Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 19, Issue 9

January-February 2009

CPA Special Meeting and Trip Planning Meeting Scheduled

A special meeting of the entire club membership to ratify changes to the bylaws and begin planning the 2010 paddling season trips is scheduled for Saturday, February 6 from 11AM to 3 PM. A light lunch will be provided, but you are welcome to bring a dessert to share.

Maryland Trip Planning Meeting

CPA usually begins the paddling year with two trip planning meetings, one in Maryland and one in Virginia. Because of the need for a special bylaws meeting, we are combining the Maryland planning meeting with that meeting. If you are a member in Virginia and would like to host a planning meeting some Saturday or Sunday, please contact Coordinator Ed Hershon.

Prepare now with ideas for your favorite trip. if you've been paddling for a few years, get bold and lead a trip. Day trips, car campers, kayak campers, "serial" killer trips to do a whole piece of shoreline, whatever. You can both "organize" a trip and "lead" the on-water part of it, or team up with a partner to do one or the other. Come with your fully— or half-baked ideas and we'll help get them cooking.

Attend the Special Membership Meeting

When: Saturday, February 6, 11 AM to 3 PM

Where: Thurgood Marshall Room, at the Adele H. Stamp Student Union, University of Maryland, Col-

lege Park (next to Cole Field House) Parking in the garage next to the Union

Bring: Your trip planning ideas, read the new bylaws, a dessert to share

Bylaw Ratification Meeting

The second part of the February 6 meeting is for the Bylaws Subcommittee of the Steering Committee to explain the changes to the CPA bylaws and have the membership vote to ratify them so changes can go into effect. As was discussed and voted on at the November Annual Meeting, a subcommittee was formed to review the CPA bylaws. The primary reasons for this were:

1. To implement an electronic voting system to replace the current mail-in ballots. This suggestion was first made by Jay Gitomer. It is felt that a secure electronic voting system will make it easier for the members to vote and thus increase participation in the decisions that determine the club's direction and who will lead them. We also wanted to make it easier to hold a general membership meeting should the need arise.



2009 Annual Meeting photo by Ralph Heimlich

- 2. To make some wording changes the CPA's mission statement to more accurately reflect the Club's goal to advance safe sea kayaking practices through the continuing education of our members and the interested public. In addition, these changes may facilitate a change from our non-profit status from 501(C)4 to 501(C)3. A 501(C)3 status allows our supporters to deduct their donations on their income taxes, whereas this is not permitted with a 501(C)4 non-profit.
- 3. To make a thorough review of the bylaws and look for areas that were unclear, redundant, or incomplete.

The result of the review by the subcommittee is online at

http://www.cpakayaker.com/downloads/bylaws/bylaws_comparison09-10.pdf

and has been approved by the Steering Committee. Both the Steering Committee and the Bylaws Subcommittee ask that you vote to approve the amended bylaws. You can attend the meeting, or mail the ballot on page 8 to be received prior to February 6.

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.



Paddlers on the Severn, New Year's Day photos by Gina Cicotello



SCHEDULE FOR 2008 CHESAPEAKE PADDLER

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

Issue	Deadline for Copy
March 2010	February 15, 2010
April 2010	March 15, 2010
May 2010	April 15, 2010 (TAX DAY)

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 community and the interested public.

Officers:

Coordinator—Ed Hershon, 240-848-2321, coordinator@cpakayaker.com

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Greenbelt, MD 20768, membership@cpakayaker.com

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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 Bieri, Matt Blakey & Dave Biss, 703-241-0036;

pirates_georgetown@cpakayaker.com

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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. The download link or file for the electronic version of this newsletter may not be posted or forwarded to non-members without the express consent of the Coordinator or Managing

Happy New Year – As the New Year is now upon us, we think of the things that we wish to accomplish as individuals. We have new projects and new goals for the coming year. The CPA is no different. As a club, we have goals and objectives for the coming year too. First, we will be holding our Maryland Trip Planning Meeting on February 6, 2010 in the Thurgood Marshall Room, at the Adele H. Stamp Student Union, University of Maryland, College Park (next to Cole Field House) —parking is in the garage next to the Student Union. As usual, there will be food—CPA will be providing pizza and beverages. Desserts are welcome.



Another of one of the club's goals is the updating of the current By-Laws. A few of the reasons for updating the By-Laws are to reflect the changes in the club itself and to take advantage of new technologies that make the club more responsive to the club's members. For instance, when many of you joined the club, it was an informal group of paddlers. Now, the CPA has grown as an organization to more than 600 members and is now incorporated as a non-profit corporation in the State of Maryland. As part of this growing process, the club needs to make several changes to the By-Laws so that it is in compliance with certain tax laws.

Other changes to the By-Laws will allow for electronic voting in future elections of officers and Steering Committee members. Some of these changes were discussed at the CPA annual meeting on November 1, 2009. Based on those discussions, a committee was formed to review the current By-Laws and propose changes to the Steering Committee. The Steering Committee reviewed these changes and voted to accept the changes. In order for any changes to the By-Laws to be accepted, the changes must be voted on and approved by a vote of the general membership. Therefore, the CPA will hold a special annual meeting that will be held concurrently with the trip planning meeting on February 6, 2010. A redlined version of the changes is posted on the club's website at

http://www.cpakayaker.com/downloads/bylaws/bylaws_comparison09-10.pdf

I am hoping to see many of you at the combined trip planning and special annual meeting in February. This is a great opportunity for you to participate in planning and/or leading a trip for the CPA. There are many places in our area where we can paddle and it doesn't matter if there is a trip already planned for a date that you might want to lead a trip. There are often many trips planned for the same weekend or day.

Lastly, I want to remind everyone that although it has been bitterly cold outside recently, you can still practice your skills such as wet exits, re-entries, rescues and rolling at one of the pool sessions that are held at either the Fairland Pool in Laurel or the Fairfax County Lee District Pool.



Ed Hershon, Coordinator

CPA Dates To Date:

Special Bylaw and Trip Planning Meeting: February 6, 2010

SK101: Intro to Sea Kayaking Saturday, March 20, 2010 (see page 6)

SK102: On-Water Training April 23-25, 2010 (see page 8)

Kent Island Rookie Paddle (KIRP): May 22-23, 2010

3rd Annual CPA Gear Day: Sunday, June 6, 2010

Kent Island Reunion Weekend (KIRW): April 30, 2010

Make a note of them in your new 2010 CPA Photo Calendar (see page 4)

CPA 2010 Virtual Calendar Photo Contest Concludes

A grand total of 133 photos were submitted for the contest, for each month and the cover. Voting was done from December 25th at midnight to December 31st at midnight, and 41 members voted. The 2010 CPA Virtual Calendar is now available online at

http://troop424.freeservers.com/CPA%20Virtual%20Calendar%202010.pdf

You can download the .pdf file and print it yourself, or take the file on a thumb drive to Staples, Kinkos, etc. and have them print and bind a nice one on good stock. The file is laid out to print back to back (i.e., the photo for month x is on the back of the page for month x-1).



This year I left the photos anonymous to keep personalities out of the selection. Congratulations to our winners:

January--Winter Blues 24 votes Kathy Haduch

February--Assateague Ponies, Assateague Island 23 votes Greg Welker

March--Thomas Point 16 votes Sue Bauer

April (tied) -- Cherry Blossoms and Monumental 9 votes each Rita Scherping did them both and I used Monumental for the photo

May --Spring in the Swamp 12 votes Greg Welker

June--Sandy Point Beach Assault 8 votes Kevin Lawrence

July--July in Baltimore Harbor 20 votes Sue Bauer

August -- Janes Island Water View 10 votes Rich Stevens

September--Paddling in the Sky#2 18 votes Rita Scherping

October--Fall Leaves, Upper Chester River, MD 14 Votes Paula Hammond (I'm trying to get a higher res version and will substitute it) November -- Furnace Bay Protection from the Storm 18 votes Michael Free (I combined Mike's similar April entry shot in a culvert because the aspect of the November photo was so narrow)

December -- When the Water Turns to Snow 12 Rick Wiebush

Cover (tied)--Beach Along Tangier Sound (Bill Upton) and Kayaks Lined Up for the Start of Classes At SK102 (Jenny Plummer-Welker) 9 votes each. I used Jenny's for the front cover because it depicts CPA's flagship SK102 and Bill's for the back cover. I hope these are viewed as equally prestigious slots. Congratulations to Jenny for her second cover win.

I want to recognize Mike Free, who really got into this thing, by submitting so many photos.

The full results for all 133 photos can be viewed at http://troop424.freeservers.com/2009%20Voting%20%20Results.pdf

A Trio of Winter Paddles

For those who like to make a tradition of paddling the first day of the year, this year was challenging because it has been unusually cold, snowy, icy and unpleasant, making it more enjoyable to paddle your armchair by the fire than a kayak on the Bay. Nevertheless, three separate groups reported New Year's Day paddles:

I joined a group organized once again by Pirate of the North Michael Free on the Sassafras River at Fox Hole. We were joined by Bob Shakeshaft, Laura Ventura (and her two dogs), Paula Hubbard, and Rich Peiper. Paula and Rich have recently moved to the Eastern Shore from the California Bay area, and are to be especially commended for January paddling. We launched into the fog at about 9:30 and paddled up the Sassafras, under the route 301 bridge from the Fox Hole road public launch, then down again to Hen Island and back.

We were particularly interested in the near-frozen frog we found on the banks of an ice-bound creek. I'd always thought frogs did what turtles do and dig into the bottom mud to overwinter. Not so, as I found at this site: http://www.scientificamerican.com/article.cfm?id=how-do-frogs-survive-wint&posted=1#comments

Photos online at



Paula Hubbard preparing to launch photo by Ralph Heimlich

A Trio of Winter Paddles (Continued from page 4)

http://picasaweb.google.com/ckayaq/NewYearsDayPaddle2010SassafrasRiverFoxHole?authkey=Gv1sRgCPOE89HJwqm1mAE&feat = email# and at http://picasaweb.google.com/ralph.heimlich/NewYearSDayPaddle2010#5422158943754167218

Another small contingent from Anne Arundel and Harford celebrated the new year on the Severn. Launching from Jonas Green, Gina Cicotello, Hank, Sandra and Dave paddled past a waterfront house—presumably some kind of "green" eco-friendly—built into the hillside and so well camouflaged that it practically disappeared against the landscape. As we explored some of the creeks we encountered lots of brash ice and thin sheet ice, an interesting Beetle Cat sailboat, one chattering Kingfisher and many other birds. More pics at http://pasadenagina.smugmug.com/Kayaking/Severn-River-2010Jan01/10825345 EGv3m#754924781 SrXQL





Hank, Sandra and Dave on the Severn photo by Gina Cicotello

Finally, Pete (Bay Mystic) noted that he'd paddled the Occoquan and wished everyone many more days paddling in 2010.

If you paddled on New Year's Day and DIDN'T post on the Forum, good on ya, but let us all know.

Ralph Heimlich



Cranberry Lake in New York Summer 2009

by Jon Valentine

The two pictures with the green kayak (2008 Necky Zoar Sport Angler) were taken at/on Cranberry Lake, New York in the northwest Adirondacks this summer. Cranberry is my childhood hometown that I return to at various times throughout the year. The lake has about 55 miles of shore line with numerous bays and feeder streams and rivers. It has a maximum depth of about 60 feet. Most of the shoreline is state owned. There are dozens of individual designated campsites around the lake in addition to the 100+ sites at the state campground. There are a number of trailheads around the lake that have only water access. The following link sums it up pretty well.



http://gorp.away.com/gorp/resource/statepark/ny/hik_cran.htm The link doesn't mention that the shore landing/launch points can be sandy, rocky, or log-strewn.

The picture of the kayak on shore was taken at my parents' summer home (formerly the year round family home) at the north end of the lake. The two story boathouse that is owned by a family friend (Giraud) was originally constructed about 80-100 years ago and is built on a log rock crib that is in about 15 feet of water at the entrance to Chipmunk Bay on the west shore of the lake. There are a number of boathouses on the lake. There is no new boathouse construction permitted – only repairs and nominal improvements are allowed. I also took that shot this summer during one of my visits to the region.

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Classroom instruction photo by Jenny Plummer-Welker

SK 101—Introduction to Sea Kayaking A Winter Workshop

Once again this year, CPA is hosting our one-day seminar on the basics of sea kayaking, SK101. Geared to new paddlers, topics include kayak and paddle design, how to choose boats and equipment, basics of safe paddling, dealing with cold water, how to find people to paddle with, where to paddle, and other topics of interest.

There will be boats and gear on display, and knowledgeable people available to discuss different aspects of kayaking. Although this event is primarily for the newer paddler, everyone is invited to expand their paddling horizons.

- Hear presentations on types and uses of boats, paddles, safety, and gear
- Learn where to paddle
- Find potential paddling buddles
- See displays of boats, paddles, safety and other paddling gear
- Practical self-rescue demonstrations (weather permitting)

When: Saturday, March 20, 2010, 8:30 AM – 3:00 PM

Where: West River Center

5100 Chalk Point Road West River, MD 20778

Cost: \$21, includes light breakfast and lunch. This event usually sells out, so everyone must register in advance.

Walk-in registrations will not be available.

Registration: Apply to register in SK101! Space is limited and available on a first come, first serve basis. You are confirmed only if PAYMENT IS RECEIVED and you receive a return email or phone call. Applications received after the workshop is full will be placed on a waiting list. Use the form on the back of this page or register on the web at http://www.cpakayaker.com/sk10110.html

Contacts: Gina Cicotello ginacico@earthlink.net

Suzanne Farace sfarace@verizon.net



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Rack, Boats, Paddles, Gear and more

Chesapeake Paddlers Association, Inc.

CPA is a completely volunteer-run organization. The mission of the Chesapeake Paddlers Association is to promote safe sea kayaking and safe paddling practices through the education of the local sea kayaking community and the interested public. Club activities consistent with this mission may include, but are not limited to, instructional kayak trips, instructional kayak camping trips, instructional work-



shops, and any other activities consistent with the mission that members of the club wish to organize.

Registration: Apply to register in SK101! Space is limited and available on a first come, first serve basis. You are confirmed only if PAYMENT IS RECEIVED and you receive a return email or phone call. Registrations will be accepted until March 1, 2010. Applications received after the workshop is full will be placed on a waiting list. Use the form below or register on the web at http://www.cpakayaker.com/sk10110.htm

Your Name:	
Your Email:	Your Phone #:
Address (Street, Town, State & Zip Code)	
How did you learn about this workshop?	

Would you prefer a vegetarian option if offered? Yes/No

Mail this form and your check for \$21/person to:

Gina Cicotello P.O. Box 1472 Pasadena, MD 21123 (240) 305-0922 ginacico@earthlink.net

Before 2/15/2009

Note: You are confirmed ONLY if PAYMENT IS RECEIVED and a slot is available. You will receive a return email or phone call confirming your registration. If you do not receive an email or phone call, you HAVE NOT been registered.

Cancellations: Please be sure to contact Gina if you know you won't be able to attend so that someone on the waiting list can benefit.



Places to paddle

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SK102 On-Water Kayak Skills Workshop Coming in April

By Brian Blankinship

The Annual Skills clinic will be held at Lake Anna again this year, April 23-25. Last year was to be the final SK102, but we are graced with the ability to hold the an Encore performance, the12th SK102 at Lake Anna, April 23-25. The registration form will be in the March newsletter. Here's the schedule:

Saturday Morning Session: 9:00-12:00

<u>BLOCK 1: Kayak Design, Wet Exit, Basic Strokes</u>—If you are new to paddling and/or have not had kayaking lessons. discover features separating various kayak designs and their value to you. Learn Wet Exiting, is the most critical kayak skill for safety—a requirement for attending CPA trips. Learn the proper basic strokes will make your paddling much more fun and efficient.

<u>BLOCK 2: Stroke Improvement, Intermediate Strokes, Bracing</u>—For those who have been paddling for a year or more and are proficient in basic strokes. Improve your basic strokes to increase your efficiency and form. Learn intermediate strokes such as hanging draw, draw on the move, bow rudder. High and low bracing not only keep you upright but are the foundation of several kayak rolls

<u>BLOCK 3: Self Rescues, Group Rescues, Towing</u>—Be able to get yourself and others back into a kayak in deep water. A required safety skill. Become a self sufficient paddler, able to recover from wet exits Be able to rescue another kayaker who had to exit. Several methods are demonstrated Learn types of tow systems, methods and how to use them

<u>BLOCK 4: Greenland Style Paddling</u>—What is that thin paddle anyway? Advantages of Greenland style paddling. Design of the Greenland paddle. Proper Greenland style strokes

<u>BLOCK 5: Wing Paddle Technique—</u>What is a Wing paddle, and what is it for? Design and advantages of the Wing. Proper Wing paddle technique. Additional Performance Paddling tips.

Saturday Afternoon Session: 1:00-3:30

<u>BLOCK A: Stroke Improvement, Intermediate Strokes, Bracing</u>—For those who have been paddling for a year or more and are proficient in basic strokes. Improve your basic strokes to increase your efficiency and form. Learn intermediate strokes such as hanging draw, draw on the move, bow rudder. High and low bracing not only keep you upright but are the foundation of several kayak rolls

<u>BLOCK B: Self Rescues, Group Rescues</u>—If you took Block 1, this is the best follow up course for new paddlers. Become a self sufficient paddler, able to recover from wet exits, learn importance of floatation. Be able to rescue another kayaker who had to exit. Several methods are demonstrated.

<u>BLOCK C: Advanced Rescues</u>—For those proficient in self and group rescues, take it to the next level. How to rescue a boat without floatation that "sank". Techniques to rescue an injured paddler.

<u>BLOCK D: Rolling</u>—Only for more advanced paddlers who have strong bracing skills. Capacity is limited, acceptance will be validated. The best form of rescue is to never exit the boat. Classes are 1:1 to 1:3 instructor to student ratio.



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BYLAW RATIFICATION BALLOT

As was discussed and voted on at the November Annual Meeting, a subcommittee was formed to review the CPA bylaws. The primary reasons for this were:

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- 3. To make a thorough review of the bylaws and look for areas that were unclear, redundant, or incomplete.

The result of the review by the subcommittee is online at

http://www.cpakayaker.com/downloads/bylaws/bylaws comparison09-10.pdf

If you cannot attend the meeting in person, mark and mail this ballot and include your name and member number for

verification.
I approve the bylaw changes proposed by the ByLaw Subcommittee
I DO NOT approve the bylaw changes proposed by the ByLaw Subcommittee
Name (please print)
Member Number (see your membership card)

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Laura Ventura on the Sassafras, New Year's Day photo by Michael Free

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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.