

The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc.

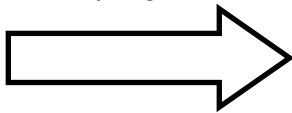
Volume 25, Issue V

June 2015

CPA Gear Day and Fall-Out-of-Your-Boat Day

By Marc Bernardo & Jim Allen

Follow this simple flow chart to see if YOU are a kayak "gear head"



Now that you KNOW you are a kayak "gear head", how do you find some cool new gear to lust after? Come to the CPA Gear Day at Truxtun Park on **SUNDAY, JUNE 7**. The park has a nice, sand launching beach, restrooms, grassy areas under shade trees and the sun for watching the festivities and your kayaking displays, and a Picnic Pavilion which CPA has reserved for our use. The pavilion has charcoal grills and picnic tables and will hold all who would show in the event of rain.

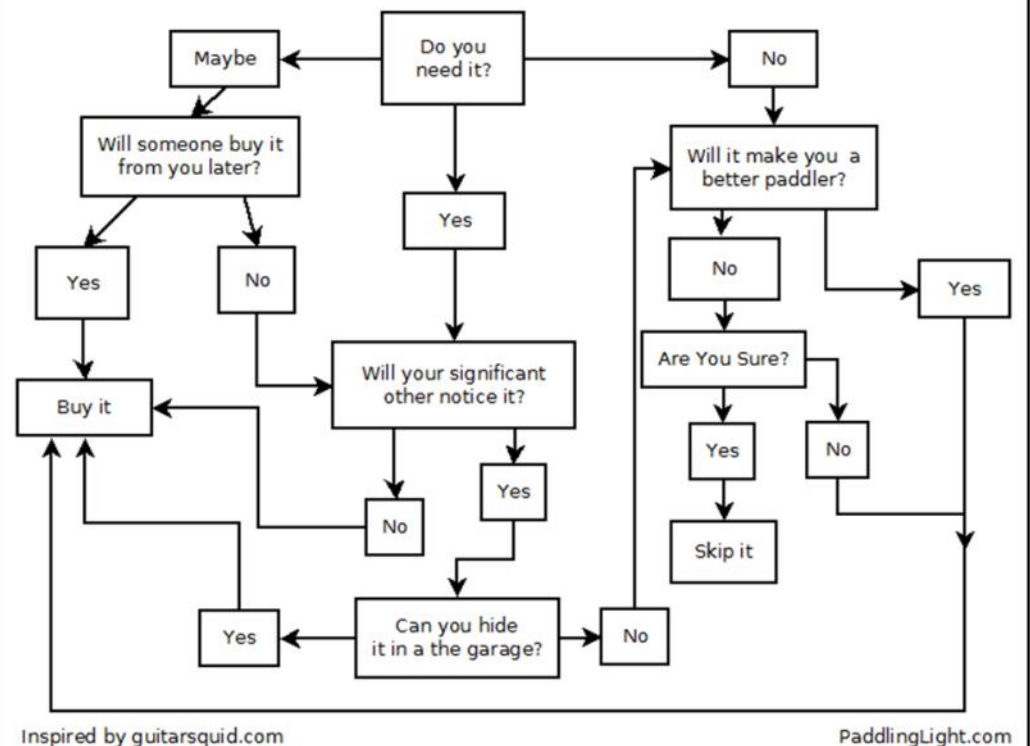
A **potluck style lunch** is planned with CPA providing paper plates, utensils, charcoal, hamburger and hotdogs. A potluck food assignment will follow once we have a count of people attending. **PLEASE RSVP**

(jalLEN657258@comcast.net) so we can plan for the appropriate lunch supplies.

Did we mention **GEAR???** There will be a **gear swap area** for people interested in selling or buying used gear and kayaks. Come and show off YOUR cool stuff, and see what everybody else has that YOU, poor amateur, **DON'T** have! (yet) Volunteers are needed for any of the following: Displays of kayaks and gear, such as different types of kayaks, paddle making, safety gear, the well-equipped pfd, kayak outfitting, charts and navigation, kayak camping, etc.

FALL-OUT-OF-YOUR-BOAT: If you are too new to sea kayaking to be consumed by gear lust, this is a great time to learn wet exits, rescues,

Should You Buy That New Piece of Paddling Kit?



and basic kayaking skills. Recently, a lot of people have found the heel-hook paddle float self-rescue and assisted rescue to be easier than the standard method. Maybe you missed SK102 this year and you really want to join some CPA trips that require these skills. Maybe you're one of the lucky ones that made it this year, and you want to polish what you learned or you're ready to learn more. Maybe you're an experienced kayaker, but you're so good that you hardly ever capsize to actually use these rescue skills. Maybe you're one of our experts who wants to help your fellow paddlers master these skills. Come and join us! There will be plenty of one-on-one opportunities for those who want it. The water will (FINALLY) be warm and you will actually WANT to get WET!! If you have boats that you would be willing

[Continued on p. 4: Gear](#)

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

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.

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.

Leadership and Trips

Spring, that beautiful 2 week period that flies by in the Mid-Atlantic, has given way to full-on sweltering Summer and the paddling season is in full swing. Many of you have been out on the water at Piracies during the week, and at trips to Assateague, KIPP, Piscataway Creek, making the Potomac Passage, at Chestertown, Marshall Hall and the Pomonkey, on Rocky Gorge and DC under moonlight, and on the Pax at Mount Calvert and the Upper Magothy and St. Michaels. Lots of CPA paddlers supported our kayaking community at demo days on Spa Creek and Matapeake Beach. That's a lot of activity, just in the month of May!

The key to all that activity is leadership, specifically the many CPA trip leaders who step up to organize activities and do the very real work of making arrangements, screening participants, and making sure everyone is well-prepared and safe on the water. Preparation for trip leadership is equal parts motivation, training, and experience. At least part of the motivation is a desire to give back to a club that gives much to participants and, in part, a desire to fashion the trips you'd really like attend. The training often falls to those long-time CPA leaders who have done so much to make CPA what it is today. Once again, Brian Blankinship instructed 11 potential new trip leaders in the finer points of herding CPA cats at Westmoreland State Park on May 15-17 ([see page 4](#)). This year's training includes a mix of classroom work, on-water exercises and informal time to pass on lessons learned.



Ralph & Brian - SK203

Photo by Chung Ha

Brian and I learned that packing all that in one weekend is proving to be too much. After action reports from this year's attendees offered a lot of suggestions for fitting all the topics into the schedule. I'm leaning toward splitting the course into two parts: SK203, which will be a classroom course for topics like navigation, trip planning, etc. and held on a winter weekend somewhere where we can have lodging and classroom space; and SK204, a late Spring kayak camping trip that will be hands on and in-water for the higher action parts of the course. I'm excited by this approach, but it will require two sets of volunteers and a lot more work. If you are interested in either taking the revised Trip Leader Training sequence or helping to teach it, stay tuned for an announcement later in the Fall.

Formal trip leader training isn't the only game in town. On June 7, the perennial Gear Day/Fall-Out-of-Your-Boat Day will be held at Truxtun Park, led by Jim Allen and Marc Bernardo ([see page 1](#)). In July,



Ralph Heimlich, CPA Coordinator

Photo by Greg Welker

Suzanne Farace offers a weekend kayak camping "practice run" on the Patuxent River. In August, Tom Heneghen will offer another introduction to kayak camping on the Upper Potomac. Participants will negotiate running rock ledges and bushwhacking for a tent site, and may be taught the virtues of S'mores and "hippo" paddling, as well as more basic skills of Leave-No-Trace camping.

Your opportunities to learn the fine art of CPA trip leading aren't limited to these formal ones. Don't be the "passive paddler". Pay attention to how things are done on any of the many day trips and campers on the calendar for the remainder of the season. You will begin to build that fund of experience that serves as a living text book for all trip leaders. While most CPA trip leaders make it look easy, there is a lot going on before the trip, and while you are on the water. Ask your trip leader about it—they're happy to share and welcome your interest.

Most of all, NOW is the time to get out and get on the water at any of the many events on the calendar. When you look back on these Summer days through Winter's icy window panes, you'll be sorry if you didn't. Come Winter again, we'll offer more training that will help you be a better paddler and step up to trip leadership in 2016. ☺



SK203

Photos by Chung Ha

[Gear; Continued from p. 1](#)

to let people try it would be great if you would bring them. At the end, a group will likely go for a paddle on Spa Creek. And of course it is simply fine to just show up, paddle, and hang out! You don't need a boat!

Festivities run from 9 AM to 4 PM. Let us know if you are coming and what you'll be bringing to show off and for the rest of us to EAT (WE Paddle to EAT).

Contact Info:

General RSVP to Jim Allen (jallen657258@comcast.net)

On-water volunteers and students to Marc Bernardo

(mrclnbnrd@gmail.com) ☺



Truxten Park Pavilion

Photo by Ralph Heimlich



Let's Get Back In

Photo by Ralph Heimlich



Truxten Park

Photo by Ralph Heimlich

New CPA Trip Leaders Trained

By Ralph Heimlich

Eleven potential new trip leaders convened with instructors Brian Blankinship and Ralph Heimlich over the weekend of May 15-17 at Westmoreland State Park (VA) to learn the basics of leading CPA trips. The packed schedule included classroom units on trip planning, navigation, tides, currents, and weather as well as on-water instruction and practice in rescues, towing, and scenarios demonstrating some of the real-world situations trip leaders confront. The weather was very disappointing: Waves on the Potomac never approached the 2-foot level at any time. However, the student's contributions to the Potluck segment were outstanding.

Participants included Carolyn Sanford, Chung Ha, Peter Stockmaster, John Garon, Aht Viravidya, Tom Rhodes, Paul Serdiuk, Bob Maynes, Sarah Gulick, David Abram, and Lorah Cusick Conheim, and spanned a geographic reach from Port Charlotte, Florida, through Gibbsboro, New Jersey. Look for their names on some CPA trips in the future.

At the end of the course, one of the students noted ". I know now that I have to be more involved with the groups I paddle with, do homework before the trip, observe everything, surrounding, weather, paddlers, etc. I can no longer be a passive paddler."

Requirements for CPA trip leadership are on the website at <http://www.cpkayaker.com/paddle-now/organize-a-trip/>. Check the CPA calendar for periodic training opportunities in trip leader skills, usually in the winter months. ☺



The New Leaders

Photo by Chung Ha

CPA Paddler Profile

By Rick Wiebush

Name: Paul Plowright

Lives in: York, Pennsylvania.

Real job: Software Engineer with Red Lion Controls.

Member of a Piracy? I am not a member of a piracy.

Paddling Buddies: CKA paddles (Jaclin Gilbert, Becky Martin, Lorah Cusick Conheim amongst others), Rick Wiebush, & Jay Gitomer.

Number years paddling: Around two.

How did you get involved in kayaking? Having never kayaked before, I naturally decided to build a CLC design, Shearwater 17 (hybrid) in an upstairs bedroom in my house as I liked the lines and was intrigued by the strip build process. <http://www.clcboats.com/newsarchives/okoumefest-chesapeake-small-boat-festival-2011-page2.html>

How did you learn to sea kayak? During the first few solo excursions after the two-year build, I realized how little I knew and how much there is to learn about paddling so sought out and found an active group (CKA), paddled on some great trips locally, then discovered rolling and excellent courses offered by Cross Currents Sea Kayaking.

Any formal training or ACA/BCU certifications: Some select skills courses including pool sessions and open water paddling but no formal qualifications, as yet...

Boat usually paddled: CLC Shearwater 17 hybrid, white hull, deck stripped with Pawlonia and cedar accents.

Type paddle used: Primarily Greenland (self-built of course), Euro as a spare.

Do you do any other type of paddling besides sea kayaking? I am part way through a SUP build (CLC Kaholo 14) and a Skin on Frame Kayak in the aforementioned bedroom, but presently exclusively sea kayaking.

Do you regularly do any other outdoor activities? I am an avid mountain biker, road rider, hiker, sailor and tentative skier... rock climber/mountaineer, orienteer and mountain marathoner in former life.

How often do you paddle in summer? I usually shoot for a weekday evening and a weekend day or two.

Do any winter paddling? No dry suit so no winter paddling although I intend investing in one shortly, so this will change.

Go to pool sessions? Yes, I did rolling sessions last winter at the Catonsville YMCA Pool.

Favorite local paddling location: Lake Clarke (dammed portion of the Susquehanna River) various locations on the Chesapeake Bay.

Favorite non-local location: The only non-local paddling venue to date is 10,000 Islands region in Florida, which would definitely be a favorite.

Best paddling trip/experience ever and why: I think the portion on the 10000 islands (Florida) trip when we camped on a couple of the islands, which was my only kayak camping experience to date. Just the idea of packing a kayak with everything you need and nothing you don't and setting off appeals to the outdoor adventurer in me. Getting lost and having to make an unplanned stop on a tiny island as the rain started and the swarming no-see-ums only added to the adventure. Feeding Dolphins herding fish, sea turtles, little sharks, rays and clear blue gulf water all made for the best paddling experience ever.

Scariest/most dangerous trip/experience and why: Not a great deal of experience to draw upon but one occasion springs to mind. With a little more confidence than ability, I took myself out one cloudy evening alone at Long Level with the intention of crossing the mighty Susquehanna. Even though I had paddled only a little distance from shore, side waves, increasing winds and a grey green white-capped sea soon had me scurrying for the put-in. Water is to be respected.

Bucket list trip: Greenland, a circumnavigation of something significant, Abel Tasman National Park, NZ.

Three things you like most about paddling? Technical aspect of the equipment, the intimate interaction with Mother Nature in all her moods and of course the shared experience in the company of like-minded individuals.

What do you like about CPA? I have not had much exposure to CPA.

One thing other people find interesting about you: I was born in New Zealand, although I spent the bulk of my adult life in the UK. I have the best cat, Mangu. 🐾



Paul Plowright

Photo by Rick Wiebush

CPA Paddler Profile

By Rick Wiebush

Name: Rick Wiebush

Lives in: Catonsville, MD

Real job: (mostly) retired from National Council on Crime and Delinquency. I did consulting work (research, training, planning) with states about child welfare and juvenile justice issues.

Member of a Piracy? If yes, which one? Baltimore

Paddling Buddies: Jaclin Gilbert, Sonja Pyle, Chuck McMillin, Paul Plowright, Laurie Collins, Shelly Weichelt, Mike Hamilton, Greg Hollingsworth, Tom Malone, Mike Thomas, Mike Ward, Rita Scherping, & Liz Marancik

Number years paddling: 15

Boat usually paddled: NDK Explorer, black over white, red trim.

Type paddle used: Euro, 220

Do you do any other type of paddling besides sea kayaking? Some canoeing.

Do you regularly do any other outdoor activities? No, I'm totally one dimensional.

How often do you paddle in summer? 4x/week

In winter? Maybe once or twice a year. Maybe.

Go to pool sessions? Yes, Catonsville Y; occasionally Fairlands

Favorite local paddling location: Kent Narrows/Eastern Neck area

Favorite non-local location: Baja – Sea of Cortez and the Pacific side

Best paddling trip/experience ever and why: February 2015 paddling and playing in the rocks and ledges off the Baja coast on the Pacific side. Huge swell crashing on and through rocks; running the white water through caves and narrow chutes; doing (very) rough water rescues; getting hammered by 5-6 foot breaking waves, and holding my own. Frightening, but also totally exhilarating and confidence-building. Great coaching from Jen Kleck and Todd Wright.

Scariest/most dangerous trip/experience and why: the very first time I was in a sea kayak. The instructors showed us how to wet exit on land and we practiced it. After about 10 minutes on the water, I went over after getting hit by a four-inch wave. I totally forgot what I was supposed to do. In fact I never even thought about pulling the spray skirt off. I just panicked and was trying to get my head above water which clearly was not working. I maybe got my eyebrows up out of the water. I was convinced I was going to die and said to myself "well, this is it". After what seemed like an eternity (but was probably 23 seconds), I was so panicked that I actually kicked the spray skirt off with my legs/knees.

Bucket list trip: crossing the Bass Strait (between Tasmania and the Australian mainland).

Any formal training or ACA/BCU certifications? ACA L3 Instructor Trainer; ACA Open Water Instructor BCU L2 coach; BCU 4* Leader; ACA L2 Canoe Instructor

Three things you like most about paddling? 1. Teaching 2. Paddling in rough water 3. The people I meet here and around the country.

One thing other people find interesting about me: that for about 10 years I was going to Australia for work about three times per year, for 2-3 weeks each time. ☺



Rick Wiebush

Photo by Annica Jansen

Chesapeake Paddlers Association 2015 Calendar

Date	Title	Summary
June 6	Solomons Paddle	A paddle and play trip on the Patuxent near Solomons.
June 7	Annual CPA Gear Day & FOOTBD	Check out gear and practice skills.
June 13	Kent Island Paddle #3	The KIP series is for paddlers who want to have a distance challenge, build their skills and knowledge of paddling.
June 14	Ghost Ships of Malloys Bay	Launch from Quantico Marine Base, cross the 2 mile wide Potomac and explore the ghost ships in Malloy's Bay
June 20	Columbia Island Marina	Beginner's Paddle on the Potomac
June 20	Potomac Passage Maker Tour #3	Third paddle in the Tour is a day trip from Smallwood State Park to Malloy's Bay
June 21	Let's Kayak to Thomas Point Lighthouse	8-10 mile kayak day trip in the open bay
June 27	Wye Island Circumnavigation	11-12 Mile tour around Wye Island with a stop for lunch
June	All Calendar Events	

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.





SK203 Training

Photo by Chung Ha

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Interesting Reading/Watching:

Anne Arundell Counties Beach Swimming Guide: <http://www.aahealth.org/programs/env-hlth/rec-water/beach-swimming-guide>

Old Salt's Blog - French Frigate: <http://www.oldsaltblog.com/2014/11/here-comes-lafayettes-hermione-voyage-2015/>

Empty Your water filled hatch video: <http://www.rapidmedia.com/kayaking/categories/skills/4946-video-empty-flooded-kayak-hatch-curl-rescue-cleopatra-needle.html>

Best Paddle Towns: <http://www.canoekayak.com/travel/best-paddle-towns-washington-d-c/>

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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.