

Chesapeake Paddler



Publication of the Chesapeake Paddlers Association, Inc. Volume 24, Issue 8 November-December, 2014

Gina Cicotello and Suzanne Farace Recognized for Outstanding Service to CPA



Coordinator Ralph Heimlich recognized two club members for their outstanding service to the Chesapeake Paddlers Association. At the Annual Meeting on November 2, 2014, Ralph presented plaques to CPA members Gina Cicotello and Suzanne Farace. Gina and Suzanne were recognized for their many years of leading several of CPA's signature events, leading numerous day and camping trips, and serving on the Steering Committee. For a closer view of the plaques' text and images, see [Page 4](#).



CPA Annual Meeting and Paddle by Ralph Heimlich

CPA Coordinator **Ralph Heimlich** opened the CPA's Annual Meeting and introduced and thanked current Officers and Steering Committee members for their work. He also thanked **Mike Cohn** and **Linda Witkin**, who arranged for the Moyaone Community Center in Accokeek, MD, for our meeting.

Financial Report 2014 Treasurer **Rich Stevens** distributed the year-to-date Annual Financial Report (through 10/15/2014). He presented details of income and expenses for major events, training classes, winter pool rolling sessions, logo gear supplies, membership dues, piracy expenditures, planning meetings, bank expenses, meeting supplies, club appreciation gifts, and newsletter printing and postage expenses. Our cash on hand decreased by \$925 (3.5%), from \$26,154 to \$25,229. There will be additional expenses in December, including the annual Club insurance renewal premium, various Piracy annual stipends, annual Holiday Party, and 2015 event reservation costs. We usually run all activities at a break even cost to the club, and only two activities where revenues were collected ran small losses. Extraordinary expenses this year included re-registering our domain name and security software to solve some website crashing issues, totaling \$1,080, but is good into 2019, which took advantage of a multiyear discount. Money received for dues was down \$648 (10.8%) for the period.

Rich reported that the club is in good financial shape due to our cash on hand. However, we are now spending a bit more than we are taking in. We have a financial cushion at this point, and the Steering



CPA Members Elected at the 2014 Annual Meeting, left to right: David Wilson, David Isbell, Marshall Woodruff, Ralph Heimlich, Sue Stevens, Paula Hubbard, Rich Stevens, Paul Casto, and Béla Mariassy

Photograph by Jenny Plummer-Welker

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CLASSIFIEDS

Ads dated three 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.

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.

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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.



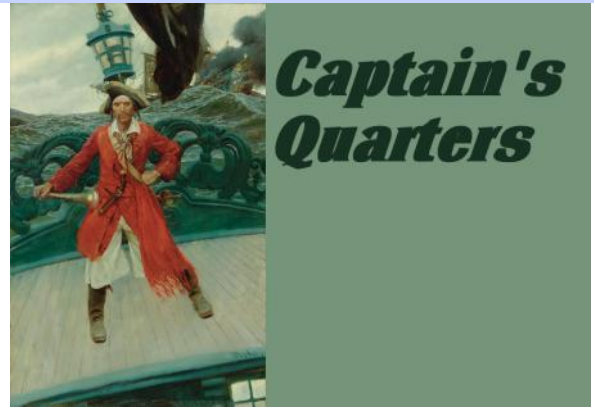
Pirates of Sugarloaf
Photograph by DJ Manalo



Jenny and the Skipjack on the West River
Photograph by Greg Welker

End of the 2014 Paddling Season

Running a sea kayak club is a bit like running a sea kayak: It's the unexpected that can get you in real trouble. The 2014 Annual Meeting was scheduled for a woody area, the Moyaone Community Center in Accokeek, MD, courtesy of **Mike Cohn** and **Linda Witkin**. Everything seemed to be in order as I rounded the last curve on Sunday morning to help prepare for the meeting...except the foot-thick tree lying across the phone line and entirely blocking the road! After parking my car with the flashers on and walking around the blockage to the meeting place, Mike called 911 and I went back to drive the loooong way around to deliver coffee pots and supplies for the meeting. As the time approached, we hadn't heard any chain saws, so Mike and I decided to try cutting it with his saw. On the way out...a car drove by on the supposedly blocked road! We checked and sure enough, somebody had removed the entire tree, so there was no issue of CPA members getting to the meeting. Thanks to **Mike and Linda** for arranging the meeting (at no cost to CPA), and having pull with SOMEBODY to get the log removed.



The end of the paddling season is a time to thank the many, many CPA volunteers and leaders who make everything happen. First and foremost are the officers, especially **Sue Stevens (Secretary and Membership Chair)** and **Rich Stevens (Treasurer)** who between them handle most of the clerical running of the club (everything from dealing with the mail to picking up pizza for the Annual Meeting), as well as being Pirate Queen and King of the Arundell Piracy and leading trips. Returning Steering Committee members **Paul Casto**, **Paula Hubbard**, **Dave Isbell**, and **Béla Mariassy**, are a font of appreciated wisdom and experience. Departing Steering Committee members **Tom Heneghan** and **Jesse Aronson** also deserve your thanks, especially Jesse who conducted the financial audit this year with the assistance of CPA member **Susan Green**. Incoming Steering Committee members **Dave Wilson (POB)** and **Marshall Woodruff (KIPP)** are well known to CPA paddlers for long distance paddling along the Eastern Shore and around Kent Island and will serve you well on the Committee. Thanks also to newcomers **Elizabeth Bryner** and **Molly Henry** who ran for the Steering Committee—trust me, we will find projects to engage your energies!

Other behind-the-scenes work that goes on continuously includes **Jenny Plummer-Welker's** splendid efforts as Editor of *The Chesapeake Paddler*, including the issue now under your eyes. Jenny is bowing out after two years, and passing the editorial pen to **Carrie Casto**. Other volunteers handle our electronic communications, especially web masters **Steve Bethke**, **Paula Hubbard** and **Catriona Miller**. **Catriona** and **Suzanne Farace** also post items of interest to our Facebook page, helping to keep our community in touch. The CPA Traveling Library, which was unpacked at the Annual Meeting, is maintained by **Carolyn Labbé** and **Nelson Labbé** (yes, we HAVE a [library](#)). We also have a store, off sorts, for CPA logo gear (shirts, caps, bumper stickers, etc.), ably handled by **Béla Mariassy**. These services add richness to CPA's offerings, but take dedicated and continuing work. It is interesting how many couples are prominent in running CPA: Sue and Rich Stevens, Carrie and Paul Casto, Jenny Plummer-Welker and Greg Welker, and Nelson and Carolyn Labbé. I guess togetherness in paddling really helps out.

Administrative chores aside, the trip and event leaders and organizers are the real producers of CPA's program. There were **32 leaders** this year, too many of them to list here, but all are recognized in the Trip and Event section of the Annual Report ([link to report](#) online). These 32 leaders organized and led a total of 81 trips and events, attended by 417 individual participants on 1,226 participant/days. You should particularly thank **Catriona Miller**, who headed up SK102 this year after understudying with **Brian Blankinship**, but also organized the Cold Water Clinic, Fiberglass Kayak Repair Workshop and Boat and Paddle Workshop again this year, as well as **Paul Casto**, who organized SK101. Both Cat and Paul as well as the entire cast of instructors for these two events contribute much to the important task of bringing new members into both sea kayaking and CPA. They renew our life blood. Others who led more than three trips or events apiece include **Dave Wilson**, **Sue Stevens**, **Rich Stevens**, **Marshall Woodruff**, **Jim Zawlocki**, **Chip Walsh**, **Tom Heneghan** and **Catriona Miller**.

One of the hallmarks of CPA is the sustained leadership that forms a strong bond of continuity throughout the activities of the club. We recognize the efforts of leaders who have come back year after year with special awards (see Page 1). This year, we recognized two ladies who worked together on many events, trading places as leader and co-leader over the years. **Gina Cicotello** originated and lead the annual CPA Gear Day from 2008-11, lead CPA's Introduction to Sea Kayaking (SK101) course in 2010-11, co-lead the Greenland Paddle Workshop from 2006-13, served on the Steering Committee in 2009-10, and leading numerous day and camping trips since joining in 2002. **Suzanne Farace** originated and lead CPA Gear Day from 2008-12, lead SK101 in 2010-13, co-lead a beginner course for Kayak Camping, served on the Steering Committee in 2009, and lead numerous day and camping trips since joining in 2005. Both of them well deserve the plaques honoring their efforts, but we expect them to be a continued presence in CPA for many years to come.

To all the many volunteers, **MY THANKS**, to which I ask you to add your own when next you see them.

This column is about the end of the season, but many of you paddling Pirates are still planning end-of-season events to think back on the summer now gone. Our CPA season will not be complete until the [CPA Holiday Party](#) rolls around on December 6. Our hosts again this year in Arlington will be **Ann and Al Larsen**, who richly deserve credit for not FLEEING IN HORROR when I asked them after last year's party. I'd love to see you all at the party one last time, with your 'skirts off;->

Ralph Heimlich
Coordinator



Ralph Heimlich on the Anacostia River,
photograph by DJ Manalo

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Committee (SC) will monitor income and expenditures in the future. Rich indicated that CPA is current and in compliance with state and federal tax filing requirements. He handles the preparation of the IRS annual 501(c) 4 tax reports and processes all income received via from PayPal, receipts, and outgoing expenses.

Audit Report SC member **Jesse Aronson**, assisted by **Susan Green**, audited the treasurer's books for 2013 and provided a detailed report. Aside from minor typographical errors and some issues allocating receipts to their proper activities, the audit committee gave our Treasurer a clean bill of health.

Membership Report 2013 Secretary **Sue Stevens** reported we have 672 members, down 1.6% from 2013, but down 6.2% from our peak membership of 717 in March 2013. Between September 2013 and 2014, 952 current members were due to renew and 224 did renew (24%). We added 138 new members, plus 16 former members returning after a lapse. Eighty-two percent of new and renewing members transacted through PayPal.

CPA Logo Gear CPA Gear Meister, **Bela Mariassy**, presented the sales summary. Sales were lower in 2013, except for the special 15th anniversary orange shirts ordered for SK102. The club breaks even selling the logo shirts at \$15 each.

Chesapeake Paddler Newsletter Editor **Jenny Plummer-Welker** thanked everyone who contributed to articles this year, especially **Rick Wiebush** for contributing "Paddler Profiles" of CPA members and **Sue Stevens** for sending email announcements to nearly all members when the digital newsletter is ready for download. Jenny announced that she is stepping down as Editor, and announced **Carrie Casto** as incoming Editor.

Election Results The electronically cast e-ballots were tabulated prior to the Annual Meeting by Web Master **Steve Bethke**. The additional paper ballots and the mailed paper ballots were gathered and totaled by the **Election Committee: Steve Bethke, Suzanne Farace, and Carolyn Labbé**. The Officers for 2015 will be **Ralph Heimlich** as Coordinator, **Rich Stevens** as Treasurer, **Sue Stevens** as Secretary. The Steering Committee for 2015 is composed of six members: **David Wilson** and **Marshall Woodruff** (both newly elected), and returning members **Paul Casto, Paula Hubbard, Dave Isbell, and Béla Mariassy**. Thanks to departing SC members **Jesse Aronson** and **Tom Heneghan** who served for two years. Thanks also to new CPA members **Elizabeth Bryner** and **Molly Henley** who ran for the SC in their first year. That's team spirit!

Awards Ralph Heimlich presented two awards for service to CPA over a period of years to **Suzanne Farace** and **Gina Cicotello**.

New Business The following new business was discussed:

An audit of the Logo Gear was mentioned as being needed in the financial audit conducted by **Jesse Aronson**. Ralph appointed SC member **Dave Isbell** to work with Logo Gear Meister **Béla Mariassy** to conduct such an audit.


In response to a proposal for an Advanced Intermediate trip category put forth by **Gina Cicotello**, the SC asked SC member **Paula Hubbard** to review our current trip rating system and propose changes. Paula reported on her findings, and they will be formalized and voted on by the SC and promulgated on the website and Forums.

Ralph Heimlich led a discussion of issues leading to an overhaul of the website, including maintenance issues, instability experienced this summer, and lack of newer functionalities included in Meetup group websites. He will develop and administer a focus group questionnaire to gather input on what members want from the website and propose changes to the SC.

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For Outstanding Service Gina Cicotello

For originating and leading the annual CPA Gear Day from 2008-11, leading CPA's Introduction to Sea Kayaking (SK101) course in 2010-11, co-leading the Greenland Paddle Workshop from 2006-13, serving on the Steering Committee in 2009-10, leading numerous day and camping trips, and participating in many CPA events and activities since joining in 2002.

November 2014



For Outstanding Service Suzanne Farace




For originating and leading the annual CPA Gear Day from 2008-12, leading CPA's Introduction to Sea Kayaking (SK101) course in 2010-13, co-leading a beginner course for Kayak Camping, serving on the Steering Committee in 2009, leading numerous day and camping trips, and participating in many CPA events and activities since joining in 2005.

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Recap of 2014 Events

Cold Water Safety Workshop For the February 2014 Cold Water Safety workshop organized by Catriona Miller, Ralph Heimlich, and Moulton Avery. There were 29 attendees.

SK 101 CPA's classroom instruction, Introduction to Sea Kayaking, was held on March 15 at West River Center, Mayo, Maryland. SC member **Paul Casto** led this training session for the first time this year, coordinating our volunteer presenters and topics. Attendance maxed out the room size at 100 again.

SK 102 CPA's on-water training at Lake Anna, Virginia was held April 25-27. **Catriona Miller** took over the lead in this 16th year of the event. There were 27 volunteer instructors and 100 students attending. Catriona organized a work event the weekend prior to help club member hosts **Dave Compton and Theresa Pendleton** spruce up their large backyard for the event and camping. Three tons of gravel were unloaded and taken down to the beach area to improve the landing this year, a needed capital improvement paid for by CPA.

Kayak and Paddle Workday The second year of this event was held on April 5 at Truxtun Park, Annapolis, Maryland and was coordinated by **Catriona Miller**. There were seven CPA volunteers and 15 attendees. Multiple Greenland paddles were renewed, six kayaks received Keel Eazy, and many other repairs were completed.

Fiberglass Kayak Repair There were 17 attendees and 14 demo kayaks at the Fiberglass Kayak Repair workshop held in collaboration with Annapolis Harbor Boat Yard and coordinated by Catriona Miller. Boat yard staff taught CPA members how to fix their fiberglass kayaks.

Fifth Annual Gear Day/Fall Out of Your Boat Day Held on June 15 at Truxtun Park, Annapolis, Maryland, the event was coordinated by **Greg Welker**. Twenty-five paddlers attended.

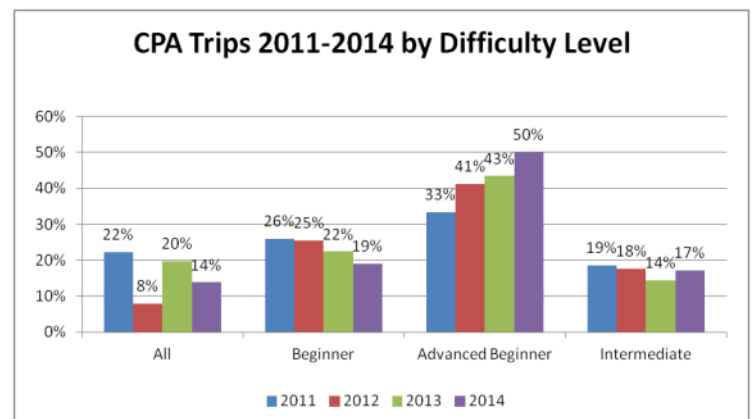
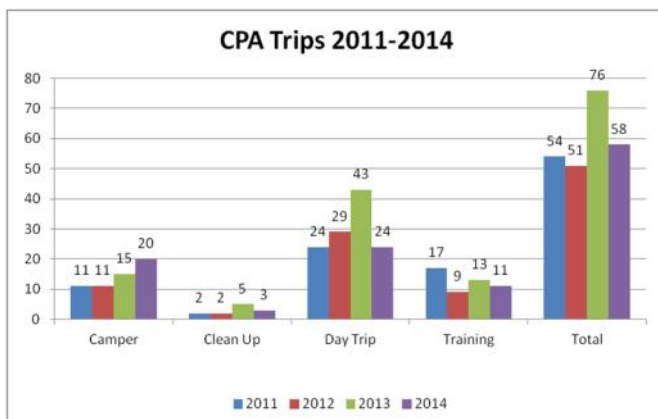
Winter Pool Rolling Practice Sessions Practice sessions were organized by **Rick Wiebush** at the Catonsville pool, attended by 46 people in two sessions, and by **Joe Messier** at the Williamsburg pool attended by eight people in two sessions. These sessions provided much appreciated inside practice time.

Club Trips Ralph Heimlich has again been collecting the club waivers this year, as part of the club's insurance requirement. He has been able to use the information on the waivers to create a plethora of statistics. In 2014, the club hosted 81 paddle trips or events with 2,207 participants, 417 individual participants, 20 camping trips, three cleanup/paddling activities, 24 day trips, and seven gear/work days, 10 active week day piracies in three states, one planning meeting, and 11 training events. He is still collecting waivers! These totals are down from 2013 (93 activities/6,607 participants/498 individuals). The biggest decline was in day trips, while campers and gear-related activities increased.

Facebook CPA Community Page is running with good user volume during the year. It continues to be managed by **Suzanne Farace** and **Catriona Miller**. It provides great discussions on many topics of interest and related water topics with no need to register with Facebook.

CPA Library CPA has a library of books and videos. **Carolyn Labbé** offered many new DVDs for loan, including rolling techniques.

Editor's note: For more details, see CPA's Annual Report, 2014 online at http://www.cpakayaker.com/uploads/online_newsletters/cpa2014/CPA%20Annual%20Report%202014a.pdf.



CPA Logo Gear is Available

More details about purchasing shirts, hats, bumper stickers, rescue streamers, and other items are available on the CPA website: <http://www.cpakayaker.com/join-cpa/cpa-logo-gear/>.

CPA Paddler Profiles ~ Dave Isbell

Interview by Rick Wiebush

Name: Dave Isbell

Lives in: Annapolis, Maryland

Real job: Manager, Annapolis Canoe and Kayak

Member of a Piracy? The former Pirates of Pier 7 now the Roving Pirates of Arundell

Paddling Buddies: The Pier 7 crowd

Number years paddling: 27 years

How did you get involved in kayaking? I was about to buy a recreational rowing shell but got to paddle a friend's kayak. Facing the direction I was moving (seeing where I was going instead of where I had been!!) struck me as a really good thing and the kayak moved so smoothly and easily through the water that I decided to get a sea kayak.

How did you learn to sea kayak? I took a two day lesson through Springer in Rockville in a rented kayak. They were assisted by a few CPA members (there were only a few members in CPA at that time anyway!)

Any formal training or ACA/BCU certifications? Just the above.

Boat usually paddled: I have five kayaks. I paddle a Current Designs Nomad (19' x 21" mango) as my cruising and camping kayak, my Feathercraft Expedition K1 (16' x 25", red deck black hull) if I have to bring it on an airplane, or one of my skin on frame traditional Greenland or Aleut qajaqs on shorter trips or just for fun.

Type paddle used: I switched to a traditional Greenland paddle 12 years ago and have never gone back. I keep my old, big blade paddles stored with my snow shovel so if it breaks I can still clear the walks with my old paddles. :-)

Do you do any other type of paddling besides sea kayaking? I have rediscovered canoeing. I had a canoe as a teenager. I paddled a borrowed solo canoe in 2011 for a week in the Adirondacks and subsequently built a skin on frame solo canoe and just bought a Kevlar, 32 lb. Wenonah Wilderness solo canoe. In July, Ralph Heimlich, our esteemed coordinator, and I did a 10 day, 156 mile canoe trip in New England in a tandem 19.5' Kevlar canoe and had a great time.

Do you regularly do any other outdoor activities: Camping but usually associated with kayaking or canoeing.

How often do you paddle in summer? At least once a week. Working weekends does get in the way of paddling with Monday to Friday working folks.

Do any winter paddling? Yes. I enjoy the quieter, less crowded waters you find in the winter.

Go to pool sessions? I used to go to Fairlands roll and teach rolling but haven't been in a couple of years.

Favorite local paddling location: The South River with its myriad of creeks and access to the bay.
Favorite non-local location: Adirondack Park in upper state New York.

Best paddling trip/experience ever and why: In July and August 2010 Marshall Woodruff and I did a three week kayak expedition in the high Canadian arctic, 430 miles north of the Arctic Circle in northern Baffin Island. We took seven months to plan and research this trip as it was unsupported and unguided. Absolutely stunning scenery with paddling around pack ice and icebergs, camping on the tundra and arctic beaches, 24 hours of daylight, and keeping a lookout for polar bears made this a unique trip that not many people get to experience.

Scariest/most dangerous trip/experience and why: I have never felt in danger or afraid in a kayak. I went to sea for 20+ years with the Coast Guard and later as a professional captain. I have experienced some pretty hairy moments with storms, wind, waves and breakdowns. With all that in my experience locker, I approach kayaking as a potentially dangerous activity and have developed the skills, strengths, mindset, and equipment to be prepared for the stuff that can happen.

Bucket list trips: More Arctic paddling or a trip paddling Alaskan waters would be great.

Three things you like most about paddling? The fact that you are self-reliant (or should be); the peacefulness of a manually propelled vessel; the comradery of other likeminded people.

What do you like about CPA? I am a life member of CPA (my membership number is #22 if that tells you anything). I like the community service aspect concerning safety on the water and the availability of trips of all types with other CPA members.

One thing other people find interesting about you: I used to chase (and occasionally catch) drug smugglers for a living.



Dave Isbell in the Adirondacks photo by Judy Billage

CPA Paddler Profiles ~ Jaclin Gilbert

Interview by Rick Wiebush



Jaclin Gilbert on the South River near Church Creek *photo by Sonja Pyle*

Name: Jaclin Gilbert

Lives in: Silver Spring, Maryland

Real job: Library Media Specialist at a middle school

Member of a Piracy? Not yet. Hoping to paddle with the POSLers [Pirates of Sugarloaf] next year.

Paddling Buddies: Wow-I paddle with a lot of people. Not sure I can single out anyone in particular. Maybe Denise Parisi and Lorah Conheim Cusack the most? We came up through the ranks together.

Number years paddling: Informally, around 15 years on an extremely occasional basis. Seriously, for a year and half.

How did you get involved in kayaking? I canoed as a kid, and that led to some kayaking. Then I joined Chesapeake Kayak Adventures and my involvement really took off. I quite quickly bought a long boat and stated getting serious.

peake Kayak Adventures and my involvement really took off. I quite quickly bought a long boat and stated getting serious.

How did you learn to sea kayak? I took lessons from Cross Currents through Chesapeake Kayak Adventures, and watched and listened to my fellow paddlers.

Any formal training or ACA/BCU certifications? Looking at training for L3 maybe next year.

Boat usually paddled: Impex Force Cat 3, Yellow. Delphin 15, Bright Green.

Type paddle used: Have both, lately been paddling more Euro than Greenland. I will go back to Greenland for rolling this winter.

Do you do any other type of paddling besides sea kayaking? Not really

Do you regularly do any other outdoor activities? I hike and bike.

How often do you paddle in summer? As much as I can, two to three times a week if possible.

Do any winter paddling? Yes, when it is over 40 degrees. I don't go out very much below that.

Go to pool sessions? Last year I went to Catonsville, this year we will see!

Favorite local paddling location: I love to be out on the bay. Maybe Kent Island area, right now? That could still be the influence of KIPP [Kent Island Practice Paddles] last summer.

Favorite non-local location: Pine Island area in Florida.

Best paddling trip/experience ever and why: I would say that KIPP was my best paddling experience, though I loved the kayak camping trip I did in Florida last winter. But the day of the actual KIPP paddle I expected a trip that would be difficult and enervating at times, and when the paddle turned out to be one of pure joy, it rose to the position of best paddle ever.

Scariest/most dangerous trip/experience and why: Launching with a group after a lunch break as a sudden squall came up on the bay. Launching became a challenge, and a paddler did flip over in the suddenly messy seas. The group I was with did a great job of rescuing the swimmer in difficult conditions, and I learned a little bit more about what I was capable of.

Bucket list trips: Maine Islands, Aegean seas.

Three things you like most about paddling? I love the sense of peace that I get from paddling, seeing what I am capable of achieving, and my fellow paddlers. Paddling does seem to attract a really great group of people.

What do you like about CPA? It's a great knowledge base.

One thing other people find interesting about you: I once sang back up for Barry Manilow.

You're Invited to the CPA Holiday Party December 6, 2014

Last year, the pirates of the northern piracies crossed the waters in search of new adventures and new territories to maraud, choosing to occupy Arlington, Virginia. They were satisfied with the party that broke out upon their arrival, and their treatment by the Virginia locals. In fact, pleased to be feted (rather than defeated or even de-feted) the CPAers have asked for a return engagement. The hosts have agreed, and thus the traditional CPA holiday party will again be held in the land of the Pirates of Georgetown (PoGs) on **December 6** at 6 PM at the home of Al and Anne Larsen, 3824 N. Oakland Street, Arlington, Virginia 22207.

Venturing over the mighty Potomac again this year, our traditions will remain intact. This will be a pot-luck dinner gathering, and we will do the White Elephant (a.k.a. Pink Manatee) gift exchange.

If your last name begins with:

A-K bring a casserole or entrée

L-S bring a salad (green, bean, fruit, pasta, etc.) and some bread

T-Z bring a dessert (cake, pie, cobbler, etc.)

Bring your favorite beverage. The scalawags will be invited to the groaning boards (i.e. chow is on) starting at 6:30.

Al and Anne will supply a ham, and perhaps a giant squid from the PoG Halloween outing, plus non-alcoholic beverages, but you are welcome to bring your own beer, wine, or other beverage of choice (supplying booze to your lot would even break a pirate!!). The Pink Manatee or White Elephant gift exchange is for those wishing to participate. Bring a wrapped "treasure" worth less than \$10 (check your Cracker Jacks boxes now). Regifting is an art form!

Please RSVP no later than November 30 to alarsen120@aol.com.

Directions:

The Larsens live at 3824 N. Oakland Street in Arlington, just off Military Road. It's a short distance from the Virginia end of Chain Bridge, near where the north end Military Road intersects with and ends at Old Glebe Road. From DC, best bet is Roosevelt Bridge to GW Parkway, getting off at Spout Run. From the Beltway coming south, you can use Cabin John Parkway to Clara Barton and Chain Bridge, or American Legion Bridge to GW Parkway getting off at Rt. 123/ Chain Bridge. From Beltway coming north, you can get off I-66 to Glebe Road. However you approach, get yourselves to Military Road, and turn off of Military at 38th Street, and go one short block to Oakland. Turn left and go less than a block to 3824 on the left (white house, with large front porch with swing).

If you become lost in the mysterious lands of the South, call Al and Anne at 703-807-1639.

Transition from BCU to Paddlesports North America

by Rick Wiebush

The purpose of this article is to let people know about a new paddling organization in the U.S.—Paddlesports North America (PNA). The British Canoe Union North America (BCUNA) was the entity that formerly handled BCU programming in North America. We were like the little brother (distant cousin?) of the British organization and had no real power or autonomy. To remedy this, several years ago resident North American BCU coaches and members began planning a new organization to deliver BCU programming in North America that would have more control over programming and finances. (Historically, almost all the money collected by BCUNA from program fees went back to the UK.) Paddlesports North America (PNA) was incorporated as a not-for-profit, educational organization in New York State in late 2013. In July of 2014, PNA was granted Federal not-for-profit status as an educational public charity under Section 501(c) 3 of the U.S. Internal Revenue Code. PNA is now officially an independent "Affiliate" of the BCU, the first one outside of the UK.

What's so great about PNA? For paddlers, the personal "Star awards" are internationally recognized benchmarks; often paddling trips are pegged to a particular Star level to ensure that participants are well matched to the challenge. The early Star awards (1* and 2*) enable paddlers to gain multi-craft skills, rooted in the fundamentals that apply to all paddle craft and emphasize safety, effectiveness and efficiency. For example, when I did the week-long Level 2 BCU coach training, we paddled canoes, sit on tops, rec boats, SUPs and, for about an hour, sea kayaks. It was an eye-opener! More advanced Star awards (3*, 4* and 5*) focus on a single craft (e.g. sea kayaks) and include seamanship, and leadership in progressively more advanced conditions.

What's so great? The BCU system is very thorough, disciplined and demanding. I've been working in it for about eight years and believe that most of my skills are primarily attributable to BCU courses and coaches. Because it's so demanding, I have a lot of respect for paddlers who have earned their 3* and 4* awards. (I'm also pretty much in awe of 5* paddlers.) The coach development system is extremely demanding as well. Instructors are trained to deliver progressive sessions, beginning with sound foundation skills and techniques, and then helping people move along a long-term paddler development pathway. Almost everything taught to coaches is grounded in research about how we learn technical and tactical skills, and how to identify psychological as well as physical obstacles and opportunities.

Think about joining PNA. If you do, you'll have the opportunity to be part of a system that will help you progress toward your goals as a paddler and/or coach, whatever those are, in recreation, competition or fitness. (Full disclosure: I have no financial interest in people joining PNA. I do deliver and/or arrange for the delivery of BCU/PNA training and assessment courses, but these are open to both members and non-members.)

If you have questions or want more information about PNA you can contact me at rwiebush@gmail.com. Meanwhile, you can also check out the PNA website: <http://www.paddlesportsnorthamerica.org>.

Audit of the Club's 2013 Finances

by Jesse Aronson



In September of last year the Coordinator, Ralph Heimlich, requested that I lead an audit of the club's 2013 finances. Periodic audits are a good and common practice in organizations and provide a validation of the validity of the financial numbers being reported as well as the club's internal controls (that is, are we properly accounting for everything, maintaining records, keeping receipts, and so on). The good news is that the club's books are in good shape and no one was sent to the brig based on the findings. The primary method used was to account for every transaction in the club's checkbook and Paypal account for 2013, about 700 transactions in all, and to compare what was recorded with what was reported in the club's annual financial report and event-specific reports. Volunteer Susan Green reconciled every checking expenditure against the receipts provided and found that every check was accounted for. I pored over all of the other transactions and also found good concurrence. As one would expect, some minor arithmetic and data entry errors and other discrepancies were found; these were accounted for in corrections and explanations provided by Treasurer Rich Stevens. There were a couple of recommendations. For one thing, logo gear sales are something of a "black box" and are not well

accounted for in the club's financials. Ralph has chartered an effort to examine this issue. Second, we have been concerned that the club is beginning to run at a deficit. Because the club's finances do not separate out capital acquisitions (e.g., coffee urns), operating costs, and inventory (e.g., logo gear), further review would be required to determine our true profitability. Overall, kudos go out to our Treasurer, who does a good job of handling a surprisingly large and complex set of transactions year in and year out.

Editor's note: The 2013 Financial Audit Report is available online at http://www.cpakayaker.com/uploads/Annual_Reports/2013_Audit_Final_Report.pdf.

Recreational Boating Statistics in the Chesapeake Bay Region

by Ralph Heimlich

The U.S. Coast Guard carries out a Recreational Boating Survey program to obtain a uniform statistical picture of boating use and safety across the nation. The program consists of a number of phone and mail surveys designed to portray both boat ownership and use. The national reports, with detail for large regions, are published online at <http://www.uscgboating.org/statistics/survey.aspx>. I obtained the micro data for both the boat ownership and use surveys to take a closer look at how kayaking fits within the larger recreational boating scene in the Chesapeake Bay states (DE, DC, MD, PA, VA).

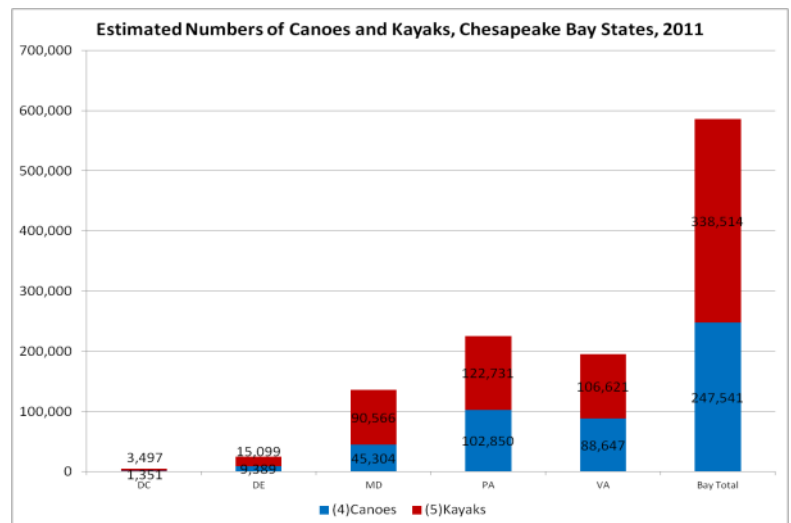
The 2011 Boat Owner Survey collected information on the number, type(s) and size(s) of the boats that households owned; number, types and sizes of motors/engines; hull materials; characteristics of boat storage during the boating season and launch sites used (if any); and annual spending on boat maintenance, upkeep and storage. A mail version of the Boat Owner Survey was administered to a sample of registered and documented boat owners in states that provided their boat registry information (i.e., the names and addresses of their registered boat owners). The size and distribution of the selected sample was designed to meet the following objectives:

- Overall boat number estimates with an error margin of ± 1 percent at the 95 percent confidence level;
- Boat type estimates with an error margin of ± 3 percent at the 95 percent confidence level; and
- At least 200 boats per state, the District of Columbia and Puerto Rico.

The Coast Guard's Recreational Boat Survey program has a lot of ground to cover, and so is a less-than-ideal vehicle to learn about kayakers, and especially sea kayakers. The use of boat registrations as the primary survey universe (augmented by a random phone survey adjusted by the same weights applied to the registered boats) probably biases the survey toward larger boat owners since many states do not register kayakers. However flawed, it does provide a picture of recreational kayak use in our area, and puts that use in the context of boating overall, and boating across the entire U.S.

Editor's note: Ralph's full article online at

http://www.cpakayaker.com/uploads/online_newsletters/pdf_articles/Recreational_Boating_Statistics_Cheseapeake_Bay_Region.pdf.





Washington Canoe Club Middle States and Masters Regatta

by Charlie Johnson

Saturday started well. Even though the men's outrigger team was on the water, there was still one space left in the tiny Washington Canoe Club (WCC) parking lot on this rainy, cool morning. Today was the first day of the WCC Middle States and Masters Regatta. Regatta? Will Thurston Howell show up in a double-breasted blazer sporting a commodore's hat? This little event has an identity crisis. In a world of SUP's, OC's and surf skis, the WCC is still holding this quaint event for sprint kayaks and high-kneel canoes. Who would show up for this regatta?




Around 9 AM the first of the Canadian masters arrived. Once they all showed up, they chose to be tourists for the day. Their not returning until Sunday did not fill me with confidence about event attendance. I busied myself with the registration table while volunteers trickled in and out. Buoys? Check. Beer? We need some. Boat numbers? Also needed. Many of the racers had pre-registered through Paddleguru, so there wasn't a lot yet to do. The club was busy by 1 PM. The rain had stopped, and we had our pre-race meeting at 1:30. The meeting's main purpose was to let the racers know where the boat-ruining big rocks were on the river. The race started on time with about nine people doing the 6 k race and 15 choosing the 12 k race. We had SUP's, sea kayaks, OC's, C-1's, K-1's, K-2's and six surf skis (up from two last year.) The millpond river

conditions left our safety boat with nothing to do and the newer paddlers without any worries of falling into the cooling waters. About 90 minutes later all the racers were back and the smell of grilled meat filled the air. Frosty beverages were broken out, and the picnic tables filled up. Day one of the regatta was a success.

Sunday was the day for 500 meter and 200-meter sprint races (K-1, K-2, K-4, C-1, C-2, C-4, SUP, SUP?) This competition is spectator friendly; it all happens in front of the club dock. Getting racers on the course was occasionally difficult due to confusion, forgetfulness, boat problems and a crowded deck. Multi-person sprint racing (K-2, K-4) is my personal favorite. It's amazing how much pain can be induced in two or three minutes of hard paddling. The sprints finished with a first for the WCC; a 200 meter Sup sprint. The SUP's got to feel the pain too. The regatta then turned into a picnic on the river (maybe that's what regattas do?) A kayak, canoe, surf ski relay looked like bedlam to me, but the relayers seemed to enjoy themselves. The C-8 war canoes were then taken to the dock and 24 volunteers filled three of them. They did a 500-meter sprint, which created the same pained expression I'd seen on many of the racers earlier. Once they stopped wheezing, many claimed to have had "fun."

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Great Christmas present!

The second day ended like the first, with grilled meat and beer. The races were not the most competitive, but it was a great way to celebrate the end of the season. I don't think I was the only one regretting the end of a great summer.

The Washington Canoe Club Middle States and Masters Regatta is always held on the weekend before Canadian Thanksgiving. In 2015, that will be October 10th and 11th. If you've got the time, we'd love to see you compete (or just watch and have a burger). Our masters sprint kayak team can always use a few new members. Learning to paddle a sprint kayak will improve your surf ski skills. The next season starts in March of 2015. Contact Charlie Johnson at ecj5459@comcast.net if you'd like to join the team.

Editor's Note: Regatta results are available online at <http://www.friendsofwcc.org/>.

Chesapeake Paddlers Association Tentative 2014-2015 Calendar

Date	Title	Summary
12/6/14	CPA Holiday Party	Party hosted by Al and Ann Larson, 3824 North Oakland Street, Arlington, Virginia 22207, alarsen120@aol.com ,703-807-1639. For details potluck and gift exchange, see the invitation in this newsletter.
3/14/15	SK101 Introduction to Sea Kayaking	Save the date for this event of classroom instruction. More details to be posted to the CPA webpage and published in <i>The Chesapeake Paddler</i> newsletter. Location West River Center, Anne Arundel County, Maryland
4/24-26/15	SK102 CPA Skills Clinic Weekend –17th Annual	Save the date for this on-water training. Preregistration is not yet open. Pre-registration will be announced in the January/February CPA Newsletter. Location: Lake Anna, Virginia
2014 & 2015	Fairlands Pool Sessions	11/29, 12/27, 1/3, 2/7, 2/21, 2/28 (tentative), 3/7, 3/14, 3/21, 4/4. For details and any changes to dates, check the CPA website, www.cpakayaker.com/pool/ .
2015	Williamsburg Pool Sessions	2015 dates to be determined Reservations: Need to be made in advance. Contact Joe Messier jmessier2@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

See Page 2 for details on placing a classified advertisement in the *Chesapeake Paddler*.

FOR SALE: Pyranha Creekboat 280 (whitewater kayak) rarely used, helmet, and airbags for sale at \$250. Contact John Hutchinson, Jr. at jhutchjr@comcast.net.

WANTED: Your updated email address. We want you to receive email notices when the *Chesapeake Paddler* newsletter is posted to the web and ready for viewing. Please notify Secretary Sue Stevens of any email address changes. Send updates to membership@cpakayaker.com.



2015 CPA Virtual Calendar Contest

To submit photos for the 2015 CPA virtual calendar contest, please email them to 107314129921523152700.cpakayaker@picasaweb.com with a CC to cpakayaker@gmail.com with your name as the subject line. Please change the filename of the pictures to the location, i.e. smith_island.jpg.

The Rules:

1. Photos must contain a kayak preferably with a kayaker.
2. Photos must be submitted by the photographer.
3. Photos must be received by Midnight EST 12/1/2014.
4. Photos must have been taken in the Greater Chesapeake Bay watershed or in the region that Chesapeake Paddlers Association, Inc. encompasses.
5. Limit of 5 photos per photographer. It is highly encouraged that you try to represent the entire paddling season, i.e. include some winter photos.
6. Send high resolution images for the calendar.

After the end of the submission period, all the photos will be uploaded to an album on the CPA Facebook page and the CPA Picasa page. The 13 photos that receive the most likes by 12/12/2014 Midnight EST will be used to construct the calendar. The photo with the most likes will be the cover photo and the rest of the photos will be arranged with respect to the season they represent. On December 17th, the PDF version of the Virtual 2015 CPA calendar will be posted for everyone to download and one that can be printed by ordering online.



Dance of the Seneca Mayflies *Photograph by DJ Manalo*

Inside this issue:

- CPA Annual Meeting
- Awards Presented to Gina Cicotello and Suzanne Farace
- Captain's Quarters: End of the 2014 Paddling Season
- Paddler Profile—Dave Isbell
- Paddler Profile—Jaclin Gilbert
- Invitation to CPA's Holiday Party
- BCU Transitions to Paddlesports North America
- Audit of the Club's 2013 Finances
- Recreational Boating Statistics
- CPA Tentative 2014 Calendar
- 2015 Virtual Calendar Contest

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.