

Chesapeake Paddler



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Spring Brings Pirate Groups out of Hibernation

The Chesapeake Paddlers Association has over 700 members, with the majority in the Maryland, Delaware, Pennsylvania, Virginia, and Washington, D.C. region. One way you can meet your fellow club members is to go kayaking on a weekday night with one of the CPA pirate groups. There are currently 11 piracies. The current roster of Pirate groups include Pier 7, Baltimore, Eastern Shore, Georgetown, James, Lakes, North, Occoquan, Patuxent, Potomac, and Sugarloaf. Details on meeting days, times, locations, and contacts (Pirate Captains and Committees) are available from the club's Web site: <http://www.cpakayaker.com/paddle-now/paddling-pirates/>. Names, e-mail addresses, and phone numbers are also listed on Page 2 of the newsletter.

Pirates of Pier 7—meet at the Pier 7 Marina, located on the South River just outside Annapolis. We are starting the season April 24th. We paddle Wednesdays 4:30 p.m. until dark! Come early and test your appropriate spring paddling gear – 'tis still cold water out there! We will paddle every Wednesday after work until Halloween time. The Pier 7 Pirates group is the oldest and largest running piracy in our club. Pier 7 Marina has available inside storage, which we lease space for kayak storage. There are spaces available (24/7 access) for monthly rent. If you are interested, please contact Greg Welker on our Piracy committee. We are so fortunate to have many places to explore each week. We usually run out of daylight even during the long hot summer evenings while out

exploring the coves and creeks on the South River. Paddlers can float with the high tide into the quiet marshes and hidden woody creeks to discover another new beaver dam, or paddle down river into wide open Chesapeake Bay water at the mouth of the river, or do a 12+ mile circumnavigation of Turkey Point Island past lots of errant sailing classes. Hidden natural tidal ponds are ours to explore, nesting osprey, bird watching while bobbing, sailboat spotting, playing with the waves from passing boat traffic, quiet beaches, and many expansive waterfront homes – all are only accessible with our weekday beach launch spot. We welcome all paddlers who want to join in the fun after work. There are many experienced paddlers willing to share skills, paddling tips or spotting during rolling. We plan to have some informal clinics as well. And we have food! Volunteers sign up each week to surprise the rest of the paddlers with supper fare after paddling. If it rains, we just may stay and eat supper together. Where else can you get supper every Wednesday and paddle for \$2 per visit? (Due to an increase in rental cost of our space at Pier 7 Marina this season, there is a \$2 per paddler per visit fee, collected at dinner. Paddlers who rent space at Pier 7 do not need to pay the nightly fee because they are already paying via kayak storage rent.) Midweek breaks make the rest of the week fly! We hope you can come out and join us! Sue Stevens, CPA Secretary and member of the Pier 7 Pirates Committee. pirates_pier7@cpakayaker.com



Pier 7 Pirates kayak on the South River near the MD 2 bridge photo by Ralph Heimlich

Pirates of Baltimore—Come paddle with the Pirates of Baltimore! This year the Pirates of Baltimore will truly be a roving piracy. Our plans are to rotate through a long list of launch sites. All are located within Baltimore and Anne Arundel Counties. Other than on evenings when skills courses are offered at Rocky Point, no regular schedule will be posted on the CPA Calendar. To obtain information about an upcoming paddle, Pirates will have to check the Pirates of Baltimore forum. Information about the launch site and directions will be announced there. Some of the sites being considered are Mariners Point (providing access to the Bird and Gunpowder rivers, as well as Days Cove, an old safe harbor for us pirates), Turner Station (Peach Orchard Cove and Bear Creek), Flying Point (Bush River), Fort Smallwood (Chesapeake Bay), Hanover Street Bridge (Patapsco River and Baltimore's Inner Harbor), and of course, our home ports at Island View (near Hart-Miller and Pleasure Islands) and Dundee Creek. We are also planning a monthly weekend day paddle this year. These will be announced in advance so that paddlers from other Piracies may also join us. The season opens this year April 30th with a paddle out of our home port Island View, weather conditions permitting. Skills Classes will be offered in May, June, and July, led by Rick Wiebush. We hope to see you in Baltimore waters. Captain Dave Pirates_Baltimore@cpakayaker.com



Pirates of Baltimore kayak by the rear light for the Craighill Channel Range

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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.

Public service announcement and personal ads to sell kayaks/accessories are printed at no charge; non-members pay \$10 for 3 months.



Fran Arnott and Tom Hunt, Captain of Pirates of The Lakes
photo by Sandy Bixler

SCHEDULE FOR THE 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. Have an idea for an article, or is there information you would like to see in the newsletter? Email Jenny at news_editor@cpakayaker.com or call 301-249-4895.

THE CHESAPEAKE PADDLERS ASSOCIATION, INC.

The mission of the Chesapeake Paddlers Association is to provide a way for people to enjoy sea kayaking within the Chesapeake Bay area and to promote safe sea kayaking practices through educating the local sea kayaking community and the interested public.

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

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 team.

The Chesapeake Paddler is published monthly, except November through February when it is published bimonthly, 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 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 Editor.

Even a Pirate Needs a Home

May is here and summer is just around the corner. When the warm breezes blow and the grass grows green, a paddling Pirate's thoughts turn to home port. While CPA is a large club (more than 700 members), we mostly get to see each other in our "home ports"—the Piracies or chapters scattered across the Chesapeake Bay region. This edition highlights the unique aspects about each of the Piracies, and I encourage you to set your course this paddling season and explore the ones nearest you, and maybe some that are far from your home port.

In CPA's early days, members met in the Annapolis area at various launch sites before establishing a regular gathering place on the South River at the Pier 7 Marina at a kayak shop operated by Ron Casterline.

As the club grew, paddlers wanted their own "home ports" closer to their own homes and Piracies from [Georgetown](#) to [Belle Haven Marina](#) to [Baltimore](#), and [Havre De Grace](#) to the [Occoquan](#) and [Solomons](#) were organized and flourished. We now have Piracies operating in [Richmond](#), under the shadow of [Sugarloaf](#), on the [Eastern Shore](#), and on the [Lakes of the Susquehanna River](#).

Why participate in the Piracies? They offer a very civilized way to get over the "hump" in the workweek and let the tensions of everyday ease away in a few hours on the water. They are an excellent opportunity to work on your skills with friendly coaching and help from people you know. They are a source of comradeship and conviviality, many involving food and drink after the paddling. They connect you to the Chesapeake Paddlers Association in a way that no other activity can. They probably generate more hours on the water by more people than any other activity the club organizes. They're fun, and nobody says you have to get home early every night, so live it up! Try a "vampire" paddle (eat first, then go out) or a full moon paddle.

Why Participate in a Piracy?

- *Ease tension*
- *Enjoy comradeship and conviviality*
- *Connect with other CPA members*
- *Increase your hours on the water*
- *Have fun!*

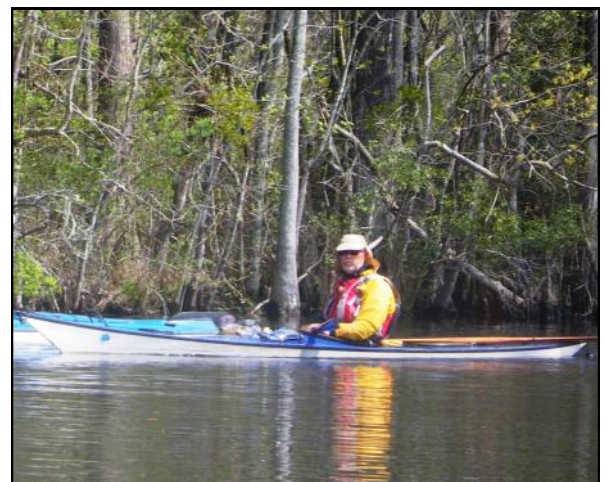
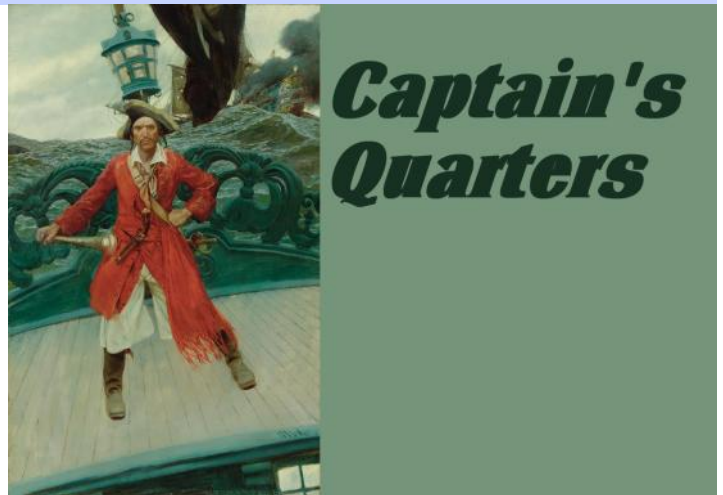
Saturday evening in June. Lisa Arrasmith (a Baltimore Pirate) is offering a Beginner Paddle in Curtis Bay, with a stopover at a local dive. Dan Wells and Jenny Plummer-Welker (Patuxent Pirates) are offering a paddle on their river, as well. I urge you to take these Pirates up on their offers and see a new corner of the Bay with paddlers who call it home.

Speaking of homes, summer is the season for getting away from home on camping trips by car and kayak. I just got back from a peer trip to Virginia's Great Dismal Swamp involving one night of kayak camping at the dam on Lake Drummond and three more nights of car camping at a local park with paddles on the Northwest River and Back Bay. The CPA Calendar is chock full of opportunities for camping, including an [Assateague kayak camper](#) led by Jim Zawlocki, a [Janes Island car camper](#) led by Michael Hoon, and a [Chickahominy car camper](#) led by Steven Jahncke. The Tuckahoe car camper led by Dorothy Guy and me is already maxed out. Get out and try your camping skills along with kayaking, or look at the opportunities for learning about kayak camping on the July calendar.

I was taken to task for a comment I made in my March column about the need to sign up for CPA trips before the event, implying that meetup groups allow you to just show up. I was informed by Andy Stephens of the Washington Kayak Club, which is a meetup group, that they require people to sign up on their website in advance, as does every other meetup kayaking group. My apologies for an inadvertent slur on meetup group procedures. Regardless of who organizes them, you should contact the leader of **every** paddling trip beforehand to be sure that you meet the trip's requirements and capacity. Trips on CPA's calendar are already filling up, as evidenced by our Tuckahoe camper.

Every Pirate needs a home, but you won't be spending much time at YOUR home if you get engaged in CPA events.

Ralph Heimlich
Coordinator



Ralph Heimlich kayaking on the Northwest River,
April 2013
photo by Greg Welker

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[Pirates of the Eastern Shore](#)—The water is warming, the osprey have returned. It's time for the pirates and pirate wenchies to venture out in search of the illusive bottle of rum. Our pirate paddles begin on May 2nd. We have moved our pirate night from Wednesday to Thursday this season. We will tend to meet between 5 and 5:30 p.m. and try to be on the water by 6 p.m.. Paddle locations will vary, launching from Turner Creek to paddle the Sassafras River, Buckingham to paddle the Chester River, or Fairlee to paddle into the bay. Some evenings we work on skills, and some evenings we just paddle, but every evening we paddle we have fun. Make sure you check the forum or contact Pirate Queen Paula for details on the current week's paddle. Visitors are welcome.

[Pirates of Georgetown](#)—It's a bird, it's a plane, it's the Pirates of Georgetown! OK, we're not a bird or a plane, but you'll have plenty of opportunities to see both – as well as some of the most distinctive urban scenery in the nation – as you paddle with us on the urban Potomac. Our section of the river offers a striking mix of city and nature scenes, where you're likely to see wood ducks, herons, helicopters, crew boats and, of course, national monuments. Our base of operations is Columbia Island Marina on the Virginia side of the Potomac River, reachable from the southbound lanes of the George Washington Parkway. We meet Thursday evenings at 6 p.m., launch at 6:30 p.m., and will typically stay on the water for about an hour-and-a-half. Afterwards, we either go out to a local restaurant or do potlucks at the marina. This year we plan to have a renewed focus on skills development and possibly some excursions from other launch sites – watch our forum for details.

[Pirates of the James](#)—We will meet on Wednesday evenings from late April through late October. Our primary launch site will be Deep Bottom Park, but we may move a bit up or down river from time to time for a change of scenery. Always remember to check out the Pirates of the James discussion forum for final details on weekly paddling plans. Decisions on locations will be made no later than Monday nights and will be posted on the forum and the CPA Facebook page. If ye decide to venture down this southerly direction, a good Pirate can look forward to a whole season of great paddling, including informal group paddling of the rivers of Central Virginia (James, York, Rappahannock, Chickahominy, Appomattox, and more), local creeks and reservoirs, monthly safety and rescue practices, kayak and car camping, social events in the off season, and, of course, eating...lots of eating! In fact, aside from paddling, eating is what we do best!

[Pirates of The Lakes](#)—Now that the water is warming up, come visit us this season as we launch the new Pirates of "The Lakes." The three dams up river from Havre de Grace form three large lakes, each with their own unique scenery and paddling options. Our base launch site for weeknight paddling is the Lock 2 recreation area across from Shank's Mare Outfitters. We will be planning some local weekend excursions as well as some weekend visits to meet other pirates. Some highlights in "the lakes" include the Conejehola Flats on Lake Clark (an Audubon Important Bird Area), the petroglyphs on Lake Aldred near Safe Harbor, and Conowingo Pond, where if you didn't know any better, you'd think you were in Maine. In addition to sightseeing, we are very enthusiastic about improving our on water skills for safety and confidence building, so we'll take some time for a stroke and a brace here or a rescue there, purely voluntary of course. You're all invited to join the crew on one of our inland water adventures, just send me an e-mail at pirates_lakes@cpakayaker.com so we know to expect you. Yo-ho-ho maties, Capt'n 'T' (aka Tom Hunt)

[Pirates of the North](#)—Come visit the Pirates of the North and see where the mighty Susquehanna enters the Chesapeake Bay. We will be paddling on Wednesday nights this year launching at 6 p.m. from Roberts Park, below the Amtrak Bridge in Havre de Grace, Maryland. We have some great paddling options: paddling up river to Port Deposit or Susquehanna State Park, across the river through the Flats to Furnace Bay, south along the Havre de Grace shoreline toward Swan Creek, or, last but not least, do some open water paddling out to the old Fishing Battery. If these great options don't entice you, we will be planning some paddles out of other locations, such as the new boat launch on the Elk River. Stay tuned...we'll post the alternative paddles on the Pirates of the North Web page of the CPA forum. Our first paddle will be Wednesday, May 1st. Hope some folks will be ready to go to Coakley's Pub afterwards.

[Pirates of the Occoquan](#)—A Group of dedicated paddlers from Northern Virginia who meet weekly to paddle various Northern Virginia Regional Parks during the evenings. The Pirates will launch every other Wednesday evening at Fountainhead Regional Park. On alternate weeks subgroups of the Pirates will set up peer paddles at other locations in Fairfax County along the Occoquan Water Trail. Other locations will include Bull Run Marina, Pohick Bay Regional Park, and Mason Neck State Park.



Pirates of the Eastern Shore kayaking the Sassafras River—Turner Creek area photo by Paul Hubbard



Pirates of The Lakes



Paddling the Susquehanna River

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Pirates of the Patuxent—The CPA Pirates of the Patuxent, led by Jenny Plummer-Welker, paddle Thursday evenings from a small sandy beach, just north of Solomons Island. The Southern Maryland Thursday crew draws its membership primarily from Calvert and St. Mary's Counties. Not far from the Calvert Marine Museum (a destination for anyone with interests in any phase of the history or ecology of the region), the Patuxent Pirates share a beach with sailboat racers, friendly locals, ice cream-dripping tourists, diligent dog-walkers, and curious ducks. Our paddles range from trips down the Patuxent for the open Chesapeake Bay to leisurely trips up-river to cross-river excursions into secluded tidal ponds and shady, tree-lined canals. Occasionally, we hone our rolling and self- or group-rescue techniques in the waist-deep water that extends far out from the beach. Since the Patuxent River Naval Air Station is on the south side of the river, we may glimpse Ospreys (Bell-Boeing variety), Sky-hawks (Douglas, vintage), Goshawks (McDonnell Douglas species) and the occasional Globalhawk (of Northrop-Grumman fame), along with numerous Hornets (also McDonnell Douglas winged). We plan to have roving paddles again this season on nights other than Thursdays, when we explore waters in the region beyond our home port from a novel put-in. Our frequently glorious sunsets are framed by the high arching Thomas Johnson Memorial Bridge. We may be the only Pirate group that has a farmers market and an ice cream stand within walking distance from our put-in. We welcome visitors. Come see us!



Patuxent Pirates paddle in the vicinity of the Thomas Johnson Memorial Bridge photo by Jenny Plummer-Welker

Pirates of the Potomac—The Potomac Piracy is a great way to get a mid-week break from work or whatever you normally do. We are located in Northern Virginia at Belle Haven Marina, a National Park concession, on the George Washington Memorial Parkway, one mile south of Alexandria. The piracy will start on May 1st, weather permitting. The launch fee is \$3 daily or \$45 for a year pass. Launching from Belle Haven puts you on the Potomac River. We can go north to visit the Alexandria waterfront, or we can cross the river and visit National Harbor and view the sculptures, including "The Awakening" that was previously on Ohio Drive on Hanes Point. Heading south we can see the shoreline of Maryland and Fort Washington. Or on Virginia side of the southern journey, we can visit Dyke Marsh, the largest salt marsh in the metropolitan area. Our paddles usually last two hours and are made up of paddlers of all skill levels. Everyone is welcome. We get on the water at five o'clock on Wednesdays. We enjoy the shoreline filled with all kinds of beautiful trees and maybe some ospreys and eagles.

Pirates of Sugarloaf—The Pirates of Sugarloaf have two Queens, Rita Scherping and Liz Marancik. We will be meeting on Tuesdays 5:30 p.m. for a 6 p.m. departure from Riley's Lock (off River Road in Seneca/Darnestown, Maryland). Our season opener will be on May 14th. We paddle up the Potomac River first, around one to three islands, depending on the current and group skills. Then we rapidly return (drift?) downstream. We usually like to stay out long enough to enjoy the spectacular sunsets over the Potomac. So, bring lights for you and for your kayak! There is no put in fee, but we do need to be courteous towards other boaters also using the ramp. Any change of location will be posted on our CPA forum. We may occasionally meet at Black Hill Regional Park in Boyds, Maryland, where there is a \$5 fee.



The Woodrow Wilson Memorial Bridge from the Alexandria shoreline photo by Dick Rock

Greenland Paddle-Making Workshop 2013

By Stephen Bethke

I joined CPA in 2011. One of the first activities in which I participated was making my own Greenland paddle at a workshop organized and mentored by Gina Cicotello, Peter Henry, Caroline and Nelson Labbe, and Len Thunberg. I did not own a kayak. I knew little to nothing about sea kayaking, but I made a stick of my own that day. That coarse crudely-made stick of Western Red Cedar has been my steady companion for two years of sea kayaking. It was un-sanded, asymmetric, unbalanced, and unfinished. I loved it all the same. It has a spring and lightness that is delightful to use. It cost \$20 and two joyful days of shaping. What a bargain! And I made some new acquaintances in the process.

At my first SK101 earlier that same year, I listened intently to Brian Blankenship extol the technical strengths of a Euro paddle—how to use it and enjoy the superior futuristic design of a winged paddle. For only \$500 I could have the optimum paddling device for maximizing my capabilities. Hmm. I was losing count of the gray hairs on my head, and I was physically recovering from a pulled muscle in my neck and shoulder. There were doubts in my mind that I could make speed on the water with any paddle. I was finding a few glitches in Brian's vision of cost and capabilities. Then seated behind me at SK101, a stranger spoke, "Forget about the Euro paddle, get a Greenland paddle." "What, one of those skinny sticks?" "Yes," the stranger said, "a stick is the best of all and it's easy on the joints." Dressed in his drysuit, he looked a bit wizened from numerous journeys in a kayak, so I took a chance on his advice. I have no regrets.

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CPA Paddler Profile ~ Brian Blankinship

Interview by Rick Wiebush



Brian Blankinship on the Occoquan Reservoir, Virginia
photo by Kristina McCoy

Name: Brian Blankinship

Lives in: Woodbridge, Virginia

Real job: Department of Defense bureaucrat

Member of a Piracy? Occoquan/Georgetown

Paddling Buddies: Kristina M., "Tall Tom," Suzanne F., Frank D., Yvonne T., Bela M. and Jen B.

Number years paddling: 18

How did you get involved in sea kayaking? I was a backpacker, but was tired of carrying all that weight on my back. I wanted to try kayak camping and let the boat carry the weight for me. In 1995 my knee was kicked out in a police training incident, and I stopped backpacking and became serious about kayaking.

How did you learn to sea kayak?: Greg Welker taught me to roll my first night at Pier 7. I learned from fellow club members for four years, then I took my first professional lesson when I achieved BCU 3Star and that started me on a course of certifications. I've been privileged to take lessons from the best in each discipline such as Maligia Padilla (Greenland), Cindy Cole (hand rolling), Dana Chladek (strokes), Nigel Foster (surf), Greg Barton, and Oscar Chalupsky (performance paddling).

Any formal training or ACA/BCU certifications: BCU 4 Star (old version), ACA L4 instructor, ACA canoe instructor (expired)

Boat usually paddled: Epic surfskis and Epic sea kayaks

Type paddle used: Wing

Do you do any other type of paddling besides sea kayaking? Canoe (rarely)

Do you regularly do any other outdoor activities? Cycling metric centuries (100 kilometers/62 miles)

How often do you paddle in summer? About 3-5 times a week

Do any winter paddling? Yes, but less than I used to.

Go to pool sessions? Mostly University of Maryland College Park (Thanks Mike H.)

Favorite local paddling location (within 1-2 hours of your house): Occoquan Reservoir...other end of my street. It is just too easy.

Favorite non-local location: Maine Island Trail

Best paddling trip/experience ever and why: Mayor's Cup (race around Manhattan). It was my only internationally classed race, and I came in 4th in the sea kayak class. I learned about nutrition for long distance races when I bonked in a practice run, and it was exhilarating paddling with some of the finest in the world, including my paddling hero Greg Barton (USA most decorated Olympian in Canoe/Kayak). And I got to go there with Cyndi J. and Dave B.

Scariest/most dangerous trip/experience and why: Kayak surfing in San Diego. Hawaii had bigger waves (7-foot) but I was on a sit-on-top. In San Diego I used various decked, British kayaks and found the 6-foot breaking waves would decide when I started and when I stopped by rolling me a couple times. On the 5-foot waves I could steer one way and when they were 4-foot I could cut back, but those 6-footers really got the adrenaline going.

Bucket list trips: Caribbean (which I just did this past winter), Baja.

Three things you like most about paddling? I love outrunning rowing shells on the Occoquan in a V12 surfski. I love kayak camping with a group of good friends. I absolutely love SK102!

What do you like best about CPA? From the start I was impressed with the skills of some experienced paddlers and how willing they are to share their knowledge.

One thing other people find interesting about you: I used to run SWAT teams for a living, including doing Presidential Details at Andrews AFB.

CPA Paddler Profile ~ Mary Larson

Interview by Rick Wiebush

CPA Paddler Profile Name: Mary Larson

Lives in: Mechanicsville, Virginia

Real job: Middle school teacher

Member of a Piracy? Yes - Pirates of the James (POJ)

Paddling Buddies: Jon Phipard, Joe Messier, Dianne Campbell, and the Pirates of the James

Number years paddling: 6

How did you get into sea kayaking: Kayaking had always been on my personal "list," but at the time I put it on the list, I certainly didn't know that sea kayaking was an option. I thought a kayak was a kayak was a kayak. My first kayak was a 12.5-foot boat that I thought was pretty cool...until the first time I paddled with the big dogs. It was a lot of fun, but a lot of work to keep up with those 17-foot - 18-foot boats. I sold the short boat and never looked back.

How did you learn to sea kayak: My first few big trips were outfitted trips with coaching. I joined a local paddling group and always tried to paddle with more experienced paddlers, studying what they did and trying to learn and grow. I try to attend at least one class or symposium a year. I attend SK102 when I can get in, and do pool sessions in the winter.

Any formal training or ACA/BCU certifications: No certifications or stars, but I try to spend at least a few days each year in formal training with coaches or at symposia.

Do you do any other type of paddling besides sea kayaking? No

Do you regularly do any other outdoor activities? Year-round camping

Boat usually paddled: North Shore Atlantic

Type paddle used: Euro, and I just started paddling with an Aleut paddle and expect that I will be using it more than the Euro.

How often do you paddle in summer? Normal years, 1-2 times per week (including piracy paddles) and at least one camping/paddling trip per month

Do any winter paddling? Yes. I try to paddle year round.

Go to pool sessions? Yes. Williamsburg and Powhatan

Favorite local paddling location (within 1-2 hours of your house): The stretch of bay from Lewisetta, Virginia to Mathews

Favorite non-local location: South: Bahamas, North: Maine Island Trail

Best paddling trip/experience ever and why: This is the hardest question of the whole list! Lots of good choices...from the crystal clear waters of the Bahamas to paddling with Belugas in Quebec or paddling in Scotland during a huge rainstorm (I learned that they don't get lightning there--so paddling in storms is routine) and so many local camping/paddling weekends with good friends. Every day paddling is a good day, it seems!

Scariest/most dangerous trip/experience and why: Smith Island, Maryland, May, 2011. The weather changed, as it tends to out in the middle of the Bay, and a fellow paddler and I had to take refuge in the marshes of the Martin National Wildlife Refuge. We learned (the hard way) that the area is pretty much a 'black hole' for cell phones and VHF and were unable to let the rest of our group know that we were safe and would have been fine to hunker down for the night and paddle out in the morning. We weren't in any danger, but we had no way to communicate that info to others (we tried flares, radio, you name it--finally had to activate my PLB). They thought we were out in Tangier Sound somewhere in the dark and the wind and the waves. It turned into a rescue operation. Definitely a humbling experience.

Bucket list trips: I have several on my list, but the two that are most important to me are the two that I plan/hope to do to raise awareness and funds for two chronic health issues that are near and dear to my heart. Stay tuned!

- Alaskan section of the Inside Passage from Ketchikan to Skagway (400 miles)
- End-to-end Chesapeake Bay from Havre de Grace to Fisherman's Island (200 miles)

Three things you like most about paddling? Serenity, perspective from the seat of a kayak, the friendships I have developed with the amazing people with whom I choose to paddle.

What do you like about CPA? I love paddling with the CPA for three major reasons: expertise, approachability, and emphasis on safety. The skill level of many of our members is top notch while I am more of a work in progress. However, I strongly believe that if



Mary Larson at Mason Neck, Virginia

photo by Clint Boze

(Continued on page 11)

Invaders in the Water!

by Paul Fofonoff

Kayakers, more than other boaters, spend a lot of time close to the water and can see how humans have affected the water. We are aware of pollution, floating trash, algal blooms, inappropriate development of the shorelines, and destruction of wetlands, and we can also see some of the positive actions people have taken to deal with these. One of the major changes that humans have made, sometimes subtle, sometimes dramatic, is to move living organisms from their native body of water to new ones. Big ships move a range of critters from microbes to fish across oceans in the huge tanks of water which they use to maintain stability, and may carry forests of algae, barnacles, tubeworms, sea-squirts, or other hitchhikers on their hulls. People often release their pet fish, turtle, or frog, maybe with its water plants and with its parasites and microbes, in the nearest body of water, thinking that it is humane to let it go back to nature. And fishermen often dump their crayfish or minnows, whether they collected them from the next stream over, or bought them from a dealer who purchased it from bait-farms in Arkansas or Oklahoma.

Kayaks do not carry massive tanks of ballast water, have live-fish wells, or are launched from trailers that may be covered with water-weeds, like Hydrilla or Eurasian Water-Milfoil. But our boots and boats can pick up small clumps of weed and mud which can carry weeds, seeds, and tiny clams and snails. Among organisms that are spreading across the country in fresh water are the Asian Freshwater Clam (*Corbicula fluminea*), the New Zealand Mud Snail (*Potamopyrgus antipodarum*), and a form of algae called 'Rock Snot' (*Didymosphenia geminata*). Some kayakers fish from their boats, so they should be careful about using live bait, especially if it is bought, that may have come from a different body of water. Carrying unwanted passengers with your boat and gear is a special concern if you are going to a distant body of water, where you may be bringing Chesapeake natives or invaders. So it is worthwhile to check your boat, clean your booties or sandals, wipe the mud off paddles, etc.

"...our boots and boats can pick up small clumps of weed and mud which can carry weeds, seeds, and tiny clams and snails"

– Paul Fofonoff



Mitten Crab, *Eriocheir sinensis*

photo credit Marine Invasions Research Laboratory, Smithsonian Environmental Research Center

But maybe the biggest service kayakers can give is to be observers—to notice a strange plant or animal in your familiar body of water, and tell someone knowledgeable. In 2008, a botanist spotted a large floating plant, Water Lettuce (*Pistia stratiotes*) in Mattawoman Creek, a popular kayaking spot. This is a South American plant, often grown in ornamental ponds. These plants did not survive Maryland winters, but with a changing climate, they could survive in the future and cause problems. One invader which my colleagues and I at the Smithsonian Environmental Research Center have been following is the Chinese Mitten Crab (*Eriocheir sinensis*), which was found in the Bay in 2007 by a waterman. This crab migrates up freshwater streams, and then returns to estuaries to spawn. We have not found evidence of an established population here, but they are breeding in the Hudson River. So we encourage people to keep their eyes open, and be aware of the plants and critters with which you share the Bay. Take care not to bring in an invader, and let somebody know if you see something unfamiliar spreading in your familiar waters.

Links

Maryland Invasive Species Council <http://www.mdinvasivesp.org/index.html>

Smithsonian Environmental Research Center, Mitten Crab Watch

<http://mittencrab.nisbase.org/>

Smithsonian Environmental Research Center, Marine Invasive Species Laboratory

http://www.serc.si.edu/labs/marine_invasions/

USGS Nonindigenous Aquatic Species Program <http://nas.er.usgs.gov/>

Editor's Note: For those traveling to the Adirondacks, the Adirondack North Country Association encourages you to be a Byway Champion. The association encourages Byway Champions to follow their Clean Gear Guidelines before launching:

CHECK gear including boats, canoes, kayaks, and recreational equipment and remove any clinging plants, mud and organisms.

CLEAN Drain, wash, and where possible, disinfect water carried ashore. Wash gear and boating equipment with hot water at home or at a commercial car wash. Do all of this away from surface water.

DRY gear completely when moving between water bodies of water. Drying is the most effective disinfectant. Ideally, let boats and trailers dry out for 5-7 days before recreating again. Keep in mind, drying time depends on the type of equipment, where it is stored and weather conditions. <http://www.adirondack.org/invasives-guide/>

Paul Fofonoff joined the Chesapeake Paddlers Association, Inc. in 2002 and kayaks with the Pier 7 Pirates. He is a Biological Science Technician at the Smithsonian Environmental Research Center in Anne Arundel County, Maryland. His research interests include zooplankton ecology, estuarine food webs, ecology of larvae of marine invertebrates, and biology of estuarine fishes. Paul earned a Ph.D. in Oceanography from the University of Rhode Island, a M.S. in Zoology, and a B.A. from Clark University.



Water lettuce (*Pistia stratiotes*)

photo by Nancy Rybicki, US Geological Service

Wilderness First Aid Class 2013

By Dave Wilson

It's a warm August afternoon. You and a friend are paddling along a remote section of the Upper Eastern Shore, enjoying the solitude and scenery it offers. You look over along the bank and up a small gully see someone lying at the base of an embankment. You watch for a moment and realize they aren't moving. You relay your sighting to your friend and the two of you decide to paddle over and investigate.

There is a small beach where two kayaks can land safely. You do and exit quickly, suspecting that the person lying in the gully could be injured or dead. You comment to your friend, "This doesn't look good. Better take your first aid kit." She is lying partly on, partly off, of a large rock. One foot is twisted up at an odd, unnatural angle. She is holding her right arm and softly whimpering, "Oh God, it hurts. It hurts real bad."

Your partner, upon seeing her foot and the hearing the moaning, immediately takes charge of the situation. He begins by questioning the young woman, "Hi. My name is Steve, what's yours?" "Jennifer," she replies, without looking up. "It hurts. My arm hurts real bad." "Jennifer, my friend Dave and I are trained in first aid. I see you are injured. May we help you?" Jennifer nods her head. "Does it hurt anywhere else besides your arm Jennifer?" "Yes." <pause> "Where else hurts you Jennifer?" <pause> "Huh? Oh. I don't know." "Where else hurts you Jennifer?" "... Ah, my leg, I think. And I have a headache." She replies with some hesitation.

While Steve asks for information from Jennifer, you examine her upper arm and conclude it is either broken or the shoulder is dislocated. You find a large swollen region in the middle of the humerus that causes Jennifer to pull away when you touch it. Steve has been watching you and seeing Jennifer's reaction. He directs you to begin stabilizing it. Meanwhile, the young woman continues to moan softly. You notice her forehead is moist. You think, "It's a hot day, no wonder." I'm sweating too, and I just rolled in the bay to cool off. You say, "Jennifer, this may hurt a bit, but I have to move your arm against your chest so that I can wrap it to your chest. It will help to make it feel better. We're going to call for help, but we have to get you ready for transport once help arrives." Jennifer doesn't respond, but as you move her arm to her chest, she moans loudly. "Is she going into shock?" you wonder. "Jennifer, are you with us?" Damn, it's hot in this gully. There doesn't seem to be any wind blowing in here. "Jennifer, stay with us Jennifer. Everything is going to be alright. We're going to get you out of here," you state calmly, trying to reassure and comfort her. But she seems to be becoming more and more inattentive.

Steve switches his radio to channel 16 and places a call to anyone listening. "Mayday, Mayday, Mayday. This is kayaker Steve. I am near Point Osprey, and I have a medical emergency." No reply. After a short wait, Steve repeats the call. Again no answer. The gully seems to be preventing the transmission from getting out. He says, "We've got to get her arm and leg stabilized and move her to the shoreline." Steve moves to the leg and begins to apply a SAM splint to the young woman's leg, ankle, and foot. As he does so, he glances up to Jennifer's face and notices her forehead is dry. She has stopped sweating. And then suddenly Jennifer begin to convulse uncontrollably.

Somewhere in the distance, someone says, "OK, OK. It's over. You guys didn't follow protocol. If you had, you would have noticed she was sweating and she felt hot. The scenario told you it was summertime, despite these cooler temperatures and the rain. If you had gone through SAMPLE she would have told you she hasn't had anything to drink today and she's been out here all morning. Did anyone take her vital signs? I didn't see anyone check her pulse or record her breathing rate. She has a rapid pulse and was breathing heavily. You missed the precipitating event guys. She's dehydrated. She was out hiking, became disoriented, tripped on a branch or something, and fell down the embankment breaking her ankle and dislocating her shoulder. You treated all those OK, but you missed the dehydration. All it would have taken to prevent her from slipping into a state of severe hyperthermia would have been a few sips of water." Somewhere in the back of your mind it registers "That's Ralph speaking. He's right. We blew it."

As you walk back to the classroom you swear to yourself, "That won't happen again." And you vow to commit to memory the steps your instructors taught you. For the first patient check, follow "ABCDE"; airway, breathing, circulation, disability, exposure. For medical history: "SAMPLE", Symptoms and Signs, Allergies, Medicines, Past medical history, Last intakes, Environment. To check level of responsiveness, use the AVPU (pronounced "avepoo") score (alert, voice, pain, unresponsive).



Jesse Aronson, first aid victim in a chain saw scenario
photo by Suzanne Farace

This was the last real-life scenario played out Sunday afternoon as part of the "Wilderness and Remote First Aid" training course. It was taught by American Red Cross Instructors and CPA members, Paul Biery and Tom Heneghan. The two-day instructional course was sponsored by the Chesapeake Paddle Association. It was a mix of classroom instruction and possible real-life scenarios in which the students learned to evaluate situations rapidly, diagnose medical issues from the information told to them by those involved, combined with information obtained from a cursory physical examination and their own observations. Once the situation was analyzed, then they could administer proper treatment using the items at hand.

The students learned about allergies, heart attack, diarrhea, flailed chest and sucking chest wounds. They learned how to stabilize broken bones, set anterior shoulder dislocations, move a patient using a Beam carry, wrap them up like a burrito to prevent worsening hypothermia, and how to close and dress a wound. They learned to recognize and treat hypothermia, hyperthermia, hyponatremia (low blood sodium). They learned how to stop an arterial bleed with a tourniquet (yes, they're back).

(Continued on page 10)

(Continued from page 5) **Greenland Paddle-Making Workshop 2013**

In 2012, I was disappointed that CPA had no Greenland paddle-making workshop on the calendar. As the season of paddling progressed, I realized how important it is to have a second paddle. I bought a spare paddle and loaned it to someone, but unfortunately it broke. I knew I needed to make another for myself. I also decided that if no one led a Greenland paddle-making workshop in 2013, I would give it a go and organize the event. Then I attended the Delmarva Paddle Retreat for the second time. A couple of things happened. I participated in Chris Raab's paddle-making workshop and made my second paddle. And I met Gina Cicotello for the second time and asked her about a 2013 paddle-making workshop. The CPA club is a collection of talented and friendly people. The Delmarva Paddle Retreat is an even more concentrated group of sea kayaking enthusiasts. At Delmarva, they make paddles, spray skirts (akuilisaq), tuliks, skin-on-frame kayaks, and even nose plugs. Gina is one of those who make everything. She taught the akuilisaq workshop that year. Gina told me she was going to return from her hiatus as paddle-making event coordinator and lead a 2013 workshop. I quickly asked if I could help and she invited me to join her team. And what a team of paddle-making mentors came aboard! It is difficult to top this star studded list: Gina, Peter, Len Thunberg, Dave Isbell, and Dave Wilson. Yet it is unfortunate two of our CPA superstars, Caroline and Nelson Labbe, were unable to attend. Even so, Commander Nelson and Librarian Caroline were there in spirit. They generously loaned many block planes and spoke shaves to aspiring Greenland paddlers.

The paddle-making workshop is a unique CPA event. It draws together an eclectic group of sea kayakers who enjoy high risk (sharp dangerous tools) and exertion (back-breaking dusty labor) in inclement weather. This is a character-building and group-bonding club activity. By the end of the day, everyone had turned a stick of Western Red Cedar into something that could propel them for miles of recreational smiles. One of the workshop participants was our illustrious CPA coordinator, Ralph Heimlich, who was challenging our



Joanna Allen shaping a Greenland paddle
photo by Gina Cicotello

wits with his paddling-making project from a piece of his house's siding. He was also fulfilling one of his many CPA coordinator duties by passing out free stuff. In addition, four piracy captains attended: the imperturbable Dick Rock, the indefatigable Jim Zawlocki, the enlightening Rita Scherping, and the inimitable Dave Wilson.

Along with stars were other industrious fellow CPA members working on a creation of their making, including Joanna Allen. Joanna showed us how all that is needed is a drawknife and her handmade shaving horse. Several couples worked tirelessly on each end of one paddle to speedily complete the task at hand. Marcin Blicki and his wife and Traute and Guenter Gross showed exemplary teamwork that suggests tandem kayaking may be possible for some people.

A Greenland paddle is a popular alternative to a Euro paddle for sea kayakers. The wooden paddle was the only choice for the Inuits and Aleutians. They perfected the wooden sticks with varying dimensions and regional styles. Since then, modern technology has improved paddle design for competitive racers and Olympic sprinters. But I am among the many paddlers who has chosen to live without the space-age design of the expensive Euro paddles. Hmm...I can paddle pretty

good with my homemade stick. It is lightweight and easier on my joints. It has a soft catch at the beginning of my forward stroke and a spring at the end. I also like to do rolls. I am more than satisfied with the enjoyable results of my Greenland paddle.

I would like to give a special thanks to Gina for organizing the event. I also want to thank Peter Henry, Dave of Annapolis, Len Thunberg, and Dave of Baltimore (baykayaker) for sharing their expertise. To those who attended the workshop and are new to the CPA club, I hope to meet you on the water with your new Greenland paddle. Thanks to all for a fun day.

Stephen "Steve" Bethke is a Chesapeake Paddlers Association, Inc. member and has assisted in this year's SK101, SK102, and the Greenland paddle-making class.

(Continued from page 9) **Wilderness First Aid Class 2013**

Throughout the course, the instructors emphasized two rules of thumb. First, the need to administer care is always balanced against your own safety and the safety of others involved. The second rule is "Don't make matters worse." Intertwined in all discussions was the overriding need for proper decision making. Does the patient need to be evacuated? If so, when? How will he be evacuated? Given the conditions that initiated the accident, will the decision endanger the group? These are but a few that will have to be addressed.

As I write this, I realize how difficult a task Paul and Tom faced in putting this course into a two-day time frame. But they did, and it was outstanding. I learned a lot, and I've received much of this same instruction previously. I can only speak for myself, of course, but from Moulton Avery's comments in a thread that followed the course, "The best part...were the Scenarios. They were sophisticated, realistic, and a real challenge. It's one thing to sit and absorb information in a classroom, and quite another to try and put it into practice while under pressure in the field, particularly when one is tired. I learned a great deal about my shortcomings and weaknesses as a responder, and got a nice wake-up call on those skills that I really need to practice and improve." I couldn't have expressed it any better. Kudos, Paul and Tom, for an outstanding instructional course that benefits many.

Dave Wilson is a member of the Chesapeake Paddlers Association, Inc. and Captain of the Pirates of Baltimore. A club member since 2009, he resides in Nottingham, Maryland, and creates handcrafted Greenland Paddles (www.theweatheredpaddle.com). Dave wrote the feature article, "CPA Hosts Cold Water Workshop," in the March, 2013, edition of the Chesapeake Paddler.

Chesapeake Paddlers Association Tentative 2013 Calendar

Date	Title	Summary
5/3-5/5	Assateague Kayak Kamper Paddle	Assateague kayak camper paddle is an 11 mile bayside paddle to an overnight backcountry campsite with a potluck dinner. Jim Zawlocki, 703-378-7536, jimz2z@verizon.net
5/4	Beginner Kayak Paddle	Come on out for a beginner's paddle at Kent Island, MD. This is a great place to paddle and explore with your new kayaks. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
5/5	Columbia Island Marina Beginner Paddle	Come out and join us for a beautiful paddle on the Potomac River. Carol Collins, JFCBelt@aol.com, and Robert Golden
5/11	Kent Island Practice Paddle Series (KIPP)	This paddle will have six practice paddles once a month, from April through September. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
5/11	Upper Sassafras River Day Paddle	Paddle the Upper Sassafras River. Steven Jahncke, 443-463-3231, sejanck@aol.com, and Suzanne Farace, sfarace@verizon.net
5/12	Bohemia River Day Paddle	Paddle the Bohemia River. Steven Jahncke, 443-463-3231, sejanck@aol.com, and Suzanne Farace, sfarace@verizon.net
5/12	Piscataway Creek Circumnavigation	The area is sheltered making it excellent for beginner paddlers. Mike Cohn, 301-283-2391, mdcohn@verizon.net
5/17-5/19	Tuckahoe River Car Camper—TRIP IS FULL	Camp at Tuckahoe State Park and paddle surrounding waters. Dorothy Guy, 410-744-6057, dmgy13@aol.com, and Ralph Heimlich, heimlichfamily@comcast.net
5/18	Mobjack Marathon Series ~ 15 mile paddle	A series of monthly skill and endurance building group practice paddles in Mobjack Bay and the surrounding waters. Mary Larson, 804-316-3432, larsonfamily3@gmail.com
5/18	OkoumeFest XV, Chesapeake Light Craft NON CPA EVENT	On water rendezvous for wooden boat builders and paddlers. www.clcboats.com. Safety boater coordinator, Jack Martin, 240-925-3029, jcmartin43@gmail.com
5/18	EMS DEMO DAY at Truxtun Park NON CPA EVENT	Bruce Kellman- Store Manager (& CPA member), 410-573-1240, E0160mg@ems.com
5/19-23	Janes Island Car Camper	We will focus on the Water Trails on the Tangier Sound. Michael Hoon, 301-589-7533, machspas@aol.com
5/19	Beginner Field-Test	Review and practice launching your kayak, wet-exits, and self-rescues. Steve Bethke, 301-585-6080, sbethke@rcn.com
5/19	Curtis Bay Leisure Paddle Near Baltimore	5-8 mile leisure paddle includes a Coast Guard station, a railroad bridge and a shipwreck or two. Lisa Arrasmith, trips@smart.net
5/19	WaterTribe OkoumeFest Ultra Marathon NON CPA EVENT	65-mile adventure kayak race, encircling Kent Island, Eastern Neck Island and Wye Island. Race organized by www.WaterTribe.org, which puts on long distance races in North Carolina and Florida
5/19	Kayak Demonstration and Paddling Event NON CPA EVENT	Try some kayaks at the Patuxent Riverkeeper's New HQ, Fred Tutman, 301-579-2073, fred@paxriverkeeper.org, Lauren Webster, Lauren@PaxRiverkeeper.org, www.paxriverkeeper.org
5/19	Pirates of Georgetown - Dragon Boat Patrol	The Pirates of Georgetown are hosting an extra paddle on our stomping grounds. Jesse Aronson, 571-969-1539, aronsonj@gmail.com, Tom Heneghan, tom@theneghan.com
5/24-27	Smith-Deal-Bloodsworth Island Loop	Island kayak camping in the eastern Chesapeake Bay. Peter Henry, 571-278-5548, peterghenry@hotmail.com
5/24-27	Chickahominy & James River Car Camper	Car Camp and paddle on the Chickahominy and James Rivers of Virginia. Steven Jahncke, 443-463-3231,

Visit the CPA Web page, <http://www.cpakayaker.com/>, for more events, details and trip leader/organizer contact information.
For a full listing of upcoming Club events, visit the CPA Calendar, <http://www.cpakayaker.com/index.php?page=calendar>.

(Continued from page 7) CPA Paddler Profile ~ Mary Larson

I ensure that I am working/playing with those who are far more expert than myself—no matter what the pursuit—that I will be better for it. While there may be experts in many groups, the biggest difference that I see between this organization and so many others (no matter what the discipline) is that in the CPA those experts are not only willing to share and mentor the rest of us, they actually really seem to enjoy doing so. So CPA gives members a chance to stretch themselves in safe and supportive environments. Finally, I remember when I approached a member of the steering committee to learn about establishing a piracy, I shared my frustration with often being the lone drum banging the safety message among my former paddling peers. Her response was one that I will never forget. She said..."Oh...you will still be called a Safety Nazi...you'll just be in good company with the rest of us Safety Nazis." It is indeed, my pleasure to be in the good company of the rest of you Safety Nazis.

One thing other people find interesting about me: Probably that I raise chickens and goats (and as much of my own food as possible), that I live in a log cabin in the woods, and that I don't have a television (and like it that way).

CPA Classifieds

Kayak Storage. Storing your kayak outdoors? Were you worried about it during the Derecho last summer? Would you like to store it indoors and protected from the weather? The Pier 7 Pirates have indoor kayak storage spaces available at our weekly paddling site on the South River. Attend Pier 7 Wednesdays without having to load and unload your boat each week! With the location conveniently located near US-50, you can pick up your boat on the way to Eastern Shore paddling trips. Reserve now for the summer paddling season. The storage space is indoors, secure, climate controlled, with 24/7 access and free launching from the sand beach on Wednesday nights. Rates are \$25/month for a six month lease (rent for the warm paddling season, rent for winter storage, or both) or \$30/month if you need shorter term storage. Please contact Greg Welker at gdwelker@verizon.net or 301-249-4895 if interested.



Coordinator Ralph Heimlich (on right) presents Brian Blankinship with plaque for outstanding service to the CPA for 15 years of organizing the SK 102 event
photo by 2013 SK 102 Participant

Inside our May, 2013 issue:

- [Spring Brings Pirate Groups out of Hibernation](#)
- [Captain's Quarters: Even a Pirate Needs a Home](#)
- [Paddler Profiles—Brian Blankinship and Mary Larson](#)
- [Invaders in the Water!](#)
- [Wilderness First Aid Class 2013](#)
- [CPA Tentative 2013 Calendar](#)
- [CPA Classifieds](#)

The Chesapeake Paddler

Chesapeake Paddlers Association, Inc.

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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; please notify the Secretary for changes to your email address. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.