

The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc.

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Piracies... Whar did they be off to and what gunna they do next?

Th' **Algonkian** Pirates first season was a lot 'o a ruckas! The turnout was often small but filled with good seasoned paddlers. The small crew paddled about an hour upstream to the west side of the third island: Van Deventer. The Potomac River current varies due to water conditions, such as rain or drought.

We often consult with the co-Captains (Queens Liz and Rita) of the Sugarloaf Piracy concerning water and weather conditions; who will be coming out; if there's a chance to combine our 2 groups; etc. (The Sugarloaf group usually paddles out of Riley's Lock at Seneca Creek, MD which is only about two miles downstream from us.)

The plan, for upcoming season, is to practice safe rescues, bracing, and other skills.

Details: Our season begins in early May and ends in early October, the park has requested we be off the water around sunset. We meet on Tuesdays at the parking lot next to the river around 5 pm and launch by 5:30. The launch fee was \$4. Payable at the kiosk in the parking lot. Reminders are sent to the crew to bring the basics; water, hat, sunglasses, a waterproof camera- we get some spectacular Sunsets, especially later in the summer. The crew is encouraged to listen to WTOP for the local weather and contact Pirate Captain James (571-659-3319) regarding the upcoming paddles.

If ya have the time, come out and paddle with the Algonkian Pirates! Spy wit' ye eye ye on th' rum!

Submitted by James Higgins

Here be th' band 'o pirates 'o **Arundell** – formerly Pirates at Pier 7 - till we went arovin' July 2014- arggggh!, is still the oldest and largest running piracy in our kayaking club. Paddlers launch from various locations around the Annapolis waters. We meet up Wednesdays and paddle from early May until Halloween. We try to meet up at 4:00 to be on the water at 4:30 pm (or whenever your end-of-the-workday bell rings) to head out in small groups. We paddle until dark and return to the launch for a wonderful dinner prepared by one of the crew.

We are very fortunate to have many places to explore each week – we usually run out of daylight even during the long hot summer evenings while out exploring the coves and creeks. Paddlers can float with the high tide into the quiet marshes and hidden woody creeks to discover another new beaver dam, or push down river into wide



“It’s virtually impossible to sink a sit- on-top”

by **Catriona Miller**

You have to read the article Catriona has posted on the Forum! She writes about issues with kayaks other than our great sea kayaks as well as the ease (or not) of sinking them. She traveled to New Zealand to visit family and could not resist the urge to hop into any ol' kayak and test the waters. Follow the link to read the article and you will be booking your flight to the warmer waters down under!

Link to Catriona’s Article:

<http://www.cpakayaker.com/forums/viewtopic.php?>



[Piracies, continued on page 4](#)

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)
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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

The Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is 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 Carrie Casto at news_editor@cpakayaker.com or call/text 301-509-4183.

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.

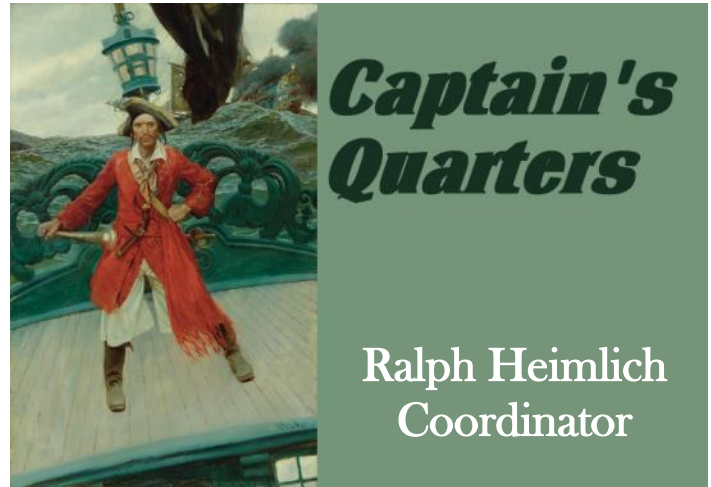
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Planning and Paddling Pirates

Now that the holidays are over, it's time for arm-chair paddlers to turn your minds to the upcoming paddling season. With the trip planning meetings coming up in February (Saturday the 7th in Virginia and Sunday the 8th in Maryland), NOW is the time to be thinking about where you want to paddle in the upcoming season. Come with your ideas for trips and events in 2015 and enjoy the fellowship with other paddlers while it's cold outside. Experienced paddlers can help you refine and tune-up your paddle ideas—chances are one of us has led a trip there already! We can also hook you up with a trip mentor who can have your back on leading a first trip.

One of the best ways to make sure you are doing the paddles you enjoy is to step up and become a trip leader. Because CPA does not “certify” leaders, it may confuse you as to what it takes to be a CPA trip leader. Basically, you decide when you meet the skills, listed on the CPA website at <http://www.cpakayaker.com/paddle-now/organize-a-trip/>, that a trip leader should have. Anyone with several years experience and participation in CPA trips should be thinking about leading at least one trip. You do NOT have to be the best kayaker in the world to lead a CPA trip as long as you match the trip requirements to your skill level. Without volunteer trip leaders, there would be no CPA trips, and not much reason to have a club. We will be organizing some trip leader training opportunities (kayak navigation, trip leader training, possibly wilderness first aid) to help you fill in any gaps in your preparation to be a trip leader. Keep checking the website and calendar for dates on these.

While CPA is a large club (nearly 700 members), we mostly get to see each other in our “home ports”—the Piracies or chapters scattered across the Chesapeake Bay



region. This edition highlights the unique and different about each of the Piracies, and I encourage you to set your course this paddling season and explore the ones nearest you, and maybe some that are far from your home port.

CPA began as a group of paddlers who got together one night a week during the season, paddling from a kayak shop operated by Ron Casterline out of the Pier 7 Marina on the South River in Annapolis. Alas, Pier 7 is no more, but the “mothership” piracy has reinvented itself as the roving [Pirates of Arundell](#). As the club grew, paddlers wanted their own “home ports” closer to their own homes and Piracies from [Georgetown](#) to [Belle Haven Marina](#) to [Baltimore](#), and [Havre De Grace](#) to the [Ocoquan](#) and [Solomons Island](#) were organized and flourished. We now have Piracies operating under the shadow of [Sugar Loaf](#), in northern Virginia ([Algonkian](#)), on the [Eastern Shore](#), and far up the [Lakes of the Susquehanna River](#).

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



Ralph Heimlich on the Anacostia River,
photograph by DJ Manalo

Piracies, [continued](#) from p.1

open Bay water, or do a 12+ mile circumnavigation of nearby Turkey Point Island, slipping past errant sailing classes. Hidden natural tidal ponds are ours to explore, as well as nesting osprey, bird watching while bobbing, sailboat spotting, playing with the waves from passing boat traffic, finding hidden quiet beaches, and spying many expansive waterfront. We welcome all paddlers who want to join in the fun. We have lots of experienced paddlers, who are truly willing to share skills, paddling tips, and great stories. We plan to have some informal clinics this year. If you are new to the area or to kayaking, just ask so we can help. There is always someone willing to lend a helping hand to unload and reload your kayak. Check the Forums for the Rotating Launch Schedule.

Submitted by Sue Stevens

A pair a years ago th' band 'o pirates 'o [Baltimore](#) expanded the number of ports they paddled out of from 4 to 10. The addition of these six launch sites greatly expanded the number of possible routes to be taken on a Tuesday evening paddle. Routes vary from protected, shallow water rural river paddles to the urban settings of Baltimore's Inner Harbor. Some routes along the edge of the Chesapeake Bay may offer up big, open water conditions. Seldom is a Baltimore paddle boring or mundane. Scenery and wildlife varies. This season we plan on adding two more sites.

On a typical Tuesday evening, our main goal is to do an easy, relaxing paddle. Upon returning to shore, we try to follow the paddle with dinner and grog at a local restaurant/pub. Last year we added a geocaching event to our schedule. The evening proved gratifying to many and will be continued this year.

Three Tuesdays per season, Rick Wiebush, one of the PoB co-captains, teaches classes designed to tune-up your kayak skills. Emphasis is usually focused on forward and turning strokes, rescues, and bracing, but new and evolving techniques are also promoted. For example, last year we learned new techniques for rescuing and towing SUP paddlers.

We do not follow a regular schedule, but post the launch site for each paddle one week in advance. So watch the PoB forum. Come 'n paddle wit' us on Tuesdays.

Submitted by Dave Wilson

Pirates of the [Easter' Shore](#) be a small piracy with multiple launch points along the Chester River, Sassafras River, and various creeks opening into the Chesapeake Bay in Kent County. Paddles are generally Thursday evenings, but may be moved based on weather forecasts and member availability. Sometimes we paddle, then go to a local eatery, sometimes we paddle to a water front restaurant and come home after dark. As always, weather is a consideration. Since we are a small group we tend to be very informal so make sure you contact us to get the latest time and location for the paddles.

Submitted by Paula Hubbard

Band 'o pirates 'o [Georgetown](#) be CPA's most urban piracy. We ply the waters of the urban Potomac, which affords us picture-postcard views of the monuments on our outings. The waters we paddle can be surprisingly peaceful with frequent sightings of herons, kingfishers, a variety of ducks and even eagles. Our waters also feature the hubbub of the city including planes, trains and automobiles, helicopters, cyclists, and watercraft ranging from paddleboards to dinner cruise boats. We're a great paddling choice for people who

work in and around DC: some of our paddlers even leave their cars and kayaks at the marina in the morning and bike across the river to work (we're also Metro accessible, though it's a bit of a walk). After paddling we frequently gather for dinner in nearby Pentagon Row. This coming year we hope to work in more of our historical focus on skills development, though mostly we continue to be about fun.

The Georgetown Pirates paddle on Thursdays. They meet up at Columbia Island Marina at 6pm and are on the water at 6:30.

Submitted by Jesse Aronson



Pirates of the Lakes

Jack Clark, Terri Caldwell, Fran Arnott
Sandy Bixler, Dave Bronson, Tom Hunt
-by Tom Hunt

Th' band 'o pirates 'o th' [Lakes](#) are a diverse group of kayakers that mainly paddle the lower Susquehanna River from Marietta PA to Havre de Grace MD. Those unfamiliar with the area, the SusQ has 3 large lakes created by 3 dams, each lake unique and beautiful, and offering paddling opportunities for kayakers of all levels. In 2014 our weekly social crew increased to 12 regular paddlers. We have all level of paddler represented, from beginners to KIPP veterans. The pirate crew brings great conversation and experience to our social paddles, beginners get great mentoring from our dedicated and enthusiastic paddlers. Our excursions are a mix of sightseeing and informal practice appropriate for beginner thru advanced kayakers.

Submitted by Captain Tom Hunt



Paddling from Worton Creek. Threatening skies but no lightning.
-by Paula Hubbard

Piracies, [continued](#) from p.4

Come visit th' band 'o pirates 'o th' [North](#) (PON) and see where the mighty Susquehanna enters the Chesapeake Bay. We paddle on Thursday nights - launching at 6 PM from Roberts Park (below the Amtrak Bridge in Havre de Grace). We have some great paddling options: paddle up river to Port Deposit or Susquehanna State Park; across the river through the Flats to Furnace Bay; south along the Havre de Grace shoreline toward Swan Creek; or last but not least, do some open water paddling out to the old Fishing Battery. We often have great sunsets, see eagles, ospreys, herons and other birds feeding. We see beaver and turtles. We paddle, river, open bay, marsh, and urban habitats. We even have two lighthouses to visit. We welcome paddlers of varied skills and are always glad to help new paddlers learn to paddle safely.

Submitted by Bob Shakeshaft

Th' band 'o pirates 'o th' [Occoquan](#) paddle the Occoquan Water Trail (OWL) in Northern Virginia which covers 40-miles on the Bull Run, Occoquan River, and Potomac River. Adventures abound, as you discover the vast and changing landscape of 10,000 acres of public lands with class II rapids at the headwaters, calm waters of the reservoir, and the open fetch rough water capability of the Potomac bays. The majority of the trail runs along protected parkland and wildlife preserve and is home to numerous herons, eagles, egrets, kingfishers, and other aquatic life within its numerous coves and marshlands. The Pirates alternate their paddle nights every week between Tuesday and Thursday evenings and use launch sites at Bull Run Marina, Fountainhead Regional Park, Mason Neck State Park, and Pohick Bay Regional Park. Join us as we paddle this unique, natural world of scenic landscapes and abundant wildlife. Launch fees are \$4/\$5 dollars; most Pirates purchase the annual OWL launch pass for \$40.

Submitted by Jeff Walaszek and Jim Zawlocki

Patuxent band 'o pirates be a small group that launches from a pretty beach at the entrance Solomons Island, appropriately watched over by Our Lady Star of Sea. Our Thursday evening paddles are typically sedate affairs on the Patuxent River or its many sheltered tributaries and often finish with a purple-red sunset behind the Thomas Johnson Bridge. During the official paddling season we regularly venture out on Thursdays, with an occasional roaming paddle during the week at a different location. In the offseason, we occasionally do weekend peer paddles, mountain bike rides, and geocaching to practice our GPS navigation skills. Annually we hold an on-the-water skills session and an overnight kayak camping trip. Through some quirk of statistics or characteristic of Southern Marylanders, the majority of our kayaks and other boats are home crafted, but we're not prejudiced, mass produced kayaks are welcome.

The past year on the Patuxent River was marked by the 200th anniversary of the Battle of St. Leonard Creek and the Sweet 16th for the Patuxent Pirates. The early part of the season was cool and rainy, providing its own rewards. On one paddle we were treated to an incredible shore to shore double rainbow. Another evening four of us were serenaded by the pitter patter of rain on the tin roof of an empty boat shed. Sometimes we just covered our heads, snuggled in our boats and enjoyed the intimacy of a misty evening on the water. For the Battle of St. Leonard Creek, several tall ships converged on the Patuxent. Our Thursday night paddle before the weekend battle was canceled just before launch due to a tornado warning. Land-bound, we walked down to the Waterman's Wharf to see the Kalmar

Nyckel at dock.

As the days shortened, a Thursday evening group was treated to a close encounter with a pair of fearless white tail bucks exploring the sandy tip of Point Patience. The roaming Patuxent Pirates hosted a CPA weekend, daytime trip over on the Potomac side of Southern Maryland, circumnavigating St. Georges Island. The end-of-season dinner was attended by pirates ranging from the original founders to aspiring sea kayakers.

Next year promises a resumption of our Thursday evening paddles with a sprinkling of roaming and camping trips. On our 2015 wish list is a Chesapeake Bay crossing, Point No Point Light rounding, Cove Point Light visit, and tour of the Saint Mary's River. We invite ye to come kayak wit' us.

Submitted by Pirate Captain Don Polakovic

Pirates of the [Potomac](#): Shiver me timbers, 'tis be piracy be located on th' Potomac River at the Belle Haven Marina, a concession of the National Park Service, and costs \$5 daily for infrequent users or \$40 for an annual pass.

General direction are take the George Washington Memorial Parkway to get one mile south of Alexandria (Directions are posted on the CPA website). The options to paddlers are many as you may paddle to Old town Alexandria's waterfront and view the many sights along the shore line, or one may visit National Harbor's Marina and view the sculptor, "the Awakening" as well as the Ferris wheel. Going north, the largest salt water marshland in the area. It is accessible one mile south - where Dyke Marsh enters the Potomac. There are many species of birds and it is a nice quiet paddle into a suburban setting. Crossing the Potomac and heading south along the Maryland shore you have another protected shore line with three creeks along the way to explore-Broad Creek, Swan Creek and Piscataway Creek. Plus, Fort Washington's historic park is available to visit. Eagles, ospreys, Great Blue Herons are usually seen along the way. Our paddlers are typically a mixture of new and experienced kayakers. The pace can be leisurely or fast. We usually paddle from 5 PM to 7PM. Sometimes the group may opt for pizza after a paddle. Give us a try if you are available on Wednesday evening from April to October, our band 'o pirates swear it be always th' best thin' they do all week.

Submitted by Dick Rock



Pirates of the Sugarloaf

-by DJ Manalo

SK-101

Paul Casto

Many of you have attended... Some of you have presented... Hopefully, almost all of you have heard about it... However lots of you are experienced paddlers, so what does it mean for you now? Why should it be important to you?

Being pragmatic, I know that a few members are in the CPA solely because some of our local outfitters offer discounts. However, the vast majority of members are in the club because they have a love of sea kayaking; they enjoy the camaraderie with other paddlers; and they have a sense of wonder of the world a sea kayak opens to exploration.

Our charter leads with the phrase: "The mission of the CPA is to promote safe sea kayaking and safe paddling practices through the education of the local sea kayaking community and the interested public."

The club takes that mission seriously and sponsors a number of events that go beyond the internally focused opportunities for club members - reaching out to the community in a variety of ways. These include: chatting with the new paddlers trying out boats as we provide safety boat support; or helping out at a Fall Out of Your Boat Day; and even in those carefully worded discussions we sometimes have out on the water with paddlers who may not have some of the insights we've developed (those that are *interested*, of course).

This brings me back to SK-101. There are folks out there who are willing to pay good money to learn about Sea Kayaking. Almost by definition this would classify them as the "Interested Public." They do this because of the reputation of CPA as an organization. They also attend because of the reputation of the course itself, based on the terrific work done by many members over the years to ensure SK-101 fits the needs of people learning about our sport. I became the coordinator for this solid program for the 2014 edition, and feel privileged to continue to be entrusted with it.

This group may be INTERESTED, but how do we make sure that they are INFORMED of the opportunity? Looking at the statistics from the past attendees, we see that the biggest segment are those who learned about the program from a CPA member. Your personal invitation to a friend has more influence than any newspaper advertisement! We do publicize this through a variety of outlets and will continue to do so. That's not enough. I'm asking each of you as an individual to help CPA perform its mission - get the word out to friends, neighbors, and acquaintances. Basically, 'chat it up' to any of those that have shown the least bit of interest when you told one of your sea-stories.

Please use the blurb (next column) when passing this on to friends via email, or posting on social media. ☺

The Chesapeake Paddlers Association, Inc. sponsors:

SK101-Introduction to Sea Kayaking

one-day seminar on sea kayaking

There will be a variety of kayaking gear on display: kayaks, paddles, equipment, clothing, car racks and more. Knowledgeable people will be available to discuss different aspects of kayaking. Presentations include:

- Choosing the right kayaks and paddles
- Equipment needed to start paddling
- Basics of safe paddling
- Interesting places to paddle
- and other topics of interest

This event is primarily for the new paddler or those interested in getting into the sport; however, everyone is invited to expand their paddling horizons.

Cost is \$30/person.

Saturday, March 14, 2014

8:30 a.m. to 4:00 p.m.

West River Center, West River, Maryland.

Includes a light breakfast and lunch.

Advanced registration is required.

More information and the registration form are available on the web at <http://cpakayaker-sk101.eventbee.com>, and from sk101.cpa@gmail.com. Space is limited and available on a first come, first serve basis. Registrations must be received by March 6, 2014.



Piracies, [continued](#) from p. 5

Band 'o pirates 'o [Sugarloaf](#) paddle from Riley's Lock on the Potomac River (near Darnestown Md). We don't always paddle for a long distance but we have the most magical sunsets and a friendly group of paddlers. We're often accompanied by mayflies, egrets, herons, eagles, ospreys. Our routine is simple. We put in together and paddle upriver until the sun sets, often stopping on one of the islands for a picnic. After the sun goes down, we have a leisurely paddle downstream in the dark. Bring a light, we love to have new kayakers join us! We post the time and place in the CPA forums as we sometimes will be at Black Rock Park.

Submitted by Liz Marancik and Rita Scherping

CPA Paddler Profile

By Rick Wiebush

Name: Paul Casto

Lives in: Bowie, Maryland

Real job: Manage a software development team for Infoblox (in Annapolis)

Member of a Piracy? Yes, Pirates of Arundell

Paddling Buddies: Carrie Casto. Get out with different people on different occasions.

Number years paddling: 7 years sea kayaking, with very occasional canoe for many years before that.

How did you get involved in kayaking? I canoed as a Boy Scout, and a bit more as a Scout leader. Went to double bladed paddling first when playing in the waters off of Southern California in the early 80's with some of the early Ocean Kayak sit-on-tops. Then Carrie and I decided it was an outdoor activity both of us would enjoy, and we were hooked.

How did you learn to sea kayak? Started with just renting and trying them out, and then took a guided trip in Maine. Joined CPA and watched and listened to advice. Read a lot of books. Kept trying new things. SK-102 and other classes.

Any formal training or ACA/BCU certifications? Certified as ACA level 3, BCU 3-Star Sea, and have some BCU 4-Star training. Have taken classes in forward stroke, surf, and recently attended the Kiptopeke symposium.

Boat usually paddled: NDK Romany 16ft white/white for general purpose / surf / play; NDK Greenlander Pro 18ft yellow/white for keeping up with groups without working quite so much...

Type paddle used: Euro (Werner Cyprus). Will use a Greenland paddle occasionally, but don't have a comfort level with it when water gets rough.

Do you do any other type of paddling besides sea kayaking? Have Canoed in the past, but it's been a while.

Do you regularly do any other outdoor activities? Downhill skiing a few times each winter. Used to hike and camp as a Scout leader (and a Marine), but have been out of that for a few years (15 years)

How often do you paddle in summer? Try to go out twice a week, and when possible get at least one kayak focused longer trip during the summer.

Do any winter paddling? Occasionally. I have a dry suit, but need to use it more.

Go to pool sessions? Yes, often. Generally Fairland, but have been to many other locations over the years.

Favorite local paddling location: Annapolis area. Wide variety of launch spots, and river & bay paddling.

Favorite non-local location: Emerald Isle, North Carolina. Have wound up there with non-kayaking friends several times, and I can go play in the ocean while they waste their time on the beach ☺

Best paddling trip/experience ever and why: Cape Lookout, North Carolina. I went out with Carrie on a 20 mile trip that she wouldn't have been able to make if it hadn't been for her experiences with KIPP. The weather and sea conditions were very favorable, and we were able to go from the sound-side out into the ocean and to the point and around. It wasn't quite the trip I'd initially envisioned, and there were some challenges along the way, however I felt mostly prepared, although a couple of things were a bit dicey. Portaging across the tip of the point wasn't fun, but I had wheels, and it kept us out of the area where there were very confused seas. We finished up right as the sun was setting, and all and all it was a beautiful day.

Scariest/most dangerous trip/experience and why: My oldest son and I were down at St. Mary's for the end of the Governor's Cup Sailboat race. It was his first time with a sprayskirt on, but we'd talked through the wet-exit procedure, and we were going to try those later in the day. However, not 5 minutes after launching from the beach, a 50-foot off-shore fishing boat (that was ferrying the racers from the boats to the docks) swung out of the dock behind us, on a line where we were completely in his blind spot. We saw it come up directly behind us, moving fairly slow, but faster than us. We tried to turn out of its way, but the bow of that boat clipped the stern of Ben's kayak. The boater heard the yelling from the docks and shore, and stopped, and Ben got his first wet-exit under extreme duress. I got him back in the boat, and amazingly he was still up for paddling the rest of the day...

Bucket list trip: Back to Maine. Would like to do more paddling there. Georgian Bay looks like fun as well.

Three things you like most about paddling? The balance between solitude and companionship – trips can have each. The opportunity/excuse to get outdoors and exercise. That it's something Carrie and I can do together, and our youngest son Daniel is now hooked as well.

What do you like about CPA? The spirit of volunteerism – folks are willing to help pass along what they've learned to others. And there are a lot of fun and interesting people in the group.

One thing other people find interesting about you: I'm a retired Marine officer, and have lived in Okinawa, Japan and Naples, Italy.



CPA Paddler Profile

By Rick Wiebush

Name: Carrie Casto

Lives in: Bowie, Maryland

Real job: Unemployed – I have been cleaning out father-in-law's house to place it on the market; I don't know what I'll do next – when I grow up. Professionally, I am/was an elementary teacher.

Member of a Piracy? Yup, Pirates of Arundell

Paddling Buddies: Paul Casto

Number years paddling: 6 ½

How did you get involved in kayaking? Paul and I celebrated our 25th wedding anniversary in 2008. While people encouraged us to go on a cruise, it just wasn't what we wanted. We found an Inn-to-Inn paddle trip in Maine. I took a beginner class through Adventure Crafters (I don't listen to Paul very well). And we were hooked! We bought our first kayaks the next summer.

How did you learn to sea kayak? Adventure Crafters – Rob is a great instructor!

Any formal training or ACA/BCU certifications: No, I'm not interested!

Boat usually paddled: P&H/Cappella/16ft/red

Type paddle used: Greenland

Do you do any other type of paddling besides sea kayaking? Nope

Do you regularly do any other outdoor: I enjoy swimming and hope to get a ski trip in this winter.

How often (per week or month) do you paddle in summer? We try for at least a weekly paddle

Do any winter paddling? Not yet – I need more clothes!

Go to pool sessions? Yes, I occasionally go to Fairland.

Favorite local paddling location: Any creek – I love to gawk at the flora, fauna and homes!

Favorite non-local location: Rachel Carson Preserve (NC) – lots of dolphins!

Best paddling trip/experience ever and why: Our Maine trip – We had NO idea what we were doing, what to wear (we were severely underdressed), what to take (we were unprepared for mishaps – there weren't any), and we had a blast! It led us to something we enjoy doing together and to new people who have become great friends!

Scariest/most dangerous trip/experience and why: Paul and I paddled a 20 mile paddle from Harker's Island, NC to Cape Lookout to near the point. Then a portage (I hate portages) and a surf launch (new to me) back up the east side and another portage across (ugh) and paddle back to Harker's. It was a long and beautiful paddle (ponies etc.) but the conversations from the fishermen over the radio about the all the reds, tuna, and SHARK was a bit unnerving. The videos the next couple of days of the shark feeding frenzy helped me decide that I don't need to do that again!
<https://www.youtube.com/watch?v=liijqHmbBzq>

Bucket list trip: Lake Powell, AZ

Three things you like most about paddling? Being one with nature, peacefulness, comradery.

What do you like about CPA? It's a great way to learn new things while padding with great people.

One thing other people find interesting about you: I went to Delmarva Retreat (QajaqUSA) and built a skin-on-frame. I'm also a quilter.





CPA's 16th Annual SK102 skills clinic

April 24-26th, 2015

Lake Anna, VA

<http://www.cpakayaker.com/sk102/>

SK102 is CPA's on-water skills clinic weekend.

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. SK102 is designed to get teach beginner or intermediate kayakers the skills they need to be kayak safely, including proper paddling technique and the skills they need to kayak safely.

It's also a heck of a lot of fun.

How to register: You must register by **March 28th, 2015** on our website: <http://www.cpakayaker.com/sk102/>

SK102 sells out every year with a significant waitlist. New paddlers and especially those who attend SK101 receive priority for SK102 registration.

Where: Lake Anna is 2 hours south of Washington DC. The lake is a nuclear power plant cooling pond, so the water is not only very clear, it is heated – allowing you to practice wet exits, rescues, and rolling in warm water in early spring! The location is private property on which you are welcome to camp.

Cost: \$50, which includes the cost of two days of all volunteer instruction, camping on-site, morning coffee, Saturday night dinner, porta-potties and a one year CPA membership.

Required: You are required to bring a kayak, life vest, paddle, pump, and paddle float to SK102 for use during your classes. You will be required to sign a release of liability.

Saturday Classes: *Sign up for 2 of these classes when you register:*

Kayak Design, Wet Exit, Basic Strokes *If you are new to paddling and/or have not had kayaking lessons*

Discover features separating various kayak designs and their value to you
Wet Exiting is the most critical kayak skill for safety—a requirement for attending CPA trips
The proper basic strokes will make your paddling much more fun and efficient.

Stroke Improvement, Intermediate Strokes, Bracing *For those who are proficient in basic strokes.*

Improve your basic strokes to increase your efficiency and form
Learn intermediate strokes such as hanging draw, draw on the move, bow rudder
High and low bracing not only keep you upright but are the foundation of several kayak rolls

Self-Rescues, Group Rescues, Towing *Be able to get yourself and others back into a kayak in deep water.*

Become a self-sufficient paddler, able to recover from wet exits
Be able to rescue another kayaker who had to exit. Several methods are demonstrated
Learn types of tow systems, methods and how to use them

Greenland Style Paddling *What is that thin paddle anyway?*

Advantages of Greenland style paddling
Design of the Greenland paddle
Proper Greenland style strokes

Advanced Rescues *For those proficient in self and group rescues, take it to the next level*

How to rescue a boat without floatation that “sank”
Techniques to rescue an injured paddler

Rolling *For more advanced paddlers who have strong bracing skills.*

Braces and hip snaps are the foundation of several kayak rolls
Bow and Paddle rescues

The best form of rescue is to never exit the boat - Classes are 1:1 to 1:3 instructor to student ratio, and are limited availability.

For more information, please email Catriona M. at SK102.CPA@gmail.com

Pictures of last year's event are visible here: <https://picasaweb.google.com/cpakayaker/2013SK102>

For more information about CPA, please go to <http://www.cpakayaker.com/> or <https://www.facebook.com/CPAKayaker>

Results of Newtowne Neck State Park Planning Survey

A planning process has been underway since April 2014 for one of Maryland's newest state parks, the Newtowne Neck State Park near Leonardtown. A survey of prospective park users was initiated in September and administered in person at an Open House held at the park and online. I led a group of paddlers who were on a camper at Point Lookout to the Open House, several other CPA members attended and many of you took the survey online. CPA's objective was to underscore the importance of the park as a kayak launch, express support for a dedicated paddle-in campsite, and stress the links between Newtowne Neck State Park and other destinations on the [Captain John Smith](#) and [Potomac Heritage](#) Water Trails for multi-day kayak touring. Preliminary results from the survey were made available to planning committee members in December.

Some 382 people responded to the survey, with over half living more than 10 miles from the park, and about one-third living more than 30 miles from the park. Paddling was listed as the second-ranked activity desired for the park (44.1%), and primitive camping (such as a paddle-in) 16th ranked (14.7%). The top five ranked activities were hiking, paddling, biking, nature observation, and deer hunting. A kayak launch (there is an existing one at the park) was listed as the second-ranked amenity needed at the park (49.7%), and a paddle-in primitive campsite as the



by Ralph Heimlich



Dick Rock, Suzanne Farace, Sue Stevens, Rich Stevens, Lois Wyatt, Ralph Heimlich, Marla Aron, and Bela Mariassy.

seventh-ranked (21.5%). The top five amenities were restrooms, kayak launch, nature trails, multi-use trails, and beach access.

General goals for the park that garnered support from more than half of respondents as top-ranked were maintaining the integrity and biodiversity of existing forested areas, wetlands, streams, and shoreline buffer areas (56.3%), maintaining and protecting existing historic, cultural, and natural resources in their current state (53.7%), maintaining and promoting passive recreation activities such as hiking, kayaking, bird watching, and horseback riding (52.7%), and restricting new development and roads (50.1%).

Paddling was the third-highest activity rated as "very likely" or "likely" by survey respondents to actually participate in at the park, just behind hiking and nature observation. Paddle-in camping was rated as "likely" or "very likely" for participation by a smaller number of people (about 20%).

The survey results will help guide the further planning process. Your personal input, especially if you live in St. Mary's county or southern Maryland, is also critical to the future of Newtowne Neck State Park. I'll keep you posted on developments in the process. ☠

Submitted by Ralph Heimlich

Note: As CPA Coordinator, Ralph is representing CPA in the Newtowne Neck Planning process.

Chesapeake Paddlers Association 2015 Calendar

Date	Title	Summary
February 7	Annual Trip Planning Meeting	Virginia Location
February 8	Maryland Planning Meeting and Steering Committee Meeting	Maryland Location - To discuss your ideas and trip plans for the 2015 paddling season.
March 14	SK101	Introduction to sea kayaking—1 day class
April 24-26	SK102	Skills clinic weekend.

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*.

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 member-ship@cpakayaker.com.

Many thanks to Jenny Plummer-Welker for two great years of publishing the CPA Paddler!

The Virtual Calendar



Wachapreague, Photographer: Catriona Miller

Have you printed off the Chesapeake Paddler's Association Calendar? The photography is fantastic! Click [here](#) to get your copy.

Pool Sessions

How's your roll? What about your bracing technique? How about your underwater reentry? Check out the pool sessions for a great place to practice this winter.

Where?

Fairlands Sports and Aquatics Complex
Le Distric ReCenter
Williamsburg
PPS at Audrey Moore
PRO at Chingapin Rec Center (white water only)

All the information can be found on the [Website](#).



Launching from Bayside for a December Assateage Kayak Camper (Greg Welker and Dave Isbell) photo by Ralph Heimlich"

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- ☠ [SK101](#)
- ☠ Paddler's [Profile 1](#) and [2](#)
- ☠ [SK102](#)
- ☠ [Newtowne Neck](#)

The Chesapeake Paddler

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REMINDER: Please check your mailing label for your membership expiration date. If you receive the newsletter electronically, you will receive an e-mail reminder prior to your membership expiring; please notify the Secretary for changes to your email address. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.