

Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 19, Issue 6

July 2009



Canyonlands photo by Yvonne Thayer

Green River, Canyonlands National Park, Utah

By Yvonne Thayer

When Rick Wiebush, veteran paddler of Baja, Greenland and Australia, proposes a trip, you don't hesitate - you sign right up. This time his plan was a 100-mile paddle down the Green River through Canyonlands National Park, with plenty of time for exploring the renowned hiking and biking trails.

The Green River cuts deeply through Utah's majestic Labyrinth and Stillwater Canyons. Full of switchbacks, it is flanked by sheer ocher-red walls that rise as much as 400 feet above the river's edge in spots. The cliffs, towering rock formations, and surrounding desert are dotted with Anasazi ruins, petroglyphs/rock paintings, and abandoned mines.

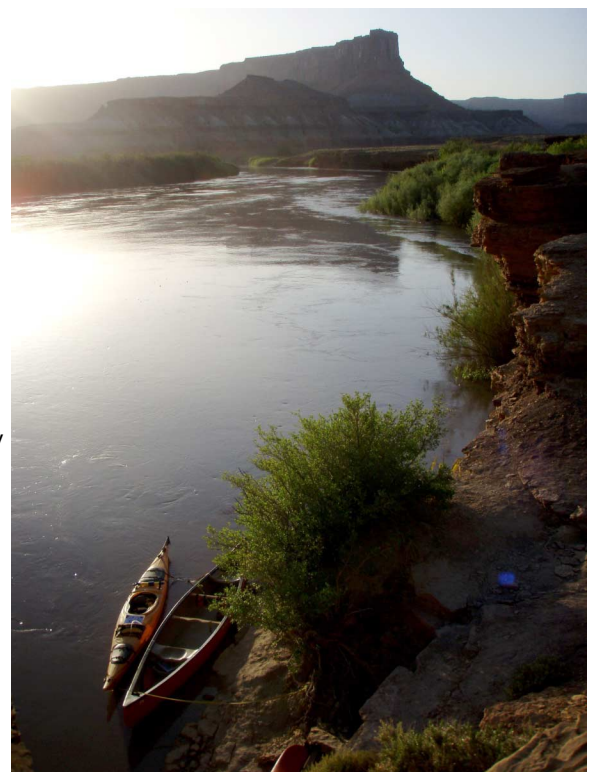
So, early this May, eight of us flew to Salt Lake City and drove three hours to the adventure capital of Utah - Moab. There we rented five kayaks, two canoes and our trusty "groover" - a large metal box with a twist-on toilet seat for our leave-no-trace week in the desert. We did the requisite shop-

ping for fuel--canisters and gas for the stoves, tequila and chocolate for us. And we began filling water bags, a gallon per person for each of the six days.

Our timing was ideal. The Green River was near its spring crest, running 3-4 knots, so paddling was almost optional. Spring storms and snowmelt had muddied the swift-moving river, carrying down twisted branches, logs and the occasional bloated carcass of a large animal, often with a feasting raven perched on top. The weather was sunny, high 80's during the day and pleasantly cool at night, with a brilliant full moon. Some days were cloudless and calm, others brought strong winds and gray-tinged clouds barreling across the sky. One day we were buzzed by some prop planes that dropped down between the canyon walls to skim the river. The cool river water was perfect for a late afternoon dip, though we were careful to swim with our pfd's tethered to a line so as not to be swept into the fast current.

Descending the Green River is a visual journey through time as successive layers of geological strata reveal themselves: sculpted Navajo and Kayenta sandstone, the Wingate sandstone canyons dripping with desert varnish, the crumbly, greenish Chinle formation, the dramatic White Rim, and the chocolatey-brown Elephant Canyon. Every twist and turn of the river brings another stunning scene into view. Long sandbars, overhanging rock ledges, sandstone arches, dramatic side canyons and rock slides dot the route. Impenetrable thickets of tamarisk flank the river, backed by the occasional pinyon pine. Desert cactus and spring flowers sport brilliant orange, fuchsia, purple, yellow and white blossoms. Herons, egrets, ravens, crows and the occasional eagle fly overhead. Whirlpools and eddies provide plenty of places of play.

We quickly settled into a companionable routine. Ken Quagliana supplied laminated maps and Indian spices. (Fortunately he brought a few extra maps as several flipped off our decks during high winds and disappeared instantly into the opaque brown waters of the Green.) Chip Walsh bought an out-of-print guidebook by Michael Kelsey for \$50, and kept us in stitches with spiced-up



Kayak and Canoe photo by Marc Webster

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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.



Breton Bay/St. Clements Island "Champagne Brunch" Paddle photo by Ralph Heimlich

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
August 2009	July 15, 2009
September 2009	August 15, 2009
October 2009	September 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.

Get ready for the heat!

Trying to keep with the time of year, I thought that I would turn again to an issue that comes up in July and August every year; the heat! How can you have missed that one coming huh?

I have been working, and of course playing, outside recently in this 90 degree weather, and I have had a few times where I was not feeling too good afterwards. So, what can I do to see the effects of the heat in myself and others before they get serious? How can I prevent these effects?

Well, we could expect some of the following problems: **dehydration, hyperthermia, heat exhaustion, heat cramps, and heat stroke.**

Dehydration occurs when you simply are not drinking enough water to replace what you are sweating out. Symptoms of mild dehydration may include: thirst, loss of appetite, dry skin, flushing of the skin, dark colored urine, a dry mouth, fatigue, chills, and a head rush.

Hyperthermia is overheating of the body. It can be a serious problem when working or playing hard in hot weather, especially when you are far from home on a kayak trip. Hyperthermia may take the forms of heat exhaustion, heat cramps or even heat stroke.

Heat exhaustion occurs when your body simply gets too hot; when the normal process of sweating cannot stop your core body temperature from rising.

Heat stroke is a severe rise in body temperature which can create more drastic medical conditions to occur simultaneously. Mild symptoms of heat exhaustion may include feeling weak, dizzy or worried.

Heat cramps can also be a symptom of heat exhaustion. If you play hard while kayaking in hot weather, you may experience muscle spasms or involuntary muscle jerks.

None of these conditions sound very pretty, but, we should all learn how can we prevent or even treat them. It all comes down to knowing what you are up against, and being prepared.

First, before you go out into the heat, start by drinking a couple of glasses of water in the hour or two before you start paddling. Then you should have enough water to stop and drink as much as your thirst tells you to every 20 minutes. If you sweat a lot or you plan to be out for more than a few hours paddling at a good pace, then think about taking some sports drinks that will add some sodium back into your system, or make that planned snack be a salty one like peanuts or pretzels.

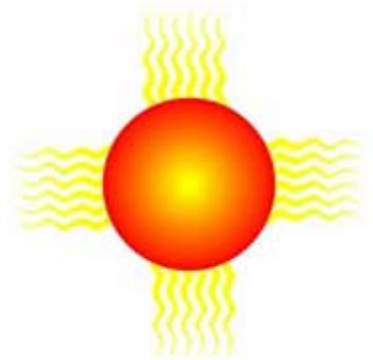
Wear long sleeved, light colored, loose clothing that will reflect the sunlight and promote sweat evaporation. Big hats and big sunglasses are always good ideas. Take more frequent breaks than you would at other times of the year, and get wet. Remember that the water on which you are paddling is cool and just splashing it on yourself will create cooling evaporation.

What should you do if you or your buddy has been affected by the heat and are showing signs of hyperthermia and heat exhaustion? The best answers lay all around you. Get out of the heat and into a cool area.

Maybe you have the opportunity to get out of the water and into a cool shady area. Maybe getting into the water will help. Paddle to the shore and find a convenient place to sit in the water and relax. Drink plenty of water. Avoid taking in more caffeine or any medications.

Summertime is about fun too. Since that water already has a cooling effect on us, use it. If you have a kayak roll, practice it. If you have a buddy, ask them to spot you while you try. If you want to practice your kayak re-entries, ask someone to watch you while you slip out of your kayak for a moment or two and try to climb back in. Keep in mind that it is always appropriate to ask your paddling buddies for help if you feel the heat is affecting you. Be willing to recommend to them that they may need to take care of their condition too, if you suspect the heat is getting to them.

Knowledge and preparation are the best two medicines in your medical kit. Be aware of the possible heat related illness signs in yourself and your buddies, and be prepared for the weather and the possibility of its influence on you. Now go take your preparations, your kayak, and your padding buddy out for a day trip on the Chesapeake Bay, and have a great paddle. You don't have to avoid the hot days of July and August, but you should go out paddling well prepared.



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tales of river explorers, miners and cowboys. Chip also brought along a striped pole in a ski bag, so he could pole his canoe gondolier-style, standing, when the mood struck. Rick studied his charts and topo-maps and shepherded us to the best camping and hiking spots. Kim Neutzling led us each morning in yoga. Marc Webster managed the tequila and limes. Bob Huber navigated the hikes, when he wasn't off getting in a run. Bunny Wagner spotted for the faint of heart on the steeper climbs.

Our campsites varied with the terrain. Our first night under the stars was on a grassy flat in Ten Mile Canyon. The next day we hiked up into Hey Joe Canyon to an old mine. The site was littered with abandoned appliances and vehicles, rusting and riddled with bullet holes. We pressed on late that afternoon until we reached a 200-yard sandbar dubbed the "aircraft carrier" where we spread out camp.

The next day we reached Fort Bottom, noted for its steep cliffs topped by a circular stone Anasazi lookout hut and, down below, a log "outlaw cabin" dating to the late 1880s. Fort Bottom lies at the end of the White Rim trail which runs several miles along the ridge-line of connecting hills, linking to mountain bike trails. Several park rangers showed us around. At camp that night, we set up cooking on a massive stone ledge jutting 50 feet over the river.



One of the campsites photo by Yvonne Thayer

At Dead Horse Canyon, we paddled well up into the canyon stream before pitching tents on rock ledges under a steep wall with more stunning Anasazi petroglyphs. We fanned out to explore the canyon before settling down to dinner. We always ate well, and that night brought more new treats to share: pesto couscous, spinach paneer, dried ginger and hibiscus flowers.



Hiking the canyons photo by Yvonne Thayer

Although we usually had the river to ourselves, occasionally we met up with other paddlers: a couple from Belgium, two guys in a canoe. Then there was the "party barge", eight kids in four canoes lashed together, with screeching boomboxes, 20 cases of beer and plenty of vodka. Sometimes we'd see them ambling through the canyon floor, sunburned, gripping beer cans.

Our last two nights we camped at Water Canyon. Our plan was a daylong 14-mile hike up and across Water and Shot Canyons to the convoluted Maze District of Canyonlands. We were so enthralled with the dramatic striated rock formations, gigantic natural amphitheater, hidden coves and pools, and eye-popping views from the Water-Shot saddle that we lingered along the way and only made it halfway before reluctantly turning back.

Our last day on the river was a short but exciting paddle through the increasingly agitated waters of the Green River as they met the even faster-moving Colorado River at Confluence. Below Confluence is Cataract Canyon, leading the Colorado on down into the Grand Canyon and its eventual meander into Mexico and the [Sea of Cortez](#). We navigated turbulent class 2 waters before pulling up onto the flats at Spanish Bottom to await our Tag-A-Long charter boat for the return trip up the Colorado to Moab.

No sooner had we neatly loaded our gear and boats onto the charter boat than the party barge belatedly rammed up onto the beach. Suddenly the beach was piled high with boxes and bottles and trash and dry bags. As the kids rushed to toss things onto the charter boat, it began to sink. Some overflow safety mechanism had been mis-installed and the boat nearly went down with our boats and all our gear. We watched aghast as Rick and Bob masterminded a bailing system, and disaster was averted.

For five hours the boat battered its way up the Colorado, past orange-red canyons and rock towers and arches and caves. It was bittersweet to be smashing upriver through mesmerizing terrain that we had just paddled lazily and wondrously down on its sister river, the Green, for a week. Give me a kayak, any time.

How to: Flights to Salt Lake cost about \$400 r/t. Renting a car in Salt Lake is the least expensive and most convenient way to get to/from Moab (even though the car will end up sitting unused for a week.)

Our vendors in Moab were Canyon Voyages for kayak/canoe rentals (\$25 and \$28/day respectively), Tag-A-Long Expeditions for charter bus and pick-up boat (\$150 p/p), Big Horn Lodge (\$95/room) for first and last night stays, and a hot shower. Both Tag and Canyon Voyages rent toilets (about \$50/week). You need to get permits from both BLM and Canyonlands National Park.

Edited by Lynn Erwin



A Manatee Visits the Chesapeake Bay

Channel 5 news reported a Florida manatee sighting in Havre DeGrace. Not "Chessie", the famous manatee who visited our area in 1994, this one is named "Ilya", a Miami resident identified by naturalists in Florida from distinctive flipper markings.

CPA members Kim Palmer and Rickey Dicken, seen paddling in the video clip, hadn't run across Ilya on the water. Maybe you'll be luckier. Ah well, one of the benefits of global warming?

Story and video at http://www.myfoxdc.com/dpp/news/local/072109_chessie_spotted_in_the_chesapeake

A Manatee in Havre DeGrace photo by Bob Barnard /myfoxdc

Commuting by Kayak

By Paul Fofonoff

[Editor's Note: You may be green with envy when you read how Paul spends HIS commute.] When I bought my kayak in 2002, I thought that a good adventure, once I learned to paddle reasonably competently, would be to paddle to work from the neighborhood I was living in then, Cedarhurst, Shady Side, on the open shore of Chesapeake Bay, to my workplace at the Smithsonian Environmental Research Center (SERC), on Muddy Creek, a branch of the Rhode River (actually a brackish inlet of the Chesapeake Bay). In 2003, I told people that I was planning to do it, so I had to do it, so that I could say that I'd done it. It was about 6 miles, about 2 hours from Cedarhurst, and a little longer from my present neighborhood, Columbia Beach, where I bought a house in 2007.



Early morning launch photo by Paul Fofonoff

I need a long summer day with no thunderstorms, a rare event in late June and early July. A good part of the trip is along the open shore of the Bay, so I need light winds and calm seas. This year, I decided to do this trip on Tuesday, June 23, because the forecast had a 0% chance of precipitation. I brought my camera, so that I could show people what the trip was like. I got up at 5, ate breakfast, loaded the boat, tied it to my folding kayak cart, and towed it down the street, a 10-minute walk to the neighborhood boat ramp, and launched at 7:15. The sky was overcast, but the clouds were breaking up, and the Bay was very calm. As I paddled along the east side of the Shady Side Peninsula, watermen were motoring around, hauling their crab pots. I had a good view up the Bay to the Bay Bridge and the big ships anchored nearby.



Crab boat photo by Paul Fofonoff

I rounded Curtis Point, and paddled across the mouth of the West River, heading northwest to the Rhode River. Its mouth is marked by a duck blind in the middle of the channel and the buildings of Camp Wa-

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banna, a church summer camp. The land on the left of the channel, Ivy Neck, belongs to SERC. As I paddled up the River, the water became calmer, and the sky bluer. I passed a marshy peninsula with a Great Blue Heron, and a view of Contees Hill, with the chimneys of the old plantation house (now SERC property) and an important archaeological site. I turned south, rounding Big Island, past lots of anchored sailboats.

I passed SERC's dock at the Reed Education Center and entered Muddy Creek, approaching the Fish Weir. SERC's fish weir is a fence across Muddy Creek, which has a gate is closed periodically, once or twice a month, to sample the fishes and crabs going in and out of Muddy Creek. Tuck Hines now has nearly 30 years of data on the movement of critters in the Rhode River. As I approached, I noticed two things—the gate was closed, and there was a Great Blue Heron sitting on the weir. The Crab Lab (Tuck's group) has tried to rig the gate so that it can be opened by paddlers, but the rope-and-pulley arrangement didn't work. I lined up my boat to a platform, and carefully slid out, and then realized that the platform was still on the wrong side of the weir.



Curious Heron photo by Paul Fofonoff



One of the perks, where I work photo by Paul Fofonoff

So had to get in again, and cross over to the other side of the weir, get out again (always a tippy process), and then drag the boat across to the inside of the wier, and tippily get in again. It took at least 15 minutes, but at least, this time, I didn't capsize. I paddled past Hog Island Marsh, and up the narrowing creek. On the way up, I startled a Bald Eagle, but didn't get a photo. At 9:45, I reached SERC's canoe dock. The high tide made it easy to pull the boat onto the ramp and get out. I hauled the boat out and walked to my office. I was at my desk before 10, a little late, but it's once a year. After a comparatively restful day at work, I left at 5:30, walked to the canoe dock, and launched my boat at 5:45. The tide was still high, and the dock half-submerged. This time, thankfully, the fish weir was open.

I paddled past the north end of Big Island, with its clay bluffs and several more bluffs on the south side of the channel, wild looking, but with houses on or between them. These bluffs are always eroding, with trees tumbling into the Bay.

As I leave the narrow, sheltered part of the Rhode River, I see my landmarks, the nearby duck blind and the distant tree at the tip of Curtis Point. It's a long paddle (about 30 minutes) across a wide stretch of open water to the tree and the open shore of the Bay. I round the dock and pass a row of houses, and more docks.

The trip has become slightly shorter in the 6 years that I've done it—one marshy point is now an island, with a channel that I can cut through. Sea level rise has been slight here, but erosion is the Bay's reality—people's attempt to armor the shore hastens erosion elsewhere. Big Island and Flat Island were once accompanied by a third, High Island, which I saw in 1995 as a big, bare, collapsing lump of clay. Now it's a shoal that I can paddle across at high tide. I paddled past Snug Harbor and Cedarhurst, and at 7:45, reached the dock at Columbia Beach. As I said, you need a long summer day. My annual paddle to work is a cherished Chesapeake experience. Some of my friends in the Chesapeake Paddlers Association could do it in half the time and keep it up through most of the year. I've been very lucky in where I work and where I live, and I enjoy sharing the experience.



Compare Paul's Windshield view with yours photo by Paul Fofonoff



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're handled by logomeister Bela Mariassy at Pier 7 and other events, and for \$5 S&H, he'll mail you one.

Ralph Heimlich

CPA Leadership Skills for Safe Paddling Westmoreland State Park (SP), VA August 22-23, 2009

CPA will hold a Leadership Skills for Safe Paddling training weekend at Westmoreland State Park in Virginia. CPA does not certify trip leaders, but we expect anyone who leads a CPA trip to be capable of basic paddling and leadership skills. Trip participants are responsible for deciding if they believe the trip leader has adequate skills. This course is intended to help a good paddler be comfortable they have the requisite skills to be a good trip leader.

The plan is to cover "classroom" issues Saturday morning and evening, and practice paddling skills Saturday afternoon and Sunday. The class will be broken down into four basic blocks:

- Planning skills (Saturday morning)
- Paddling skills (Saturday afternoon)
- Navigation rules of the road (Saturday evening)
- Group management skills (Sunday morning)

Class size will be five students to each instructor. Total class size will depend on the number of instructors available. **EXPERIENCED CPA TRIP LEADERS**—We NEED your assistance to fully staff this event. Please email Brian@BayKayaking.com to volunteer.

Westmoreland SP has cabins as well as tent sites. We reserved one large group camp site for up to 24 people and six vehicles for \$156.00 for both nights as opposed to \$20.00 per individual site per night. Email Gregory Smith at piperpilot5262@yahoo.com to sign up for this option. We will have a pot luck dinner (Ralph style) on Saturday and may do collective cooking on Sunday morning (thanks to Suzanne Farace).

PREREQUISITES:

Prior to attending, students are expected to be able to paddle the kayak used in class for a distance of 10 miles at a speed of 3 MPH with appropriate breaks. Students are expected to be capable of wet exits, and basic self and group rescues. Students must agree to lead or organize at least one trip for CPA in 2009 or 2010 (assuming "successful" completion).

The classes will be fun, there is no "test," but students may be stressed during certain on-water portions. If you are interested in leading trips for CPA and are not sure you know our rules or have the abilities, this class is for you.

Registration:

If you would like to attend, please email Gregory Smith at piperpilot5262@yahoo.com with Name, Email address, Phone number(s), Kayak you intend to use, Usual distance you paddle, Range of conditions you have paddled in, acknowledgment of the prerequisites and that you have or will obtain the required equipment.



Deb McKenzie rips a roll photo by Ralph Heimlich

Brian Blankinship

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.

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
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 —Cancelled.	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
Saturday, Aug 29 NOTE CHANGE	Chester River/Morgan Creek Paddle —Paddle up the Chester to Morgan Creek and return. Organizer(s): Led by Ralph Heimlich .	Beginner
September		
Saturday, Sep. 5-12	Adirondack Loons Paddling — <i>Come paddle in the Adirondack Mountains of upstate New York. Lakes galore suitable for all levels of paddling will be explored.</i> Organizer(s): Led by David Moore 301-445-3273	All
Saturday, Sep. 5	Patuxent River, Cedar Haven Paddle —No details	Beginner
Sat.-Mon., Sep 5-7	Mock Horn Islands and Kiptopeke —A camping weekend at Kiptopeke and paddle to the Mock Horn Islands. Organizer(s): Led by Peter Henry.	Advanced Beginner

September (cont.)

Sat-Sun, Sep 5-6,	LABOR DAY WEEKEND At SUGAR ISLAND —on the St. Lawrence River in CANADA In the heart of the Thousand Islands, St. Lawrence Islands National Park, GANANOQUE, ONTARIO This is a kayak-camping get-together for ACA sea kayakers and their guests. We welcome clubs and individuals from the Chesapeake, New York, New Jersey and Pennsylvania and elsewhere. Organizer(s): Led by Marilyn Vogel 215-453-9084.	Advanced Beginner
Monday, Sep. 7	NoVA Peer Paddle —A peer paddle located somewhere around Mason Neck State Park. Organizer(s): Led by Peter Harris.	Advanced Beginner
Saturday, Sep. 12	Kent Island Practice Paddle 07 —Final Kent Island Practice Paddle, KIPP-4 2009. Organizer(s): Led by Marshall Woodruff 202 345 0606 .	Intermediate
Sat-Sun, Sep. 12-13	Swim Support - The Nations Triathlon Practice —Event Coordinators are offering the swimmers a short practice time the day before the big event. Join us for supporting their time in the water. We will launch from Columbia Island and support the swimmers as they traverse the course on the D.C. side of the river. Organizer(s): Dave Biss	Advanced Beginner
Sat-Sun, Sep 12-13	Wicomico Car Camper —Was Wye Island Car Camper. I'm attempting to find a locale for this at a friend of mine's. More details later. Organizer(s): Ralph Heimlich	Advanced Beginner
Saturday, Sep. 12	NONCPA EVENT-Wye Island Regatta —Enter the regatta and paddle around Wye island for 12+ miles. There will be some serious racers here as well as those looking for fun-in-the-sun. Organizer(s): Led by Annapolis Rowing Club .	All
Sat. Sep. 19	Mariner Point Park/Days Cove Paddle —We will wander through the many trails and into Days Cove looking for fish & wildlife. This paddle will be 8 to 10 miles depending on the weather and the participants. Organizer(s): Led by Katherine Neale.	Advanced Beginner
Sat-Sun, Sep. 26-27	Nassawango Pocomoke Camper —We will camp at Pocomoke State Park and launch from Shad Landing for some paddling adventures on Nassawango Creek and the Pocomoke River. Organizer(s): Led by Jennifer Bine.	Beginner

Eastern Neck Three By Marshall Woodruff and Rich Stevens

Our BIG summer Eastern Neck Paddle is...Over, and you missed a great time. Well some of you did. At the two trip planning meetings, so many trips were being made to so many neat places that I wondered if people were getting tired of our trips to Eastern Neck. Usually we do five paddles a year, tasting all the seasons plus one. These paddles are extraordinary in that we get a chance to split the paddlers into groups of speed, giving all paddlers a chance to be out on the Bay, experience different waters with a group of new and experienced paddlers and then camp on the Bay.

I realized that this is more than just a paddle—it is a good time for all and a real chance to really enjoy paddling with so many people in a real paddling environment. Our Eastern Neck Paddle is out of the way. It is on some of the most unpredictable water. The weather is always changing and you cannot count on it. This year we were not disappointed, 43 paddlers came out for this event—Eight more than last year. We rented the whole camp site for the weekend. People started showing up Friday night, overcast but still nice with a breeze off the Bay. Food and talk. Saturday, we went to Eastern Neck to get ready to launch. The parking lot was full of trailers but we were very creative in our parking abilities and somehow got all the cars in, which kept coming and unloading.

We had introductions and gathered out on the water in three groups the fast, medium and the scenic paddlers. Each group had a lead paddler and sweep with rovers that were mixed in all the groups that were available in case they were needed. Paddling south onto the Chester, everyone just evened out. Hitting Hall Point, the water became a little wavy, but not like last year's trip. The lead group found the lunch site, landed and waited for all to meet up. Here we spent a lot of time talking, trying out each others boats, cooling down in the water, eating and more talking. After lunch, the fast group sped off to Bogles then to the camp site to start the fires for our picnic. As we paddled under the bridge, some of the medium group explored one of the creeks and the scenic group headed back to Bogles. We packed up and went back to the camp site for our grand picnic which lasted for hours. We were hoping for a starry night, but there was overcast but no rain until Sunday around 5:00am for a half hour.

For those intrepid few who paddled on Sunday, we went on possibly the shortest paddle in CPA history, about 160 feet. Although the Weatherguessers were predicting thunderstorms later in the afternoon, minutes after launching at 10:30, the sky turned black and lightning began to flash. We just had time to get off the water and strap down the boats again, when the skies opened up. Cheated death once again, and called it a day around 11:00.

Thanks to the sweepers, lead and roamers: Chris Beckman, Dave Isbell, Debbie Schmiel, Jackie Aiken, Jim Zawlocki, Manuel Vera, Matt Blakey, Rich Stevens, Sue Bauer, Suzanne Farace, Tom and Tom Heneghan. Thanks to Dave Isbell for campsite logistics, and our food Czar, Mary Larson. And all the paddlers that showed up, without you this event would not be as successful as it is.

Pictures and GPS tracks at <http://picasaweb.google.com/CommodoreRich/EasternNeck731818209#>



The Eastern Neck Regatta Launch from Bogles Wharf *photo by Rich Stevens*

Inside our July issue:

- Green River/Canyonlands National Park, Utah
- *Dave's Column*
- A Manatee Visits the Chesapeake Bay
- Commuting by Kayak
- CPA Leadership Skills for Safe Paddling
- Eastern Neck Three
- August and September Calendar

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

PO Box 341

Greenbelt, MD 20768-0341

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