

# Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 23, Issue 7

August & September, 2013

## Nominations for CPA Officers Due October 1<sup>st</sup>

The Chesapeake Paddlers Association is a volunteer organization, and the people who volunteer the most are the elected officers: The Coordinator, Treasurer, Membership Secretary, and the Steering Committee members. Now is the time to tell us who you think should play an active part in steering the club's activities. This year, in addition to balloting at the **Annual Meeting on Sunday, November 3, 2013** you will be able to nominate and vote online as we did in 2012. Nominate someone who you think will help play an active role over the next year to vote on issues, create fun activities, and keep the participation of the club lively through 2014. The descriptions of the officers in our By-Laws read as follows:

**The Steering Committee.** The property and business of the club shall be managed under the direction of the Steering Committee. The Steering Committee will make all decisions about operational activities of the club, unless specified otherwise in these bylaws. As a rule, routine decisions about specific club activities will be the responsibility of the individuals managing those activities, but they may be overridden by the Steering Committee if needed. The Steering Committee will determine which events are to be considered official CPA activities. If appropriate, it may set standards for such determinations so that it need not consider each activity, and it may then delegate to



**Gear Meister Bela Mariassy at the 2012 Annual Meeting**  
photograph by DJ Manalo

*(Continued on page 7)*



**Former Coordinator Jay Gitomer at the 2012 Annual Meeting**  
photograph by DJ Manalo

## Get Involved with CPA by Ralph Heimlich

CPA has a reputation throughout the paddling community as an unusually large and active organization. That reputation is thanks to the contributions that our members make for the benefit of all of us. Now it's time again for our annual elections. Here's your chance to contribute to CPA.

**Nominate.** Nominate officers (see p. 8). There are six Steering Committee members in addition the three officers (Coordinator, Treasurer, and Secretary), who serve on the Steering Committee. Steering Committee members serve terms of approximately one year (Annual Meeting to Annual Meeting). At press time, one member of the current Steering Committee will not be running for reelection, Catriona Miller. Catriona will be organizing SK 102 for 2014. Thank you, Catriona, for your service on the Steering Committee and your willingness to coordinate one of CPA's signature events.

What do steering committee members do? They pay attention to what members are saying in person and on the message boards and come up with ideas to meet the members' needs. They take a lead position in some area of club activities that interests them, such as swim supports or pool sessions or certain events. They are active in a Piracy. They raise issues for discussion, read the steering committee message board, discuss topics that are open for a

*(Continued on page 8)*

**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.



Transporting kayaks, 2013 Potomac River Swim

Photograph by DJ Manalo



Swimmers line up on the Virginia side for the 2013 Potomac River Swim

Photograph by DJ Manalo

**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](mailto: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.

**Officers:**

**Coordinator**—Ralph Heimlich  
301-498-0918  
[coordinator@cpakayaker.com](mailto:coordinator@cpakayaker.com)

**Membership, subscriptions**—Sue Stevens  
410-531-5641  
c/o CPA, P.O. Box 341, Greenbelt, MD 20768  
[membership@cpakayaker.com](mailto:membership@cpakayaker.com)

**Secretary**—Sue Stevens  
410-531-5641  
[secretary@cpakayaker.com](mailto:secretary@cpakayaker.com)

**Treasurer**—Rich Stevens  
703-527-4882  
[treasurer@cpakayaker.com](mailto:treasurer@cpakayaker.com)

**Steering Committee**—  
[steering\\_committee@cpakayaker.com](mailto:steering_committee@cpakayaker.com)

Paula Hubbard 407-619-2896  
Catriona Miller  
Dave Isbell

Jesse Aronson 571-969-1539  
Tom Heneghan 703-216-9837  
Béla Máriássy 410-507-4972

**Webmaster/E-Mail List Administrators**—  
Stephen Bethke and Paula Hubbard,  
[webmaster@cpakayaker.com](mailto:webmaster@cpakayaker.com)

**Newsletter Team:**

**Editor**—Jenny Plummer-Welker 301-249-4895,  
[news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com)  
**Paddler Profiles and Skills Series**—Rick Wiebush,  
[rwiebush@gmail.com](mailto:rwiebush@gmail.com)

**Mailing and Distribution**—Sue Stevens (digital)  
and Jenny Plummer-Welker (hardcopy)

**Pirate Groups:**

**Pier 7 Pirates Committee**—  
Rich Stevens 703-527-4882,  
Béla Máriássy 410-507-4972, Jenny Plummer-  
Welker and Greg Welker 301-249-4895, Sue  
Stevens 410-531-5641, Brent Cogswell  
410-381-0037 [pirates\\_pier7@cpakayaker.com](mailto:pirates_pier7@cpakayaker.com)

**Pirates of Baltimore** —Dave Wilson  
443-962-7612  
[pirates\\_baltimore@cpakayaker.com](mailto:pirates_baltimore@cpakayaker.com)

**Pirates of the Eastern Shore**—Paula Hubbard  
407-619-2896  
[pirates\\_easternshore@cpakayaker.com](mailto:pirates_easternshore@cpakayaker.com)

**Pirates of Georgetown**—Jesse Aronson  
571-969-1539, Tom Heneghan 571-969-1866,  
Jennifer Bine 703-533-2436, Rob Pearlman  
240-688-6340  
[pirates\\_georgetown@cpakayaker.com](mailto:pirates_georgetown@cpakayaker.com)

**Pirates of the James**—Mary Larson 804-  
316-3432, Jon Phipard 804-334-3019  
[pirates\\_james@cpakayaker.com](mailto:pirates_james@cpakayaker.com)

**Pirates of the Lakes**—Tom Hunt 717-940-6572  
[pirates\\_lakes@cpakayaker.com](mailto:pirates_lakes@cpakayaker.com)

**Pirates of the North**—Bob Shakeshaft  
410-939-0269  
[pirates\\_north@cpakayaker.com](mailto:pirates_north@cpakayaker.com)

**Pirates of Occoquan** —Jeff Walaszek 703-  
670-7712, Jim Zawlocki 703-378-7536  
[pirates\\_occoquan@cpakayaker.com](mailto:pirates_occoquan@cpakayaker.com)

**Pirates of Patuxent**—Jenny Plummer-Welker  
410-535-2348/301-249-4895  
[pirates\\_patuxent@cpakayaker.com](mailto:pirates_patuxent@cpakayaker.com)

**Pirates of Potomac**—Dick Rock  
703-780-6605  
[pirates\\_potomac@cpakayaker.com](mailto:pirates_potomac@cpakayaker.com)

**Pirates of Sugarloaf** —Liz Marancik  
301-221-0572, Rita Scherping 240-731-9987  
[pirates\\_sugarloaf@cpakayaker.com](mailto:pirates_sugarloaf@cpakayaker.com)

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

**NEW: Membership is \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years.** Sign up for membership online at <http://www.cpakayaker.com/join-cpa/become-a-member/> or send checks or changes of membership information to CPA, P.O. 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.*

**Correction: The photograph on Page 12 of Volume 23, Issue 6 was taken by DJ Manalo. The digital edition was corrected and posted to the web on 8/7/2013. The editor apologizes for the error.**

## Trip Followers' Responsibilities

I spend a lot of time talking about trip leaders—what they should know, what they should do, their responsibilities. As a participant on CPA trips—a Trip Follower—you also have some responsibilities, and they're just as important to the success of each trip as the Trip Leader's.

Let me illustrate with an anecdote from a recent trip, excerpted in the trip leader's own words. "We had a launch time of 10 a.m., on time and ready to go by 9:50 a.m. In my eyes, if we say '10:00 a.m. on the water' it means just that—it doesn't mean pulling up at 9:59 to start unloading your boats. We had some 'regulars' and a few new paddlers for this paddle. My regulars all arrived in plenty of time and were all ready to go at the appointed time. Everyone received the same info-laden email, including emails that went back and forth to answer questions."

"At 9:58 a.m. the 'new' paddlers hadn't arrived, so I called to see if they were lost or on their way. They told me that they had just left a message that they were 'running late'. I asked 'How late,' and they said they were still almost 30 minutes away—eating their breakfast!"

"I said, 'We are willing to wait for you if you hurry and leave right away,' (knowing full well that it would set us back at least an hour from the original launch time). 'However, if you insist on telling us not to wait for you AND if you opt to launch and paddle without being a part of the group—you DO understand that you are on your own. You have opted NOT to be a part of this CPA paddle. You are paddling at your own risk and without being under the umbrella of the CPA. I'm not going to accept waivers from you because you are not a part of our group based on a decision that you have made to paddle in unfamiliar waters without being a part of the group.'"

"I could tell from the response that they were shocked, but kept going asking them, 'Do you have charts of the area? Have you ever paddled here before? Do you have compasses?' Momentary dead silence on the other end after each question. Their reply was: 'We're strong paddlers. We'll catch up to you. We have a radio. We'll radio you when we get there.' I said, 'It is now after 10:20 a.m. We need to get on the water. Good luck and have a safe paddle.'"

This Trip Leader was far more polite than I would have been. CPA Trip Leaders take on a lot of responsibility for initiating and organizing a paddle and bear a lot of responsibility for conducting it on the water. Here's what YOU owe the Trip Leader:

- **Be on time (THEIR time, not YOUR time).** That means you have to check out how long it will take you, factor in delays, and adjust your wake up, breakfast, and prep time to get there.
- **Be prepared to paddle.** Your boat and other gear should be ready to go, and you should have everything you need, including minimum CPA required gear of skirt, PFD, pump and paddle float, as well as any other gear recommended by the Trip Leader.
- **Be prepared to DO the paddle.** In addition to gear, you should know where you are going, have looked at a chart or map and thought through where the paddle plan will take you, and be ready to assume navigational chores. You don't have to know EVERYTHING about the paddle, but you shouldn't come ready with NOTHING.
- **Practice common courtesy and communication.** If you can't get there on time, let the Trip Leader know as far ahead of time as possible, but be aware that the Trip Leader is trying to make it to launch, too, and they may not have the best mobile connections.
- **Recognize your limitations as well as your strengths.** There is more to being a "Good" paddler than being a "Fast" paddler. Speed, strength, and the ability to roll are great, but knowing how to navigate, knowing tides and currents, and knowing the local area are just as important when you're paddling a new area. That's why the Trip Leader scouted the area or has paddled it a lot.
- **Be obedient.** I don't mean you have to take everything the Trip Leader says as holy writ, but they have put the work into planning and organizing the paddle and usually have a reason for doing things the way they've laid them out. You should be ready to take direction from the Trip Leader. Good Trip Leaders make a distinction between choices up for group discussion during the trip and things that have to happen because of the plan, safety considerations, or conditions. They'll let you know when there are choices, and when there aren't.



## Captain's Quarters



Ralph Heimlich kayaking on Mattoponi Creek, July, 2013  
photograph by Jenny Plummer-Welker

(Continued on page 10)

## CPA Paddler Profile ~ Fran Arnott

### Interview by Rick Wiebush



Fran Boat Shopping at the  
2013 Jersey Paddler Show  
Photograph by Tom Hunt

**Lives in:** Lancaster, Pennsylvania

**Real job:** I work for a small sales and marketing firm. I used to sell pharmaceuticals but left that for a less stressful life.

**Member of a Piracy?** The new Pirate of the Lakes. We have been meeting every Tuesday, and I find it a great opportunity to paddle with new people and share experiences and skills. I used to only paddle on weekends, so it offers something new.

**Paddling Buddies:** Tom Hunt, my husband. Sandy Bixler and Dave Bronson have become great paddling buddies.

**Number years paddling:** 5½! (We won't count the year, two decades ago, we had a flat bottom, tandem divorce boat that weighed as much as my first car!)

**How did you get involved in kayaking?** When we moved "down south" to central PA I found the summers to be hot and humid. I enjoyed running and biking but grew to dislike getting up pre-dawn to beat the heat. We went on a guided tour in a tandem up Somes Sound, Mt. Desert Island, Maine in the early 90s. It was geologically stunning through the fog! I loved it! Right after that, Tom and I bought the above cursed tandem, and I enjoyed getting wet and the cool breezes on the river. It hung in the garage for a decade and a half because it was too heavy. About five years ago we each bought 14 foot Necky Manitou, and I piddle paddled around for a year before I bought my Current Design Willow.

**How did you learn to sea kayak?** I have to admit, I have never been an athlete. I just love the outdoors and like to move my body. I didn't really move forward until I took a class with Ben Lawry and did the Kiptopeke Symposium last year which I really enjoyed. It motivated me to learn more. I set a goal to roll before I turned 55,

and I got it in with a few weeks to spare! I just finished training in Ithaca, New York with Rick Wiebush, and I have been setting goals for myself. The nice thing about kayaking is that technique overrides strength and it is something us "old" people can keep improving on!

**Any formal training or ACA/BCU certifications:** No certifications, just workshops.

**Boat usually paddled:** Current Design Willow 15' 6" white

**Type paddle used:** Euro

**Do you do any other type of paddling besides sea kayaking?** I tip and sink canoes, and I am afraid of what I would do on a SUP. So, the answer is no.

**Do you regularly do any other outdoor activities?** I swim laps and walk.

**How often do you paddle in summer?** Two times a week.

**Do any winter paddling?** Yes. I prefer cooler weather, so I bought a dry suit at the end of last year. I am a bit of a nerd, so I read through the National Center for Cold Water Safety website and scared myself to death, swearing I wouldn't get on the water until July. But I started the season in January after testing my gear in the water and enjoyed a couple paddles each month.

**Go to pool sessions?** No.

**Favorite local paddling location:** Lake Clarke, our piracy paddle. There is some open water and some islands that are deemed International Important Bird Areas. Lock 15 at the Conowingo Pond located below the Holtwood Dam on the Susquehanna River is another favorite as it has rock formations and some fun water to play in.

**Favorite non-local location:** Really enjoyed the barrier islands off the coast of North Carolina last year.

**Best paddling trip/experience ever and why:** Our twenty-fifth wedding anniversary was a trip to paddle the Fulton Chain of Lakes in the Adirondacks. It was desolate before tourist season, and it became unusually sunny and warm. We had the place to ourselves. The water was crystal clear, and it was the first time I started to play in my boat. I had such a sense of peace on the water like I had never experienced before.

**Scariest/most dangerous trip/experience and why:** Very early on when I thought you just get in, paddle, and all would be well, I was paddling with the skeg down in windy, rough conditions. I tried to cut through a marina, and I could not control my boat. My knees were knocking as I was violently blown into the motor boats, and I had no idea how to turn my boat in the wind. I heard Tom yelling "skeg up" but was afraid to take my hand off the paddle! I've come a long way, and I recommend formal lessons to all beginners!

*(Continued on page 10)*

## CPA Paddler Profile ~ Dave Wilson

### Interview by Rick Wiebush



Dave Wilson near Rocky Point Park, 2013

Photograph by DJ Manalo

**Name:** David Wilson (Dave)

**Lives in:** Nottingham, Maryland

**Real job:** National Heart Lung Institute/recruit reviewers for medical grant applications

**Member of a Piracy?** Pirates of Baltimore. I'm the Pirate Captain.

**Paddling Buddies:** Rick Wiebush, DJ Manalo, Jay Perry.

**Number years paddling:** 7+

**How did you get involved in kayaking?** After 15 years of canoeing, I came to realize one day that my Discovery 164 had suddenly become much heavier and difficult to load on my truck. Looking round for a paddling alternative, someone recommended a one person kayak. It seemed to fit my solo style, so I sold the canoe and bought a kayak.

**How did you learn to sea kayak?** I paddled a Pungo for several years before beginning to learn about "sea kayaking." My first exposure to this form of paddling was through CPA and its members. So, I guess you'd say I learned by osmosis. You can't be around other paddlers for very long before you learn something you didn't know before.

**Any formal training or ACA/BCU certifications:** No ACA or BCU certifications, but I have received training in the basic skills, such as paddle strokes, kayak control, and rescue techniques in a number of skill sessions taught annually by Rick Wiebush and other local instructors. In addition, I have taken multiple courses through Cross Currents, a local instructional/guide service, for example: a two-day course on kayak navigation; a trip planning course that culminated in crossing the Chesapeake Bay between Sandy Point and Queenstown; a multiday paddle from Saxis, Virginia to Tangier Island/Smith Island; and a surf course. Each course is a mixture of classroom and on the water practice. Nothing like being in the middle of the Pocomoke Sound and suddenly having to take a pop quiz on the many varied ways one can rescue a fellow paddler. Ever performed an assisted ladder rescue?

**Boat usually paddled:** Wilderness Tempest 170, red (known to some as Mt Tempest). But this year it may be my newly acquired yellow and white P&H Bahiya.

**Type paddle used:** A solid wood Greenland, of course. Are there other types?

**Do you do any other type of paddling besides sea kayaking?** Would like to get back into canoe, but no, not currently.

**Do you regularly do any other outdoor activities?** Ex-mountain biker, ex-rock climber, ex-long distance hiker, still active cross-country ski enthusiast.

**How often do you paddle in summer?** Probably twice a week average.

**Do any winter paddling?** Occasionally.

**Go to pool sessions?** Yes. College Park, Catonsville, and Fairlands.

**Favorite local paddling location:** Dundee Creek to Pooles Island.

**Favorite non-local location:** Hard to select a favorite from the long list of great Chesapeake bay locations: Wye Island, Eastern Neck Island, any launch along the Eastern shore coastline.

**Best paddling trip/experience ever and why:** My most memorable paddle was a trip that began in Virginia (Saxis), paddled down along the eastern shore, then crossed Pocomoke Sound to Tangier Island. From Tangier we paddled up through the Smith Island channels to Ewell. The final leg was a ferry boat ride back to Crisfield, Maryland. This was my first long open water crossing and was a learning opportunity best experienced with seasoned paddlers. It was. The people of Tangier only accentuated the memories.

**Scariest/most dangerous trip/experience and why:** Scary probably isn't the term I would choose to describe an encounter with the confused waves that a tide change had setup at the mouth of Great Egg Harbor Inlet, New Jersey. The other members of our surf class may remember my "misjudgement" as scary, but I was too busy trying to remain upright to become afraid then. Looking back...well, I'm just happy things turned out the way they did.

**Bucket list trips:** I have two bucket list trips in the planning. Trip one is a series of segmented paddles from Elkton, Maryland to at least Crisfield, Maryland. The other is to paddle the upper reaches of the Potomac River from Cumberland to Harper's Ferry. If the paddle goes well, and time allows, I'd like to continue on to the Bay in later years.

**Three things you like most about paddling?** Solitude when needed, companionship by necessity, adventure always.

**What do you like about CPA?** It's filled with good people who share common interests for the sea, the Bay, and inland waterways.

**One thing other people find interesting about you:** That I'm still alive and enjoying life.

## Dealing with Weather Cocking

by Rick Wiebush

All paddlers repeatedly experience weather cocking. It is sometimes mildly annoying, sometimes frustrating and, in stronger winds, can be physically exhausting. When we weather cock, it seems like our bow is turning up into the wind. While that's true, the actual cause of weather cocking is that a beam wind is pushing the stern of the boat downwind, resulting in the bow turning toward the wind. The stern gets blown downwind more than the bow because as a boat moves through the water, there is more pressure created on the bow than on the stern. This pressure differential means that the bow has more lateral resistance to the wind than does the stern – the stern is in "looser" water and gets blown downwind while the bow does not.

There are several different strategies for dealing with weather cocking, some good and some not so good.

**Stern rudders.** Many paddlers use a stern rudder on the downwind side of the boat as a correction stroke. They also tend to push out on the blade that's in the water, like a pry. This action pushes the stern of the boat back in line with the direction you want to go, but it also results in a significant loss of speed, often to the point of stopping the boat. This gets frustrating very quickly.

**Sweep strokes.** This is probably the first choice of many paddlers for dealing with weather cocking. Using a sweep on the upwind side of the boat pushes the bow back into your intended direction of travel. This strategy will suffice in lighter winds. But with stronger winds, the constant use of sweeps as a correction stroke is irksome and can get very tiring. You can also use an extended paddle to sweep, which will give more power to your correction. However, this involves constantly shifting your grip (easier with a Greenland stick) and still has the annoyance/fatigue problem in stronger winds.

**Rudders.** A rudder can be very useful in controlling weather cocking. Essentially, the rudder is providing the lateral resistance that is needed to prevent the boat's stern from being pushed downwind. But the other problems that come with having a ruddered boat (e.g., over-reliance on the rudder for turning, potential mechanical failure) may not make this the best choice.

**Skegs.** When deployed properly, a skeg works extremely well to counter act weather cocking. It's the same principle as a rudder – the skeg provides lateral resistance to the wind and keeps the stern from sliding. Skegs are also effortless to use and will work in stronger winds. However, I know several people (me included) who have skegs that never seem to want to actually deploy when you need them! So we need alternative strategies.

**Edging.** Simply edging the boat is a very effective way of countering weather cocking. Edge toward the wind. That is, if the bow is turning to the right, shift your weight onto your right buttock (and your left knee will come up). The boat will then turn back to the left. The sooner you notice the weather cocking and put the boat on edge, the easier it is to make the correction. If the winds aren't too strong (say less than 15 knots), this is a very easy way to keep your boat going straight. When the winds are slightly stronger, combining edging with a periodic sweep stroke on the upwind side will usually do the trick.

**Pushing with your foot.** This is surprising helpful and easy to do. All it involves is giving a real strong push (more of a pop) on the foot peg on the upwind side of the boat. Do that a couple of times when you take a forward stroke on that same side of the boat. You are literally pushing the bow back on track. This works very well, but may need to be combined with other strategies in stronger winds.

**Keyhole stroke.** This is a combination stroke that also works well. It involves linking a forward stroke with a stern draw on the upwind side of the boat. When your forward stroke is about at your hip, continue to rotate your torso and slice the blade back and outward at about a 45 degree angle. The blade remains in the water – you are just slicing it into position for a stern draw. When the blade is in position (roughly 3-4 feet from your boat), just draw it in toward the boat. It's all one smooth move – forward stroke, right into the slice, then right into the draw. The draw serves to pull your stern back in line and you have made the correction without losing any speed.



Keyhole stroke—Forward



Slice out



Draw

*(Continued on page 7)*

*(Continued from page 6)* **Dealing with Weather Cocking**

Next time you're out in some wind, give these last three things a go. Try them one at a time and then in various combinations. You may be surprised at how easy they are to do and how well they work.

**REVIEWERS' COMMENTS**

Hank McComas: Most boats are inherently imbalanced by their design shape, tending to turn into the wind. All the techniques Rick mentioned compensate by increasing the resistance of the water in the stern with a rudder or skeg, decreasing the resistance of the bow by tilting the hull or by providing compensating forces with a paddle. By putting things on the foredeck or loading more weight in the back hatch, we can change the amount of weather cocking. But if we load heavy in front and pile the back deck high with bulky gear, we may need all these techniques to get where we want to go.

Kevin Black: Rick's article certainly covers the stuff you need to know to deal with the frustration of finding the balance between course correction and forward glide in beamish winds. Becoming familiar with the theory, techniques and strategies will certainly making paddling life more fun. Focusing on developing a smooth keyhole stroke and stern draw can open up a lot of other ideas for controlling your boat in interesting conditions. Think of it as learning how to wiggle your stern with control.

*Rick Wiebush is an ACA L3 Instructor Trainer, BCU Level 2 Coach and BCU 4\* Leader. He is also an ACA L2 canoe instructor. Rick runs Cross Currents Sea Kayaking. He has participated in several expeditions to Baja including a month-long, 400 NM unsupported trip. Rick also has been fortunate enough to have paddled in the Exumas, Greenland, England, Wales, Australia and New Zealand. He lives in Baltimore and works mostly in Australia for his "real" job.*

*(Continued from page 1)* **Nominations for CPA Officers Due October 1<sup>st</sup>**

individual club members the responsibility for applying those standards to determine whether specific activities are official CPA activities.

**The Coordinator** shall have overall responsibility for administration of the club and will be a primary point of contact for the club. S/he shall chair general club membership meetings and meetings of the Steering Committee. The Steering Committee may direct the Coordinator to perform other duties consistent with the bylaws. The Coordinator is the only person authorized to speak for the club. This authority may be delegated by the Coordinator.

**The Treasurer** shall perform all the duties generally incident to the office of Treasurer, subject to the control of the Steering Committee and the oversight of the Coordinator. The Treasurer shall have custody of all the funds and securities of the club, and s/he shall keep full and accurate account of receipts and disbursements. Such records shall be the property of the club. S/he shall deposit all such moneys and other valuables in the name and to the credit of the club. The Treasurer shall disburse the funds of the club consistent with Section seven of these bylaws. S/he shall provide financial information to the Coordinator or the Steering Committee in a timely fashion as requested.

**The Secretary** shall perform all duties generally incident to the office of Secretary, subject to the control of the Steering Committee and the oversight of the Coordinator. S/he has primary responsibility for maintaining club membership records, but may delegate day-to-day administration of that task to another club member. S/he shall give notice of all meetings of the general membership or the Steering Committee and all other notices required by these bylaws. The Secretary shall record the proceedings of all meetings of the general membership and of the Steering Committee. All records of the Secretary shall be the property of the club.

Our webmaster, Steve Bethke, have created an online form you can use to enter nominations. Nominations must be entered **BEFORE OCTOBER 1**. Use it at

<http://www.cpakayaker.com/index.php?page=nominations>

Persons nominated can use another online tool to accept or decline their nomination, and to post a "Stump Speech" giving their experience and reasons why members should vote for them. These will be printed in the October issue of *The Chesapeake Paddler* and viewable online. If you see someone already nominated who you would support in November, then second their nomination by clicking on the text at the bottom of their nomination that says *Second Them!*. For each additional confirmation, the nominee will get a blue star to show their popularity. Note that nominations are NOT the same as voting. Nominations will show who is favored for an office or for the Steering Committee, and will eventually lead to the ballot for voting on positions in the coming year. This year, in addition to mail-in ballots and voting at the November Annual Meeting, there will be an online mechanism for voting, and you will need your CPA member number to authenticate your vote. The votes will be tallied at the Annual Meeting and will determine which individuals will hold which positions for the coming year. So, throw your paddling hat in the ring, or throw someone else in the ring, but let the best candidates win!

*Ralph Heimlich is the Coordinator of the CPA.*

([Continued](#) from page 1)

vote, and then they vote. If you think that you or someone you know would make an involved, energetic club leader, then please submit a nomination at <http://www.cpakayaker.com/index.php?page=nominations>.

**Innovate.** What is it you want from the club in 2014? Come up with a great idea and execute it. We need people to make things happen. If you want a certain type of training or a certain type of event, figure out the basics, clear it with the steering committee, get some people to help you, and make your plan happen. We're a volunteer-fun organization, so volunteer.

**Vote.** With our electronic voting system, there is no reason not to vote – it's so easy. If you don't vote because you don't know the nominees, then start a thread on the Forum or on Facebook and ask them some questions.

**Lead.** We always need trip leaders. We have a lot of trips on the schedule, but most are run by the same few individuals. If just one or two of those people leave the club, the calendar isn't going to be as interesting.

**Participate.** We need people to participate! How easy is that? Come and have fun. Come to your local pirate paddle, come on a trip, come to an event, come to a presentation. There are club activities throughout the year, so come out and make some new paddling friends.

Many CPA members have stepped forward to lead the club in the past. Here's a brief rundown, culled from the masthead of *The Chesapeake Paddler*. How many of them do you know?

Coordinator	Membership Chair	Treasurer	Pirate Queens and Kings	
Greg Welker 1996-98	Chris Conklin 1989-1997	Barb Conklin 1989-95	Dick Rock (9)	Cyndi Janetsko & Dave Biss (7)
Mike Vandamm 1999	Dave Mood 1998-2002	Greg Welker 1996	Ron Casterline (6)	Dan Polakovics (7)
Beth Morris, Greg Hollingsworth, Joy Hecht 2000-02	Steve Lindeman 2003-05	Margaret Genco 1997-99	Bill Dodge (6)	Greg Welker & Jenny Plummer-Welker (7)
Brian Blankinship 2003- 04	Sue (Bauer) Stevens 2006-	Joy Hecht 2000-02	Brent Cogswell (7)	Sue & Rich Stevens (7)
Barry Marsh 2005-06		John Blackburn 2003-06	Jeff Walaszek (7)	David Moore (6)
Dave Biss 2007-08		Rich Stevens 2007-	Jenny Plummer-Welker (Patuxent, 6)	Bob Huber (5)
Ed Hershon 2009			Alan Avery (5)	Jim Riley (4)
Jay Gitomer 2010-12			Dan Wells (4)	Mike Free (4)
Ralph Heimlich 2013-			James Higgins (4)	Bob Shakeshaft (5)
Steering Committee (Current)	Webmasters	Chesapeake Paddler	Linda Lewis (3)	Matt Blakey (4)
Tom Heneghan	Stephen Bethke 2012-	Jenny-Plummer Welker 2013-	Jay Gitomer (2)	Barry Marsh (2)
Paula Hubbard	Paula Hubbard 2012-	Ralph Heimlich 2005-2012	Jay Goldsberry (2)	Mike Hughes (2)
Dave Isbell	Catriona Miller 2012-	Mark Woodside 2005-2012	Bela Mariassy (3)	Peter Harris (3)
Catriona Miller	Dave Biss 2002- 2012		James Song (2)	Wendy Baker-Davis (2)
Jesse Aronson			Brian Blankinship (2)	Deb McKenzie (2)
Bela Mariassy	CPA Librarians		Tom Heneghan (1)	Paul Bieri (1)
	Caroline Labbe		Jackie & Robb Castle (1)	Nick Memen (1)
	Nelson Labbe		David Wilson (1)	Paula Hubbard (1)
			Mary Larson (1)	Jon Phipard (1)
			Jim Zawlocki (1)	Rita Scherping (1)
			Liz Marancik (1)	

Apologies if I missed someone.

Ralph Heimlich is the Coordinator of the CPA. What does the Coordinator do? See pages [1](#) and [7](#).





From an Annual Meeting Paddle Long, Long Ago

Recognize anyone?

have the entire trunk of **CPA Logowear**. Open Air Wear will offer overrun sports wear items from their line at deep discount. Come and enjoy the food and meet your fellow CPA paddlers wearing clothes that aren't neoprene. Imagine guys without skirts and girls wearing them! PARTICIPATE.

If you have any questions about this, contact Membership Chair [Sue Stevens](#) at 410-531-5641.

## Patuxent River Out and Back Kayak Camper

by Ralph Heimlich

Seven hardy kayakers accompanied me on a five-day camper down and back up the Patuxent River. I have run kayak campers on the Patuxent River before (see, "The Patuxent Water Trail" by Ralph Heimlich; Sea Kayaker Magazine, Issue 151, Dec. 2012, page 20). One of the more obnoxious things about a river trip is the long car shuttle between launch and take out which needs to be set up prior to the trip. This trip, we launched at the Patuxent River Park's Queen Anne Canoe Launch and paddled downstream for two days to the Maxwell Hall paddle-in campsite (opposite the Chalk Point power plant), then turned around and paddled upstream for three days to return to Queen Anne. We covered 58 miles and stayed at four of the Patuxent Water Trail's seven paddle-in campsites. The toughest things were the 22-mile first day, and the need to lounge around camp on the upriver days to catch the tide.

Many thanks to Charles Brown, Gina Cicotello, Dave Isbell, Lee De Cola, Rich Stevens, and Sophie Troy, who paddled with me on this experiment. Gina and Sophie left us on Sunday night, thanks to help from Fred Tutman, Patuxent Riverkeeper, who let us stage their car at the Riverkeeper's new Nottingham HQ.



## CPA Annual Meeting: Pre-Meeting Paddle and Official Meeting

Ralph Heimlich is organizing the **morning paddle**, which will be at Truxtun Park, Annapolis (900 Park Road, Annapolis, MD 21403). We will meet at the park between 8:00 and 8:30 AM. Plan to be on the water, ready to paddle by 9:00 AM. NOTE: Daylight savings time FALL BACK at 2 AM on Sunday, November 3, so this is one hour EARLIER). There is a ramp and a dock, lots of parking, and no launch fee. We will paddle for about 90 minutes, and be back at the docks and ready to drive to the Annual Meeting by 12:30 AM.

The **afternoon Annual Meeting** will be at Roger "Pip" Moyer Truxtun Park Recreation Center, 273 Hilltop Lane Annapolis, MD 21403. The meeting will start at 1:00 PM and will run until about 3:00 PM. We will have pizza available as the meeting starts, and we encourage attendees to bring some other yummy snacks that can be shared with the troops: brownies, cookies, chips, veggies and dips, etc.

You can also purchase CPA logowear shirts, stickers, patches, and other stuff. Logo Meister Bela Mariassy will

More pictures at <https://plus.google.com/photos/102459087707170525949/albums/5912137567224906977?banner=pwa>

And [http://pasadenagina.smugmug.com/Kayaking/Patuxent-River-Out-and-Back/31213789\\_Fk326c#!i=2700982132&k=hGbsfwf](http://pasadenagina.smugmug.com/Kayaking/Patuxent-River-Out-and-Back/31213789_Fk326c#!i=2700982132&k=hGbsfwf)

## Pocomoke River Car Camper

by Suzanne Farace



**Navigating narrow creeks**  
photograph by Tom Blount

Over the four-day July 4<sup>th</sup> weekend, 18 CPA paddlers camped at the Pocomoke River State Park and paddled that river and its tributaries, including Corker's Creek and Nassawango Creek to Red House Road (part of the Bog Iron Water Trails), and the Pocomoke River through Snow Hill and up to Porter's Crossing. The river and creeks were lush and green and flooded from all the recent rain. We did the limbo under some low bridges, others had bridges opened for them, and yet others made a portage. We saw many birds and other wildlife, including a couple of friendly goats. We were even treated to a ringside seat for a canoe jousting competition. As always, we visited and shopped at the always gracious and helpful local outfitter, Pocomoke River Canoe and Kayak in Snow Hill. Friday evening we enjoyed a terrific pot luck at the campground. Saturday we had a nice dinner out at the Palette restaurant in Snow Hill. We then walked to nearby Sturgis Park where we watched some spectacular fireworks over the river in celebration of the holiday. All in all, a very nice way to spend the holiday weekend.

A collection of photos of our trip can be found here: <https://plus.google.com/photos/117156736323956799313/albums/5903936624449162785?authkey=CKCX0%1eTdq8KJ0AE>

Thanks to Jim Allen, Mike Cohn, Linda Witkin, Tom Blount, Paula Hubbard, Paul Miller, Marilyn Fisher, Maryrose Whelley, Sue Stevens, Rich Stevens, Caretta Jones, Gail Addis, Sophie Troy, Jennifer Bine, Yvonne Thayer, and Susan Green for joining us on this trip. Suzanne and Steven Jahncke led the trip.

*(Continued from page 3)*

- **Participate and anticipate.** Help others move boats to the water or back to the cars. Wait your turn at a narrow landing and clear boat ramps as quickly as possible. Keep an eye on the paddlers around you and let the Trip Leader know if things are amiss. If somebody else isn't practicing good Trip Followership, let them know it isn't appreciated.

**Be thankful.** Trip Leaders are paid in the currency of gratitude. They aren't outfitters and they aren't your MOTHER, so let them know you appreciate the effort and initiative they've shown to lead your CPA trip, and to share their knowledge and experience. As the trip leader in the story above told me, "To think...we volunteer to do this!"

CPA is lucky to have such a large and dedicated bunch of Trip Leaders. You can demonstrate your appreciation most graphically by being a good Trip Follower.

Speaking of Trip Leaders, kudos to Steven Jahncke, Katie Omeara, Kathy Rost, Lisa Arrasmith, and Bryan Wakefield who recently completed the Kayak Camping Trip Leaders course offered by Jenny Plummer-Welker and Greg Welker, and to CPA's newest BCU 3-star awardees, Paula Hubbard, Mike Thomas, Paul Casto and Jan Sheehan. I'm sure we'll see more of these leaders on the calendar and on the water.

**Ralph Heimlich**  
Coordinator

*(Continued from page 4)* **CPA Paddler Profile ~ Fran Arnott**

**Bucket list trips:** I would like to explore more of the Chesapeake Bay. San Juan Islands. Some of the Great Lakes.

**Three things you like most about paddling?** Only three? Being on the water, an activity I can do with Tom that we both enjoy, and there is always something new to learn.

**What do you like about CPA?** Besides meeting really great people, I like the fact that safety comes first and most people are willing to share their experience to make you a better paddler.

**One thing other people find interesting about you:** People seem unusually fascinated with the fact that I don't have a sweet tooth and I generally don't like dessert!

## Chesapeake Paddlers Association Tentative 2013 Calendar

Date	Title	Summary
9/13/13	Nanticoke River Car Camper	Camp and paddle the waters of the Nanticoke River. Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net
9/14/13	Kent Island Practice Paddle Series (KIPP)	This series will have six practice paddles once a month, from April thru September. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
9/14/13	21st Annual Wye Island Regatta—NON CPA EVENT	15 Events; The 13.1 Mile Head Race starts at the Wye Landing on the Wye East River, 18 miles southeast of the Chesapeake Bay Bridge and continues around Wye Island. It is the only 100% "people-powered" paddle/rowing regatta in USA. Steve Hall, Annapolis Rowing Club, 410-693-6975, shall@sandler.com
9/21/13	Patuxent Paddle	Showcase paddle for the Patuxent Pirates. Dan Wells, 410-414-2660, wellstd@comcast.net, Jenny Welker-Plummer, plummer_welker@verizon.net, and Greg Welker, gdwelker@verizon.net
9/21/13	Mobjack Marathon - 26.2 nautical miles (30.15 statute miles) around Mobjack Bay	The culmination of 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
9/27/13	3rd Annual Kiptopeke Sea Kayaking Symposium—NON CPA EVENT	Virginia Eastern Shore For Paddlers of All Skill Levels. Rick Wiebush, 410-788-1241, rwiebush@gmail.com
9/28/13	Kent Island Practice Paddle Series (KIPP)—Final	This series will have six practice paddles once a month, from April thru September. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
9/28/13	Wye Island Circumnavigation	Day paddle around the Island = 12 mile tour. Rich & Sue Stevens, 410-531-5641, susiegreenthumb@verizon.net
10/4-6/13	30th Annual Mid-Atlantic Small Craft Festival—NON CPA EVENT	Festival of small maritime craft and craftsmanship. Chesapeake Bay Maritime Museum, 410-745-2916, <a href="http://www.cbmm.org/mascf/">http://www.cbmm.org/mascf/</a>
10/5/13	EN3-Eastern Neck Camping Paddle	Paddle and camp in the vicinity of Eastern Neck National Wildlife Refuge. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
10/6/13	Swim Support: Half Full Triathlon / Centennial Lake—NON CPA EVENT	Kayak Swim Support: Half Full Triathlon /Centennial Lake. <a href="http://www.halffulltri.org">www.halffulltri.org</a> . Sue Stevens, 410-531-5641, susiegreenthumb@verizon.net
10/10-13/13	Delmarva Paddlers Retreat—NON CPA EVENT	25th Annual DELMARVA Paddlers Retreat. All Greenland, traditional paddling event. <a href="http://www.delmarvapaddlersretreat.org/">http://www.delmarvapaddlersretreat.org/</a> . Chris Beckman, 302-542-0818, delmarvakayak@comcast.net
10/18-20/13	Janes Island Kayak Kamper	Paddle and camp around Janes Island on the Eastern Shore. Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net
11/3/13	Election and Annual Meeting and Paddle	Truxtun Park, Annapolis. See details on <a href="#">Page 9</a> . Ralph Heimlich, 301-498-0918 leave a message, heimlichfamily@comcast.net

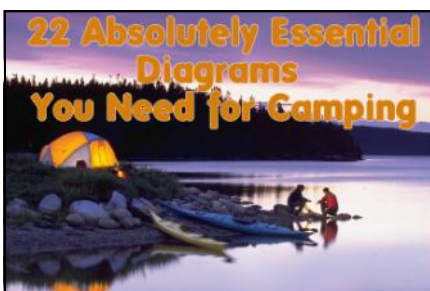
Visit the CPA Web page, <http://www.cpakayaker.com/>, for more events, details and trip leader/organizer contact information. For a full listing of upcoming Club events, visit the CPA Calendar, <http://www.cpakayaker.com/index.php?page=calendar>.

## CPA Classifieds

**Kayak for sale.** Kirton kayak (Inuit) imported from England. 18' w/rudder and Smart Track foot controls, low deck. Fast boat used for racing or fast touring. New hatch covers, very good condition. Cost over \$3,000 new; asking \$1,500. George Hires, 443-366-6564 or [grhires@aol.com](mailto:grhires@aol.com).

**Kayak for sale.** Eddyline Equinox kayak, 14' long, 2011 model bought new, minimal use, showroom condition, includes Eddyline Swift 2-piece carbon fiber lightweight paddle, many accessories. \$1,250 complete. See [www.eddyline.com](http://www.eddyline.com) for fine details of this first class kayak. Located in Richmond, VA. Contact: [mcdonough.iim@comcast.net](mailto:mcdonough.iim@comcast.net) or phone (804) 795-5402.

**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 \$30/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](mailto:gdwelker@verizon.net) or 301-249-4895 if interested.



## 22 Absolutely Essential Diagrams You Need for Camping

This list, compiled by Peggy Wang of BuzzFeed, starts with "How to Build a Campfire" and concludes with "Know Your Poisonous Plants." Among the other twenty essentials are a guide for how to sleep warm, hammock camping, a kayak camping gear guide, and checklist for car camping. The list is available online at <http://www.buzzfeed.com/peggy/absolutely-essential-diagrams-you-need-for-camping>. This link was featured in the June, 2013 edition of the National Park Service's Chesapeake Bay e-newsletter.



**2013 Chesapeake Bay Swim**

*Photograph © by DJ Manalo*

## Inside this issue:

- **Nominations for CPA Officers Due October 1<sup>st</sup>**
- **Get Involve with CPA**
- **Captain's Quarters: Trip Followers' Responsibilities**
- **Paddler Profiles—Fran Arnott and David Wilson**
- **Dealing with Weather Cocking**
- **CPA Annual Meeting and Paddle**
- **Patuxent River Out and Back**
- **Pocomoke River Kayak Car Camper**
- **CPA Tentative 2013 Calendar**
- **CPA Classifieds**

### **The Chesapeake Paddler**

Chesapeake Paddlers Association, Inc.

P.O. 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; 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.