

Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 24, Issue 3

April, 2014

Next Steps for the New Roller

By Mike Hamilton

So you have finally succeeded in getting your first forward sweep rolls. Congratulations and well done! Now what? Here are some useful thoughts on making rolling a more solid skill in your repertoire of kayaking skills.

Use it or lose it: reinforcing muscle memory. Schedule your next rolling session ASAP. Rolling is a skill that needs frequent repetition to imprint it in muscle memory. In the early stages, practice every day or every other day if possible. When rolling feels effortless, roll some more but when it is not working, step away and try again later. Only perfect practice makes perfect.

It's a mental game. If you are like most of us, you will be inconsistent at first. That's OK and to be expected. You are still in the early stages of internalizing the skill and it will take many successful rolls until your body remembers that motion and timing. It may take hundreds of rolls before it becomes reflexive and hundreds more in real situations until you can rely on it when you actually need to. So forgive yourself ahead of time, resist the urge to self-criticize, stay loose and focus on RIGHT NOW.

Precision in form counts. Until you can roll reflexively, cutting corners will get you nowhere fast. Rushing, failing to get into the setup, falling out of the setup and muscling up by applying too much power to the paddle are some common mistakes that lead to a failed roll. Take your time and get into a good setup position. You may even want to take a moment to compose yourself underwater. Don't worry; you'll have plenty of air if you are relaxed. The top of your head should be at the surface, your hands and paddle above the water, the grip is loose and you are tightly tucked. Execute your roll like you are being graded on form. Exaggerate every move: really arch your back, keep a relaxed grip on the paddle, rotate your torso to sweep the paddle blade in a big arc near the water surface, follow the sweeping blade with your eyes, keep your head and neck floppy and in the water until the last moment. Focus most on the body position and movement and much less on the paddle and arms. Most importantly of all: protect your rotator cuffs by keeping your hands in front of your shoulders in a high brace position.

Remember the other side. Now may be the time to begin working on rolling on the other side. Even if you are not ready to go there in earnest, begin working on the movements that you have learned. Get comfortable rotating the kayak with your lower body, setting up and sweeping on both sides. Working your muscles in pairs can help you strengthen and tone, prevent injury and teach your brain bi-lateral control. Ultimately, you will want a solid roll on both sides as wind, waves or situations may not allow you to roll successfully on your "good side" every time.

(Continued on page 6)



Patuxent River Policy Plan—Public Comments Sought

The Patuxent River is located within Maryland and travels through seven counties before reaching the Chesapeake Bay ([map](#) located on Page 5). The Patuxent River Commission members include the seven counties, one municipality (the City of Laurel), state agencies, and representatives from other groups and individuals who have an interest in the river. The Patuxent River Commission (PRC) is seeking comments on a draft policy plan. The first policy plan was done in 1984. It was updated in 1997. The PRC has prepared an updated plan and is seeking comments from the public.

The draft policy plan is available on line, (<http://planning.maryland.gov/PDF/OurWork/PRC/PRC-PolicyPlanDraft3.pdf>). Provide comments through April 30, 2014. For more information about the plan, visit the PRC's website, <http://planning.maryland.gov/OurWork/PatuxentRiverCommInfo.shtml>, or contact the Maryland Department of Planning at 410-767-4500: Chuck Boyd at chuck.boyd@maryland.gov or Jason Dubow at Jason.dubow@maryland.gov.

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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 Plummer-Welker 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.

Officers:

Coordinator—Ralph Heimlich
301-498-0918
coordinator@cpakayaker.com

Membership, subscriptions—Sue Stevens
410-531-5641
c/o CPA, P.O. Box 341, Greenbelt, MD 20768
membership@cpakayaker.com

Secretary—Sue Stevens
410-531-5641
secretary@cpakayaker.com

Treasurer—Rich Stevens
703-527-4882
treasurer@cpakayaker.com

Steering Committee—
steering_committee@cpakayaker.com
Paul Casto 410-353-7221

Paula Hubbard 407-619-2896
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

Newsletter Team:

Editor—Jenny Plummer-Welker 301-249-4895,
news_editor@cpakayaker.com

Paddler Profiles and Skills Series—Rick Wiebush,
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

Pirates of Algonkian—James Higgins, 571-659-
3319, pirates_algonkian@cpakayaker.com

Pirates of Baltimore—Dave Wilson
443-962-7612, Marla Aron 301-395-6822,
Rick Wiebush 410-788-1241
pirates_baltimore@cpakayaker.com

Pirates of the Eastern Shore—Paula Hubbard
407-619-2896
pirates_easternshore@cpakayaker.com

Pirates of Georgetown—Jesse Aronson
571-969-1539, Tom Heneghan 571-969-1866,
Rob Pearlman 240-688-6340
pirates_georgetown@cpakayaker.com

Pirates of the James—Mary Larson 804-
316-3432, Jon Phipard 804-334-3019
pirates_james@cpakayaker.com

Pirates of the Lakes—Tom Hunt 717-940-6572,
Mark Rizzuto
pirates_lakes@cpakayaker.com

Pirates of the North—Bob Shakeshaft
410-939-0269
pirates_north@cpakayaker.com

Pirates of Occoquan—Jeff Walaszek 703-
670-7712, Jim Zawlocki 703-378-7536
pirates_occoquan@cpakayaker.com

Pirates of Patuxent—Jenny Plummer-Welker
410-535-2348/301-249-4895, Don Polakovic
pirates_patuxent@cpakayaker.com

Pirates of Potomac—Dick Rock
703-780-6605
pirates_potomac@cpakayaker.com

Pirates of Sugarloaf—Liz Marancik
301-221-0572, Rita Scherping 240-731-9987
pirates_sugarloaf@cpakayaker.com

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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.

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Kiptopeke Sky at Night
photograph by Ted Gormley

Paying for Our Pleasures

We paddlers are drawn to the water for many reasons—nature, exercise, skills, adventure—but all of them please us to greater or lesser extent. Our pleasures on the water are priceless, but not without price if we take a mature view. The piper must be paid, sooner or later. I'm not talking here about launch fees or even the taxes that support parks, refuges and efforts to Save the Bay, but a more personal involvement and price in terms of our time. Who best to be the stewards of our waters than we who derive the most pleasure from them? We cannot all be Rainbow Warriors for Greenpeace, but we can all take part of our time here on earth to help preserve and maintain our waters for ourselves and the future. April 22 is the 44th Earth Day, so April is an excellent time to see to your stewardship responsibilities. Here are a couple of ways to pay it forward.

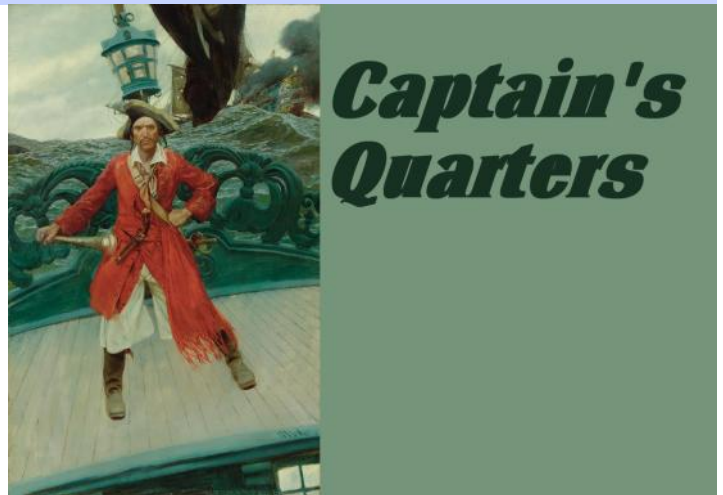
Last month I mentioned some efforts your fellow paddlers were taking to improve water access in our region. I am pleased to report that one effort has had some success. The Maryland legislature passed [House Bill 1312](#), sponsored by Delegate Pam Beidle, which allows State and local Program Open Space (POS) funds to be used to provide or enhance public access to newly acquired and existing recreational and open space sites. The bill also requires the Maryland Department of Natural Resources (DNR) and subdivisions to consider whether it is feasible to provide and enhance public access to recreational and open space sites. You can help support this effort by pushing for Program Open Space acquisitions in your county to have public access and pointing to the new law for resources to accomplish access.

One CPA paddler who is an exemplary "pusher" is Lisa Arrasmith. Lisa is a lawyer, which probably helps. But her tenaciousness in finding public land with water access in her home county of Anne Arundel and prodding local officials from the Department of Recreation & Parks up to the County Executive to open these resources to paddlers is mostly due to an "I'M AS MAD AS HELL, AND I'M NOT GOING TO TAKE THIS ANYMORE!" moment about a year ago. Since then, Lisa has made alliances with most of the paddling groups using these waters, prodded the county into opening Beverley Triton Beach Park, Jacks Creek Park, and other existing access points, organized a group to propose a water trail, rounded up an Eagle Scout project to get GPS coordinates for access points from water and land, and sparked a resurgence in Anne Arundel's Water Access Committee, along with chairman Mike Lofton. We could all do well to take Lisa's example in our own county or neighborhood. You'll be surprised at the extent to which you can "fight City Hall" on issues that benefit everyone. If it helps, CPA stands ready to second your arguments for improved water access all around the Bay.

April is also the month when many CPA volunteers give back to the water by organizing and participating in trash cleanups. We have cleanups of Mason Neck (April 5), the Patuxent and Occoquan (April 12) on our calendar, and there are many other cleanups (<http://www.americanrivers.org/take-action/cleanup/map/>) near you. The water is cold and muddy this time of year, but it is the best time to see trash washed up onto shores and in the marshes. Many say that trash cleanups really don't DO anything since there seems to be a limitless supply of cans, bottles, and other detritus washing ashore every year. Chip Walsh and I have been cleaning the same stretch of the Patuxent for 11 years now, and I can testify that I see less trash every year. More important, others along the river see US doing this work and the good example seems to motivate THEM. Our effort has grown every year, and we're happy to enjoy a cleaner Patuxent all season long. Take a good long look at your favorite paddling place. Would it be better for a bit of trash clean up? If so, there's no one better to pitch in than those of us who paddle.

I'll see you on the water, with a trash bag and a smile.

Ralph Heimlich
Coordinator



**Ralph Heimlich removing trash from the river,
Patuxent River Cleanup, April 12, 2014**
photograph by Jenny Plummer-Welker

Kiptopeke Sea Kayaking Symposium

By Tina Ehrig

"You're going to Kiptopeke, aren't you?" Instantly my kayaking antennae went up as the conversations flew around the table. We were relaxing at a local restaurant, happily comparing notes and plans for future paddling. I was looking forward to some new experiences, things to learn and people to meet. When I heard from former participants that the upcoming Third Annual Kiptopeke Sea Kayaking Symposium would offer extensive and enjoyable opportunities to learn, of course I couldn't wait to go.

If you want a quality learning experience, the Kiptopeke Symposium is tough to beat. The 2013 Symposium was held September 27-29 at Kiptopeke State Park, Virginia, just north of the Bay-Bridge Tunnel. It was organized by Rick Wiebush and sponsored by Cross Currents with input from specialty outfitters, kayak businesses and training centers from New York to Georgia. The 48 participants and 11 coaches were from 10 different states. Most but not all were active CPA members.

The weekend offered a satisfyingly wide range of experiences. Learning and practicing techniques to maximize speed and

efficiency for maneuvering, rescues, rolling, surfing, edging and bracing, strokes, leadership skills as well as BCU 3* and 4* training added to the challenges that made the weekend so worthwhile.

Kiptopeke State Park features a cluster of five comfortable lodges. Each includes a full kitchen, spectacular vaulted ceiling over the living/dining room, six bedrooms, three baths, and wide porches for the use of 12 paddlers in each lodge. I enjoyed talking with the other paddlers staying in 'my' lodge as everyone dealt with wet gear and shared what they had experienced that day.

On Friday evening, we attended the Reel Paddling Film Festival at the historic Palace Theatre in the charming town of Cape Charles. Sponsored by Southeast Expeditions and Cross Currents, it included a catered dinner. On Saturday night, we were treated to Rick's delicious Low Country Boil (made of potatoes, corn on the cob, shrimp, kielbasa, and beer) and a door prize giveaway. Affable Ed Schiller was the perfect choice for master of ceremonies. The door prizes, generously donated by symposium sponsors, were fabulous. People clapped, cheered and joked as sea kayaking videos, navigation books, free or discounted skills courses and discounted trips were given away. I was delighted to win 50% off a 2-day training course from Cross Currents. The evening was satisfying and entertaining, spent in great company.

Like any sea kayaking experience, the potential for windy conditions is always part of the equation, and most kayakers take it in stride. This year the weather offered 15-20+ knots every day. One friend commented, "I don't mind windy conditions. It is always good to get practice with a group in those conditions because there are people to help you if there is any trouble. I think it makes for good training."

I really liked the way the various activities built upon each other. Each instructor approached the same topics differently, with different emphasis and explanations. The instructors answered questions and gave feedback, so the individuals in the group could get out of it as much as they put into it. I really liked when the instructors explained why something happened: "Think about it..." they all said. Oh yeah. It was like the lid of a locked box was suddenly opened and the contents revealed! Finally some things like dealing with weathercocking made more sense.

Coaches Kevin Black, Brian Blankinship, Ken Fandetti, Jay Gitomer, Jen Kleck, Mike Kunselman, Tom Noffsinger, Chris Raab, Ed Schiller, and Paula Hubbard handled a variety of classes as they helped the attendees improve their skills.

Rick commented, "We had the pleasure of having Jen Kleck as one of the coaches. She is from San Diego and is a BCU Level 5 coach (which is as far as you can advance in the BCU system). Jen basically knocked everyone's socks off with the breadth and depth of her knowledge, her teaching ability and her fabulous personality. Jen said repeatedly how impressed she was with the overall ability level of the symposium participants and also commented that the people in her 4* training class were probably the strongest group of 4* candidates that she had ever worked with." (The class participants included Jack Dent, Mike Ward, Paula Hubbard, Allison Thomson, Jan Sheehan and James Kesterson.)

A highlight of the Symposium for me was the "Intro to Surfing" class, which I had been anticipating all weekend. There were just three of us in the class: Carol Collins, Diane Campbell, and me. I was a total beginner in surf. I had just gotten my boat a couple of days before the event and didn't know what it would do. Instructors Ed Schiller and Ken Fandetti assured us that the surf was just 'baby waves.' Whitewater experience helped some, but the river hydraulics stay put- whereas these little boomers travel and change!

(Continued on page 5)



A Kiptopeke class starts at Wise Point

(Continued from page 4)

Ed and Ken were nice guys and would treat us gently, I thought at the time. Ah, no chance. "Get out there, ladies, remember your bracing, turn and paddle, paddle, paddle!" The thought of Ed standing in the surf with a wicked grin on his face, laughing at us barreling directly at him like an express train, will always be a fun "Geronimo!" moment for me. Practicing bracing, I finally understood why Paula had said, "The wave is your friend!" The class was a total BLAST, and all of us really wanted to catch just one more wave to do it again- and again!

Please count me in for next year. My only regret is that I didn't discover this opportunity a couple of years ago.

Tina Ehrig, a member of the Chesapeake Paddlers Association, is a retired middle school teacher and is ACA certified. She is president of the Keystone Canoe Club near Reading, Pennsylvania. She enjoys whitewater paddling- the upper Delaware, Lehigh, Schuylkill Rivers, etc. Another favorite place to paddle is the Rock Hall area.



There are photos on the Symposium Facebook page: <https://www.facebook.com/KiptopekeSymposium?ref=hl>

There is a video on You Tube: <http://www.youtube.com/watch?v=XxXNrmVkByk>



Map of the Patuxent River and its watershed

Source: Maryland Department of Planning



Patuxent River Cleanup, April 12, 2014

Photograph by Ralph Heimlich

Photographs from Recent CPA Events



**Greenland Paddle Workshop,
March 22, 2014**

Photograph by Greg Welker



Boat and Paddle Workday, April 5, 2014

Photograph by Greg Welker

(*Continued from page 1*)

Eskimo bow rescue. As much as I hate the name (Eskimo is a derogatory term to many Inuit), this is a great skill to have for practicing your roll. By having another paddler spot you, a failed roll no longer means a wet exit. Simply use your partner's bow for support to right yourself and avoid time and energy killing re-entries. Trading off will let your partner practice too.

Progressive Skill Drills

Here are some drills that will help you solidify your roll.

The Un-set up. Capsize in random positions. Get into your setup under water and roll.

Switching sides. Practice setting up underwater on one side, then switch to the other side and complete your roll.

Re-positioning your hands. Before the setup, move the paddle in your hands. This will help your hands recognize how to correctly orient your paddle should you lose your grip during capsize.

The broken paddle. Try rolling with only one-half of your paddle. Paddles can and do break. If you lose your paddle during capsize, you may be able to use one half of your spare paddle to roll up with.

Assemble and roll. If you can reach both spare paddle halves, try assembling the paddle underwater and then completing your roll.

Swim to the paddle. Throw your paddle a few feet away from you, capsize, then dog paddle to the paddle. You may even be able to catch a breath on the way.

The stranger. Try rolling other kayakers. Some are easier to roll and others not so much. Good rolling technique will help you roll even the most unfriendly kayak designs.

Slow mo. Slow the roll down as much as possible. This will focus refinement on body movement and away from paddle movement.

Strip the clip. Using a nose clip can make practice more enjoyable for some and keep nasty bacteria out of your sinuses. Most capsizes occur when we are not ready and "clipped" so to be ready when the time comes and practice without your nose clips. I prefer salt water for this; pool water gives me a sinus headache the next day.

The Real World

Ok, so now you are a rolling champ in the pool. Make the transition to the real world; that's where you are going to need the skill anyway. Rolling in the conditions in which you paddle is essential. Practice in wind and waves, use gear that you would use like gloves, glasses and hats and roll in the coldest water in which you paddle (you may need ear plugs and hood in very cold water).



Finally, be aware of potential hazards when practicing your roll in the wilds. Shallow water, submerged items like stumps and fallen trees, bacteria, boat traffic and cold water can injure or kill you. Always check your depth and stay in the know about water quality.

See you under the water!

Mike Hamilton of Sykesville, Maryland is a member of the Chesapeake Paddlers Association. Mike is an ACA L3 Coastal Kayak Instructor with Cross Currents Sea Kayaking and University of Maryland. He is a Qajaq USA member and has a Traditional Paddling Endorsement.



Rolling an unfamiliar kayak
Photograph by Greg Welker

REVIEWER'S COMMENTS

Mike Aronoff

Mike did a great job with this article, nothing but good cogent info and valuable suggestions.

I wish we could all practice our rolls daily or every other day but most of us cannot.

A suggestion is to get someone to video you rolling, so you can truly visualize what you do when you do a roll correctly (or incorrectly). Visualization really works and is the next best thing to actual practice. So use visualization, but be careful to not be dreaming of rolls at the wrong times!

Rick Wiebush

This is a wonderful article, written in very clear language and loaded with great tips and drills to improve a roll. I think Mike may have used the wrong title though, since these tips really apply to everyone. I know that I have been struggling with my roll lately, and it's for many of the reasons Mike suggests, i.e., not practicing enough, rushing the set-up, trying to rely on the paddle and my arms, etc.

Thanks, Mike—I'm bringing this article to the pool with me next time!

Chesapeake Paddlers Association Tentative 2014 Calendar

Date	Title	Summary
4/5/14	Boat and Paddle Workshop and Gear Swap	Truxtun Park in Annapolis from 10 a.m. to 3 p.m. Catriona Miller, 571-248-1619, thelittlepiggyies-cpa@yahoo.com
4/5/14 - 4/6/14	Chesapeake Bay Voyagers Series #1	This is the inaugural paddle of a series covering the entire east shore of the Bay from Elk Neck to Kiptopeke. Intermediate trip. David Wilson, davidwilsonmd@gmail.com, 443-962-7612
4/5/14	Potomac River Watershed Cleanup—26th Annual	You can bring your kayak or walk along the shore. Bring boots and small backpack to carry bags, water, and clothes. Jim Zawlocki, jimz2z@verizon.net, 703-378-7536, fergusonfoundation.org
4/12/19	Kent Island Paddle	This is the ninth year for a most unusual paddle. The KIP series is for paddlers who want to have a distance challenge, build their skills and knowledge of paddling. Six practice paddles once a month, from April thru September, culminating in a final paddle in September. Advanced beginner trip. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
4/12/14	Patuxent River Clean Up	We'll be picking up trash on the river from two directions: downstream from Queen Anne Canoe Launch and upstream from Jackson Landing (Jug Bay). This activity is best done from a canoe, but we can use kayakers to fetch trash back to the "tankers". Ralph Heimlich, 301-498-0918, heimlichfamily@comcast.net, and Chip Walsh, 410-562-3466
4/12/14	Occoquan River Clean Up	Come and give back to your favorite paddling area. Jim Zawlocki, jimz2z@verizon.net, 703-378-7536, Friends of the Occoquan (FOTO) 703-624-7124
4/12/14	Washington Canoe Club Kumu'Ohu Race (CPA Race #1)	CPA is considering this the first of the CPA race series for points. Additional CPA races on May 3, July 19 and Aug 2. William Woodruff 123-456-7890 (Non-CPA Event, race hosted by WCC; its rules apply)
4/13/14	Bull Run Virginia Bluebell Paddle	A leisurely scenic 8.6 mile round trip lasting 2-3 hours through banks of blooming Virginia bluebells and wonderful marsh, river, and run ecosystems. Jim Zawlocki, 703-378-7536, jimz2z@verizon.net
4/19/14	Chesapeake Bay Voyagers Series #2	This is the second paddle of a series covering the entire east shore of the Bay. Intermediate trip. David Wilson, davidwilsonmd@gmail.com, 443-962-7612
4/25/14 to 4/27/14	SK 102 CPA Skills Clinic Weekend, Lake Anna	SK102 offers on-the-water skills classes covering wet exits, basic strokes, basic and advanced rescues, stroke improvement, rolling and more. Additional on land courses cover topics like navigation, kayak camping, etc. Pre-registration is open. Catriona Miller, 571-248-1619, sk102.cpa@gmail.com
5/2/14 to 5/4/14	Assateague Kayak Kamper Paddle	An 11 mile bayside paddle to an overnight backcountry campsite with a potluck dinner. Intermediate paddle. Jim Zawlocki, 703-378-7536, jimz2z@verizon.net
5/3/14	Chesapeake Bay Voyagers Series #3	This is the third paddle of a series covering the entire east shore of the Bay. Intermediate trip. David Wilson, davidwilsonmd@gmail.com, 443-962-7612
5/3/14	CPA Race Series #2	This is the second of four CPA Races. 3 miles. Meet at the Columbia Island Marina, Arlington, VA. Brian Blankinship, Brian@BayKayaking.com, 443-994-7990
5/10/14	Kent Island Paddle	Six practice paddles once a month, from April thru September. Advanced beginner trip. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
5/10/14	Piscataway Creek Circumnavigation	Circumnavigate Piscataway Creek near Fort Washington. Mike Cohn, mdcohn@verizon.net, 301-283-2391
5/10/14	EMS Demo Day (Non CPA Event)	EMS Store in Annapolis offers free kayak demos on the water at Truxtun Park. Volunteers are needed to provide on-water safety support. Bruce Kellman, Store Manager, E0160mg@ems.com, 410-573-1240
5/17/14	Beginner Kayak Paddle_KIPP-1 14"	Come on out for a beginner's paddle at Kent Island, MD. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
5/17/14	Okumefest Chesapeake Light Craft Demo (Non CPA Event)	Demo stitch and glue kayak kits at Matapeake Park, Kent Island, Queen Anne's County, MD. Volunteers are needed to provide on-water safety support. Chesapeake Light Craft, info@clcboats.com, 410-267-0137
5/17/14	Paddlefest on the Choptank	5th Annual, from Greensboro to Denton, Eastern Shore. Anna Jacobs, Caroline County Chamber of Commerce, annjacobs@carolinechamber.org, 410-479-4638 (Non-CPA Event)
5/17/14	Upper Magothy River—day tripper	Great opportunity to explore the upper Magothy. Bill Smith, 407-489-7191, bill@athenaconstructiongroup.com, Sue and Rich Stevens.
5/31/14	Potomac River Swim (Non CPA Event)	Visit http://www.potomacriverswim.com for more information. Cheryl Wagner at 202-387-2361, cherylw@crosslink.net.
5/18/14	Kayak Swim Support - Columbia Triathlon (Non CPA Event)	Kayak swimmer support for Columbia Triathlon, Centennial Lake, Howard County, MD. Sue Stevens, susiegreen-thumb@verizon.net, 410-531-5641
5/24/14	Patuxent River: Selby's Landing to Mt. Calvert and Return	Eight mile trip. Ben Mayock, bmayock@yahoo.com, 410-599-8934, Ralph Heimlich, heimlichfamily@comcast.net, 301-498-0918 (leave a message).
5/30/14	Chesapeake Bay Voyagers Series #4	This is the fourth paddle of a series covering the entire east shore of the Bay. Intermediate trip. David Wilson, davidwilsonmd@gmail.com, 443-962-7612
5/31/14	Swim Support—Potomac River Swim (Non CPA Event)	The 2014 Potomac River Swim (7.5 miles) needs support kayakers to accompany individual swimmers and otherwise. Cheryl Wagner, cherylw@crosslink.net , 202-387-2361
6/8/14	Swim Support—Great Chesapeake Bay Swim (Non CPA Event)	Join us on the Chesapeake Bay, under the Bridge to support the swimmers who will be taking part in this annual event. Volunteers are needed to provide on-water safety support. Dave Biss, davidbiss@cox.net, 703-867-2677

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. Klepper Tramp fiberglass river touring kayak (has scratches). 25" wide x 14' long. \$200. On Eastern Shore. George Hires, grhires@aol.com, 443-366-6564.

Kayak Storage. Storing your kayak outdoors? Were you worried about it during the Derecho? 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 or 301-249-4895 if interested.



Boat and Paddle Workshop and Gear Swap at Truxtun Park

Photograph by Greg Welker

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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.