

Chesapeake Paddler



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June 2009

Pocomoke/Nassawango Camping Trip For a More Perfect Union

By Ralph Heimlich

Well, we didn't have as much "fun" as the Patuxent Sojourners, and nobody died, but there was a proposal. They say you can see all of life pass by on a river, and I guess its true, but please hold the delivery of the baby—I'm too old for some things.

Thirteen paddling disciples assembled at Pocomoke River State Park's Milburn Landing on Friday afternoon and took a short paddle downriver. Dave Isbell and Jill Doroz, paddling with their Greenland sticks did a sales job on a couple of fishermen in rec boats. The one guy was so impressed that he wanted to get detailed specs. If you see a paunchy fisherman in a wide rec boat paddling Greenland style, blame Dave.



Cellar House Farm photo by Rich Stevens

We went down to Cellar House, the "oldest house on the Pocomoke", built in 1718 by a French smuggler who later murdered his mistress in the upstairs bedroom for cheating on him (she's still in residence, on dark and moonless nights, so they say). There's a Native American burial in the cellar, and the mouth of a tunnel reaches out to the river and was used by the Underground Railroad before the Civil War. The current owner, Jack Graham, collects sculpture, and the grounds look like a modern art museum. See <http://www.cellarhouse.com/>

We got back to find a note from the "Hammock Nazi" saying I couldn't abuse their trees (Note: Hennessy Hammocks use tree hugger straps, and don't hurt trees), so I had to pitch it as a tent (it makes a GOOD hammock). With the "no trash removal", "no liquor", and now "no hammocks" rules, I think MD DNR is heading for the "no park" park. My new goal in life is to commando camp every water-accessible MD State Park by hammock without getting caught. We'll see about this!!!

On Saturday, as we were loading up, sly Rich Stevens slipped a little "surprise" package into the seat of Sue Bauer's boat and then kept biting his tongue as Sue found more and more little things she had to do before she suited up. She finally started to get her gear on, and I (designated photo taker) didn't think she would see the "surprise" so I remarked to Rich "it's a good thing it ISN'T a snake" which increased her scrutiny and she finally found the little gift wrapped box with a ribbon on top. Inside was a frog—which is apparently some kind of totem with these two—with a 1 carat chunk of ice and a platinum setting. Rich bent his knee (I thought he tripped until I remembered how you're supposed to propose) and popped the question. I didn't really hear an answer, but pictures don't lie, do they?



A Decent Proposal photo by Ralph Heimlich



Landing at Red House Road photo by Rich Stevens

For the paddle, we were joined by Paul Ffonoff and Davidson Gillespie (from down Onancock, VA, way) and the 15 of us started off upriver. I tried several times to interest our newest paddlers (Ann Larsen, Kimberly Riggle and Geoff Ultsch) in a shorter one-way 9 mile trip with a shuttle, but they didn't bite. So we were going to do the full 18 in a day. At least the tides were cooperating, and it looked like the weather would, too.

Getting up to Red House Road proved to be pretty much of a breeze. Very light boat traffic and high overcast. Lots of snakes sunning after all the wet weather, including pairs on several logs. After a highly coordinated landing where we helped the rec boaters get ashore, too, we put in and headed back down river. About halfway down Nassawango, the skies opened up and the weather alerts went off like car alarms at a slim jim convention. Under the "Any old port in a storm" philosophy, we paddled in to one of the few cabins

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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.



Master of Kent Island (Marshall Woodruff) photo by Tom Heneghan

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
July 2009	June 15, 2009
August 2009	July 15, 2009
September 2009	August 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

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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.

Raise your paddles for many jobs well done!

Well it is now about the half way point in the 2009 season. I just wanted to take a moment to remark on how excellent the season has been already. As you know, two of my favorite sayings are "It takes all of us to make the club what it is!", and "We could not have all of the great events that we do without the volunteers!" You have really shown me what those statements mean this year!

There is no way for me to thank everyone involved in the great events that have been laboriously put together and presented other than to say a BIG THANK YOU to you all. Thank you for creating events to share our sport with new paddlers; for sharing your skills with those trying to take the sport to a new level; for making the opportunity to support other athletes on the water; for creating a time and place for paddlers to come together for training times and for social times; and for designing day and overnight trips of all sorts! And to all those who have reaped the benefits of these events by participating, remember that you deserve thanks as well for keeping the interest alive! **So the next time you are on the water with a group of CPA paddlers, stop and take a minute to raise your paddles together and say a big THANKS for all who make these great events happen, and to all the volunteers!**

So let me walk back through the season real quick to recall what was so great, and what started me into this excitable topic. Now, I know I have not been to all the events this season. There are far too many for that, but at quite a few, the turnout was tremendous. I participated in a couple of the Swim Support events already this year, and was most impressed by the turnout. I believe that more paddlers came out to the Chesapeake Bay Swim Support than I have ever seen in years past. There was also great success reported from the Potomac River Swim Support and the Columbia Triathlon Swim Support. For these opportunities, we can thank Sue Bauer, Chris Bresnan and Cyndi Janetzko, not to mention all those who did the hard work of spotting swimmers.

The trip reports that have come out of the June camping and paddle trips sound great! Lots of fun times have been had already. Many thanks to some of the event planners and coordinators: Gina Cicotello, Ralph Heimlich, Tom Heneghan, Bill Dodge, Jim Zawlocki, Mike Cohn, and more! What a great job (see [page 1](#) and [page 7](#)).

Some of the early season paddles, in May are still being talked about as well. How many people have gone out to the Bay to join Marshall Woodruff on one of his adventures around Eastern Neck Wildlife Refuge or even in training for a full circumnavigation of Kent Island at 35 miles around? Whew! And this year, he held two days of beginner paddling on the Eastern Shore that brought many people out (see [page 6](#)). Great paddles, and great times shared amongst friends.

But of all these events, who does not know of the best of the best; the two events most widely known and most commonly spoken of in remembrance of CPA events? SK101 and SK102. For the second year in a row, Yvonne Thayer and Gina Cicotello planned and held an event for people just starting to get an interest in Sea Kayaking. With volunteers like Greg and Jenny Welker, Ed Hershon, Todd Angerhoffer, Suzanne Farace, Ralph Heimlich and more, SK101 was again a success (see [here](#)). And of course SK102 was as big as ever this season. Brian Blankinship and Gina created the event (perhaps for the last time!?) which brought together almost 120 paddlers for instruction and friendship (see [here](#)).

While I know this is not a complete list of events from the start of 2009, nor have I mentioned all names involved in these events, this list serves as an example of what CPA does for everyone involved in the sport of Sea Kayaking. With merely the first half of the season behind us, and all the impressive participation we have seen, 2009 should be without doubt one of the best seasons for CPA paddlers.

So with all those great memories on our minds, let's jump right into the second half of the 2009 season. There are many more camping weekends to enjoy, day paddles to venture out on, skills days to test us, and social gatherings to bring us together. Click on over to the CPA Calendar of Events at <http://www.cpakayaker.com/events.html> and see what of the many events you want to join. And if

you find all this paddling and camaraderie on the water as wonderful as I do, then think about helping out any of the events, or make another one happen! After all, remember that it takes all of you paddlers and all of you volunteers to make these events what they are! And you have all done a great job! Thanks!

See you on the water!

Admiral's Walk





(Continued from page 1)

on the creek and asked permission to come ashore until the thunder stopped. Don't know what we'd have done if he'd said "NO", but they were very hospitable and invited us up on the porch. Pretty soon, his 5 year old son came out, then the 4 year old daughter (Heaven). Very nice! Next out were a tattooed tag team crew from the WWF. Good thing we weren't wearing our "Paddle Faster--I Hear Banjos" shirts!! I got nearly the entire life history of our host in the 20 minutes it took for the storm to pass and I think he maybe was wondering just who the hell we REALLY were. Suzanne bet there was some illicit chem lab in the basement. Ah well, country hospitality and don't ask too many questions.

Saki, Rich, Sue and Paul had been ahead of us and sheltered under the Nassawango Road bridge, so we joined up and finished the downriver run under alternating sunny skies and clouds, as the weather alerts kept sounding. We got back to a nearly submerged camp (it's in a swamp, after all) and my former campsite was christened "Lake Heimlich". Showers, munchies and well deserved libation set us up for the "Feast" which went down in true Pirate style, including 2 bottles of

The "Feast" at Milburn Landing photo by Rich Stevens

champagne toast for the betrothed (I'll drink to that!)

Sunday looked pretty good, so we broke camp (almost dry, except for a passing shower) and paddled down to Dividing Creek (thank you Gina), about 4 miles down from Milburn Landing. We went up the beautiful little creek, seeing birds, snakes, wildflowers, and thanks to Sue's sharp ears and eyes, a nice Barred Owl perched about 30 feet off the water. We made it up to the 364 bridge and decided we'd better reverse. The last 4 miles were a bit of a slog, but everyone did fine.

Congratulations to all paddler for completing an RU (Rich unit = 30 miles) even if it took the whole weekend.

Saki's pictures are online at http://www.kodakgallery.com/ShareLanding.action?c=19p5s29o.4fxrf86k&x=0&y=-1ceuag&localeid=en_US&cm_mmc=site_email--site_share--core--view_photos_button

Rich's are at <http://picasaweb.google.com/CommodoreRich/NassawangoCreek#>
and <http://picasaweb.google.com/CommodoreRich/MilburnLandingAndUpDividingCreekToRt358Bridge#>
and <http://picasaweb.google.com/CommodoreRich/PokomokeRiver#>

and mine are at <http://picasaweb.google.com/ralph.heimlich/NassawangoCreekCamper2009#>



Dave Isbell on Dividing Creek photo by Rich Stevens

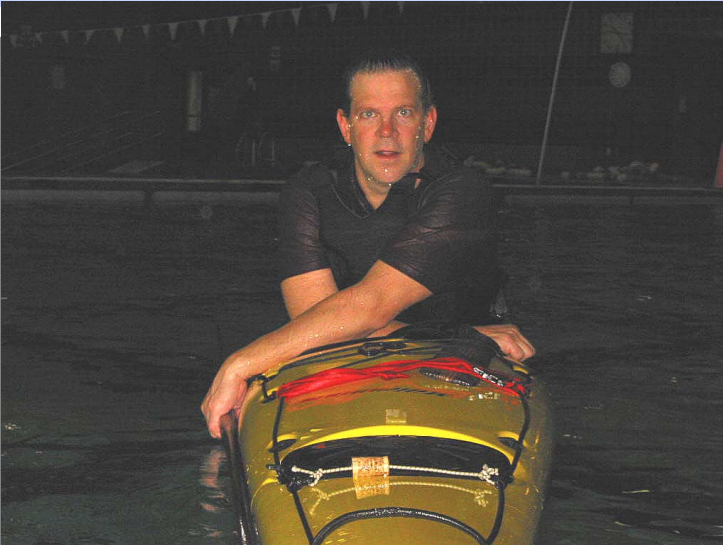
Porpoise Seen on West River, Maryland

This item from Greg Welker: "Paddling on the West river I came across a pod of porpoise. First time I've ever seen them on the West."

Greg wasn't hallucinating (or Photo Shopping) based on this article <http://www.hometownannapolis.com/news/top/2009/06/24-22/Dolphins-spotted-in-West-River.html> in the local paper. You can see a better picture there, too (sorry Greg!).



On Porpoise photo by Greg Welker



Brian Blankinship winding up for the Butterfly Roll photo by Vince Dalrymple

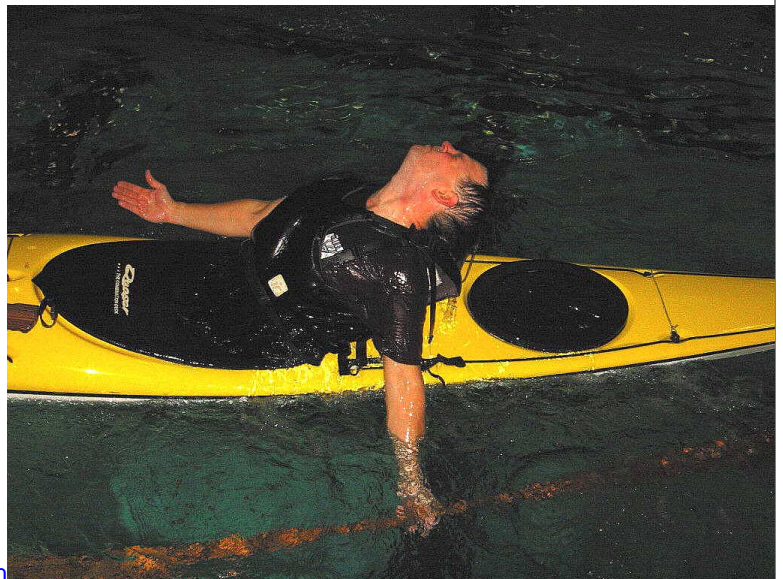
right side up at my desk" as my creed. Eventually, I managed to hand roll a flat but narrow hulled white water boat and then transferred those skills to hand rolling a narrow, low rear decked sea kayak a short time later. I felt I had exhausted most of the written sources on the subject and was rather put off, first by the lack of importance or respect it was given in the realm of sea kayaking, and second, by the lack of logical steps connecting paddle rolling to hand rolling.

The importance of having a hand roll, especially a combat hand roll, in the world of sea kayaking may be arguable in the utilitarian sense. Let's face it; most of us will not be relied on to bring back a seal for dinner, which during the hunt could conceivably separate the paddler from his paddle. And I have been labeled pessimistic (at the least) to proffer the possibility of finding yourself capsized without your paddle, with your spray skirt grab loop inadvertently tucked inside the cockpit.

No, the real importance of having a hand roll is the sharpening of your existing skills, making you a better roller and, arguably, a better kayaker all around. This is because hand rolling utilizes body mechanics which will greatly sharpen your boat control—everything from balance and edging to nuances of hip snap and timing, not to mention how to get the maximum effect from the minimum input. These are all skills which directly translate over to paddling. Regularly paddling in clapotis (wave doubling formed when the waves' energy bouncing off vertical structures combines with the energy of the incoming waves) in big sea conditions, I should know.

Although there are many types of hand rolls to choose from, the one that I am going to teach is the layback one-handed sweep hand roll (or layback sweep hand roll for short). The reason for this is it uses many of the same principles as the layback sweep paddle roll. All that's needed, then, is a way of linking the two, other than the traditional method of flotation-based rolling aids. The link we will use is often referred to as the Butterfly Roll because the symmetrical spreading motion of the arms (and body) from a close tuck to wide open is much like a butterfly spreading its wings. The Butterfly Roll requires the same torso movements as the layback sweep hand roll while offering the small amount of buoyancy necessary to progress to hand rolling with confidence. In essence, the Butterfly Roll is the transition from relying on the downward force of a paddle blade to using your whole body to roll with, thus getting more rolling effect out of less input. As an added benefit, the buoyancy of this hand rolling learning method comes from a paddle; an item the aspiring hand roller always has with them, and can therefore practice almost anywhere, anytime, without the need for a spotter. If you blow the roll, you still have the paddle at hand to affect whatever roll you're comfortable with in order to recover without the need to wet exit. Now let's look at what goes into (sweep) hand rolling success.

Editor's Note: The second in a series of instructional supplements to *The Chesapeake Paddler* is available online at http://www.cpakayaker.com/newsletter.html?article_id=118 and as a printable .pdf file at <http://www.cpakayaker.com/down>



Brian Blankinship finishing a Butterfly Roll photo by Vince Dalrymple

The Butterfly Roll Prelude to a Hand Roll

by Vince Dalrymple

Sitting in a kayak for the first time almost two decades ago, floundering and capsizing repeatedly in the short chop spilling onto Sandy Point, I first realized the need to roll. Wet exiting and paddle float re-entry just wouldn't cut it. With dogged determination, and plenty of blind faith, I learned the (extended Pawlatta) layback sweep roll upon purchasing my first boat. Always on the lookout for bigger challenges, I learned of "hand" rolling a few years later, expressed my interest to learn it, but could find almost no one who knew it well enough to teach me. Books, articles, and the odd paddler or two (mostly white water) who had pulled one off became my source of instruction. Time and the simple challenge of it turned hand rolling into the Holy Grail of sea kayaking skills and inspired me to rise to meet this challenge.

In the meantime, I kept learning new paddle rolls, refining those already in my repertoire, and just generally playing with rolling. I adopted the motto "I'd rather be upside down in my kayak than



We Paddle to Eat photo by Tom Heneghan

showers, but did that stop these intrepid paddlers? NO, not caring they came from all over Maryland, DC, Virginia and some from West Virginia. Eager to get into paddling. What a nice compliment

Actually both days turned out to be beautiful, warm, a light wind, little waves and a little current and the need for a whole bunch of sun screen. We talked, unloaded, talked and were finally ready to paddle. But first introductions, a little safety talk, you know, get that out of the way, whew!! Then Bob Pullman led a short paddling-specific stretching exercise. I think we all need to try stretching a little more often, but it was fun. Anyway back to the paddle. We launched from Goodhands Creek, gathered up and paddled out. On Saturday, Todd took the lead while singing his songs. This was neither a long nor a fast paddle, just a leisurely day on the water. As we paddled out of Goodhands, we took a sharp right and went up another creek and explored to the end, paddling in all the nooks and crannies. We enjoyed seeing dozens of herons in the trees nesting, Ospreys nesting and feeding their young and squawking at us, snakes swimming and a ray now and then, a lot of dead crabs and just talking.

When we first scouted out for the best creeks to do this, we enjoyed this one in particular, the wild life and the absence of huge, ugly houses encroaching the shore line in this area. I guess we made a little mistake in finding a beach for our lunch stop, duhhh, at the time we were looking it was low tide—who remembers? We saw several and made note, no problem this will be good for our Beginner's Paddle.

Welllllllllllll, this weekend, it was high tide at lunch time and we "enjoyed" landing on three inches of shore line and eating and talking while standing in a foot or so of water. We were able to wedge all of the kayaks on shore to some degree. We didn't lose any no matter how many times this ski boat kept coming back and fourth in front of us. We had a chance to "watch his wake" as the waves bounced off our kayaks. But no one bothered us on our "beach".

After lunch we paddled out towards Kent Narrows, just for a look, and then paddled back to Goodhands. After we landed, some of us practiced some rescues, and traded paddles and boats. After loading up, those that had time went to "Rams Head Shore House" tavern for some food, drink, talk and some more fun....on land.

I think all of us that participated in these paddles had a good time meeting old friends and being introduced to new paddlers, soon to become friends. Another adventure to remember.

KIRP-Kent Island Rookie Paddle

By Marshall Woodruff

Build it and they will come. A great thought. CPA has built a great club and we are growing with new paddlers and old paddlers. Our job on this weekend was to have a Beginner's Paddle at Kent Island and what a great turnout it was. First I want to thank our CPA mentors that came out to help and share their skills and knowledge with the paddlers: Bob Pullman, Debbie Schmiel, George "the Sweeper" Banks, Jennifer Bine and Big Tom Heneghan. They gave a whole weekend to this paddle!!

And now a "thank you" for those paddlers that came out Saturday and Sunday. We met a lot of paddlers new to our community and others just getting the spider webs off their kayaks and paddles and needing a little tune up. It was delightful to have such a large turnout for both the Saturday and Sunday paddles. Kent Island is a ways to come for many people, you have to pay a toll to cross the bridge, pay for a parking permit, find the place, and then beat off the crab men with their trucks and trailers to find a parking space. On top of that, Sunday's paddlers faced early morning thunder-



All kinds of paddlers photo by Katie Bechtold



Afterwards at Rams Head photo by Katie Bechtold



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



Paddling Mathews County, Virginia's Pleasant Waters

Coming up, July 10-12, 2009

By Bill Dodge

Mathews County has the best selection of different paddling situations of any location on the Chesapeake Bay, from narrow streams, twisty routes through swamps, wider estuaries that circumnavigate Gwynn's Island (8 miles), a lighthouse to paddle around (it was connected to the mainland until the hurricane of '33¹), and endless miles of open Chesapeake Bay at its finest. When seated in your kayak, the far shore of the Bay is not visible, but when standing on the beach, it is just barely discernable as a hazy, gray line.

Mathews County has a nice collection of restaurants, including one within easy walking distance of the campground we use. There are 3 fine ones in Mathews Courthouse (the town), and another is a few miles out of town on the shores of the Piankatank River. Downtown Mathews is a few minutes drive from the campground, across the reach that separates Gwynn's Island from the mainland.

I've reserved 6 camp sites, each accommodating 2 small tents, costing \$18 per tent for the weekend. If you have an RV or similar trailer, you will need to make your own arrangements (1-804-725-5700). Please RSVP me if you are interested in going on the trip at 703-201-8636 (cell). In the event of a major hurricane, the event is cancelled, but we go for any weather up to minor hurricanes.

¹ Remember that storm? I do.

Chet Wolfe Off Gwynn Island photo by Ralph Heimlich



Paddlers at New Point Comfort Lighthouse photo by Ralph Heimlich



Gwynn Island Campground photo by 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 sinking 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		
Saturday July 4	4th of July Paddle —No details	Beginner
Friday July 10-12	Mathews County, VA, Gwynn Island Car Camper —Mathews 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. See 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
August		
Sunday, Aug 2	St. Clements Island Paddle —Day trip to picnic on St. Clements, probably launching in Breton Bay. Organizer(s): Led by Ralph Heimlich 301-498-0918 (leave a message).	Advanced Beginner
Friday, Aug 7-9	Eastern Neck Camp-Over —Camping in Rock Hall and Paddling in the areas around Eastern Neck Wildlife Refuge. Organizer(s): Led by Marshall Woodruff 202 345 0606.	Beginner
Saturday, Aug 8	Governors Cup Post Sail Paddle — <i>This paddle coincides with the annual Governor's Cup Sail boat race from Annapolis to St. Mary's City.</i> Organizer(s): Led by Mark Woodside .	Advanced Beginner

August (cont.)

Saturday, Aug 8	Kent Island Practice Paddle 05 —Kent Island Practice Paddle, KIPP-4 2009. Organizer(s): Led by Marshall Woodruff 202 345 0606.	Intermediate
Friday, Aug 14-16	Belle Isle, Virginia, Car Camper —Camping and paddling in the Rappahanock and related waters. Virginia's newest State Park campground. Organizer(s): Led by Bill Dodge.703-201-8636 (cell).	Advanced Beginner
Saturday, Aug 22-23	Westmoreland CPA Trip Leaders Weekend —We will camp at Westmoreland State Park and practice skills relevant to leading trips. Organizer(s): Brian Blankinship.	Advanced Beginner
Sunday, Aug 23	Iron Girl Triathlon Swim Support — Organizer(s): Led by Sue Bauer.	Advanced Beginner
Saturday, Aug 29	Kent Island Practice Paddle 06 —Kent Island Practice Paddle, KIPP-4 2009. Organizer(s): Led by Marshall Woodruff 202 345 0606.	Intermediate
Saturday, Aug 29	Marley Creek Paddle —Paddle the protected waters of Marley Creek and the Curtis Bay area in northern Anne Arundel County, Maryland. Organizer(s): Led by Suzanne Farace 410-446-5991 (cell).	Beginner
Sunday, Aug 30	Chester River/Morgan Creek Paddle —Paddle up the Chester to Morgan Creek and return. Organizer(s): Led by Ralph Heimlich .	Beginner

Inside our June issue:

- **More Perfect Union on the Pocomoke**
- **Raise High the Paddles, Paddlers!**
- **On Porpoise on the West River**
- **Roll Like a Butterfly**
- **Rookies Paddle Kent Island**
- **Paddling Mathews County's Pleasant Water**
- **July and August Calendar**



Robert Golden on the Tuckahoe photo by Ralph Heimlich

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.