delaware. Se the above link for details as they arise.	All
Sunday July 12	Tridelphia Reservoir Beginner Paddle —No details	Beginner
Saturday July 18	Nanjemoy Paddle from Friendship Landing —Explore the ins and outs of Nanjemoy Creek, Organizer(s): Led by Mike Cohn 301-283-2391.	Beginner
Saturday July 18	Fort Washington Marina Moonlight Paddle —No details	Advanced Beginner
Sunday July 19	Bear Creek Paddle —Paddle Bear Creek (Dundalk/Baltimore) Explore the side creeks and coves of this scenic and protected area near the Francis Scott Key Bridge. Organizer(s): Led by Suzanne Farace 410-446-5991 (cell).	Beginner
Friday July 24	Janes Island Car Camper —Camp and paddle near Crisfield. Organizer(s): Led by Ralph Heimlich 301-498-0918 (leave a message)	Advanced Beginner



Fearless Leader in new CPA Logo Shirt *photo by Jim Allen*

Inside our May issue:

- **The End of an Era: SK102**
- **Waiving to Group-Think**
- **Patuxent Sojourn Safety Boater**
- **Great Potomac Swim Support**
- **2nd Annual Gear Day**
- **Reentry and Roll**
- **Paddling for the Birds on the Pocomoke**
- **Chesapeake Bay Swim Support**
- **The Great Patuxent Trash Out!**
- **New CPA Logo Performance Shirts**
- **Tuckahoe River and Point Lookout Campers**
- **May, June, July Calendar**

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

PO Box 341

Greenbelt, MD 20768-0341

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. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.