# The Chesapeake Paddler



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May 2015

# SK102, Then and Now

Then... God Can Cook

## By Woody Woodard

Brian Blankinship, along with our most gracious host and hostess David Compton and Teresa Pendleton, put together a skills workshop within the cooling pond of the Lake Anna nuclear power plant. At about 9:30 am some twenty odd kayakers began gathering in Teresa and David's back yard as if drawn to this place by some unstoppable force. It reminded me of the movie E.T. as people from all over Virginia and Maryland began to congregate and set up a small tent village.

When everyone was nearly set up, Brian called us together on the bank of the lake to make introductions. First there was the \*staff\*, Nick, Gar, Spencer, Kevin and Brain (did I leave anyone out?). Then we all introduced ourselves, where we were from and experience levels. I was surprised at the number of "intermediate" paddlers. I deemed myself an "intermediate beginner" and even felt uncomfortable classifying myself that high. After we were done with intro's Brian referred to the surrounding scenery and stated "Can't God cook?". The trees were filled with orange, red, yellow, green and brown, and every other color in between. The water was 79 degrees, and the sky was crystal clear. My limited vocabulary prohibits me from describing such a scene properly which is why you see very little of this in my trip reports.

But this scene was quite fantastic, and Brian's words summed it up most accurately.

We split in two teams. The team I was assigned to started with paddling basics; the forward stroke, reverse stroke, draw stroke, scull-

## Now... 17 Years Later

## By Catriona Miller

On April 24-26, SK102 was held for the 17<sup>th</sup> year on the property of the incredibly generous CPA members David Compton and Teresa Pendleton. Despite the challenging weekend forecast of heavy rain and air temperatures with lows in the 40s and highs in the 60s, 108 hardy students, 34 instructors and 2 volunteers attended, and much fun was had by all. There were 3 last minute drops and 3 no-shows for the event. SK102 continues to be a victim of its own success, a very popular event, with 170 student applicants this year and more volunteers than instructor spots.

The first SK102 was held in the fall of 1999 with 6 instructors and 9 students and their full names have been mostly lost to time. Woody Woodard wrote up an event report for the CPA newsletter that year, and we've included it in this newsletter as a nostalgia piece. Since its inception, SK102 grew rapidly to 52 students in 2001, 88 students in 2006, and first reached 100 students in 2009 and have remained at those levels ever since. Amazingly - since 1999, there have been a total of 1368 student spots at SK102 and 987 individual kayakers have attended over the years. In 2016, at the 18<sup>th</sup> annual SK102, CPA will officially have taught its 1,000<sup>th</sup> kayaker at SK102.

Both CPA and SK102 have a strong tradition of peer teaching and volunteers. SK102 has been run at cost with entirely volunteer labor for 17 years now. As Brian told the students at the beginning of the

Continued on p. 4 - Now



SK102 - 2003

Photo by Greg Welker

Continued on p. 4 - Then



SK-102 - 2015

Photo by Catriona Miller

## 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)
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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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NEW: Membership is \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years. Sign up for membership online at <u>http://www.cpakayaker.com/joincpa/become-a-member/</u> or send checks or changes of membership information to CPA, P.O. Box 341, Greenbelt, MD 20768. Do <u>not</u> send them to the newsletter team.

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## Take the Tour

#### SK102

The 17th Annual SK102 On-Water Skills Training Workshop was held toward the end of April on one of the rainiest weekends in the memory of the event. Despite the cloudy skies, everyone had a great time in the near-80° water practicing the efficiency and safety skills important for sea kayaking. Biggest thanks to Teresa Pendleton and David Compton, who have loaned us the property 17 of the 18 years they've owned it. Catriona Miller organized this year's event and handled all the registration, instructor recruitment, and scheduling, while event originator Brian Blankinship led the staff of about 30 volunteer instructors. See the SK102 Now article and link for other volunteers who made the whole deal work: http://cpakayaker.com/ sk102 volunteers/. Most importantly, the 100 eager students who came down to get wet and probably got more "water sports" than they bargained for. SK102 is the most important recruitment tool in putting fresh blood into CPA, and the effort is the result of thousands of hours by dozens of volunteers.

## The TOUR

Back in my hiking days, we called them "serial" hikes: An ambitious trail goal broken up into bite-size hikes that could be done in geographical order over a number of weekends. The translation of this idea to CPA trips started with Marshall Woodruff's Kent Island Practice Paddles (KIPP), now in their tenth year, which lead up to the 34-mile circumnavigation of Kent Island. Back in 2008, Cyndi Janetzko and Brian Blankinship did a "fast and light" trip down the Potomac River from Mason Neck to Colonial Beach. I've done a number of Patuxent Campers that covered 55 miles of the easily-navigable part of this river in several days. Last year, David Wilson and Bob Shakeshaft led a serial paddle covering the entire Eastern Shore of the Chesapeake Bay (the Bay Voyagers series). This year, I have plans on the calendar for a serial paddle of the lower Potomac River from Columbia Island Marina to Point Lookout in 9 trips, some of which will be multi-day kayak campers.

These kinds of trips can be great fun, covering a lot of waterfront over a number of trips during a whole season (or even longer). More important for me, serial paddles are a step toward real kayak TOURING, where you pack your boat and paddle for multiple days without having to get back in your car or interrupt your "water" trip with any "land" traveling. In order to enable real kayak TOURING, we'll need help developing some additional recreational infrastructure beyond what we have in place currently. Workable kayak touring requires a number of water access points for launching and landing, and more critically, legitimate paddle-in camping opportunities spaced a reasonable day's paddle (10-15 miles) apart along the entire length of a river or shoreline. It's up to us paddlers to make our demands for this kind of recreational development known.

The Patuxent Water Trail, the back-country sites at Assateague National Seashore, and the three paddle-in sites at Janes Island State Park near Crisfield are currently the only ones in our area that have multiple paddle-in campsites enabling a kayak touring trip of several days. Recently, there are stirrings on the Potomac that could lead to true kayak touring. Last year, a very nice paddle-in camping area was



# *Captain's Quarters*

## Ralph Heimlich Coordinator

dedicated at Virginia's Caledon State Park. This year, Ed Stierli (National Parks Conservation Association) informs me that two new paddle-in campsites will be opening later this summer at Widewater State Park and at Leesylvania State Park. Ed, the National Park Service and VA and MD agencies are trying to create a true "Captain John Smith Chesapeake National Historic Trail" experience for long-distance and short-distance paddlers alike.

On a couple of recent trips, I was struck by how far ahead some areas are in fostering kayak touring. Dave Isbell and I spent nearly every night at a paddle-in campsite along 155 miles of the Connecticut River between Vermont and New Hampshire thanks to the efforts of the Connecticut River Paddlers Trail and the Vermont River Conservancy (see <a href="http://www.connecticutriverpaddlerstrail.org/node/1591">http://www.connecticutriverpaddlerstrail.org/node/1591</a>). The real "Cadillac" experiences, however, were on 145 miles of the Suwannee River Wilderness Trail in Florida this spring. In addition to some very nice state park accommodations at Stephen Foster Heritage Park and Suwannee River State Park, 10 of us enjoyed deluxe paddlein sites spaced 10 miles apart along the middle section of the river. The five river camps (Woods Ferry, Holton Creek, Dowling Park, Peacock Slough and Adams Tract) have five raised, screened sleeping platforms, dining pavilions, tent sites, hot showers and restrooms (see <a href="http://www.suwanneeadventures.com/river-camps.html">http://www.suwanneeadventures.com/river-camps.html</a> ).

We could have these kinds of great facilities along the Potomac as well. The next time you paddle along a stretch of the river you would like to have a camp on, takes some pictures and email a trip report to the folks at MD DNR and VA DEC and the NPS and let them know what you want. If enough of us do that often enough, we'll all be able to TAKE THE TOUR—by kayak!



Ralph Heimlich, CPA Coordinator

Photo by Greg Welker

#### Then, continued from p. 1

ing, and then some low and high braces. Eventually someone went over and needed to be rescued. I too ended up upside down and tried to quickly set up to roll, but I didn't set up properly and my sinus filled with water. As I came near the surface I tried to get a breath of air and got a little water instead. I decided to bail out and after spitting out half the lake I became the next person to demo a person being rescued. After emptying my boat A.J. came up bow to stern to hold my boat. I had my feet back in the cockpit and started to rotate in, but I rotated away from the support kayak and was soon back in the water. My PFD was riding almost above my head. I had taken off a polartec jacket earlier and didn't retighten it to fit properly. I tried my best to tighten it while in the water and eventually made it back into the kayak.

After lunch we went for a paddle. Again we divided into two groups; a faster - longer group which intended to go about 12 miles, and a shorter -slower group with about 6 - 8 miles as a goal. After spending the morning working on skills and recognizing the skills and speed of the faster group, I opted for the slower paddle. I figured I could have kept up with the faster group but didn't want to risk aggravating my shoulder on the first day. Dave and I tried to set a nice 3 MPH pace, but Spence kept reminding me I was causing the group to spread out, so we settled down to about 1.5 to 2 MPH. About a little over an hour out we stopped for a quick break and then started our return trip. It wasn't long the fast group caught up and some passed us just as Spence was starting to demo towing another kayak to A.J. Brian dropped out of the fast group to give some pointers and before long we were back at base camp.

We split into groups again with Brian, Carol, Matt, Silka, and myself taking up a kayak game much like dodge ball but played with a soft foam football. You get 2 points for hitting a person, and 1 point for hitting their boat. What a great game for practicing skills! A sideways skull, forward and reverse strokes and the ability to turn on a dime were needed skills. We didn't keep score but I'm sure I probably lost since I didn't manage to hit anyone but Silka with the football. Carol had her new Mariner kayak and was perpetually being kidded about giving her boat the first scratch.

After the game I changed into some dry clothes to get ready to go into town for dinner. Brian worked on rolls with Silka and she managed to roll up her very first time! Wanting to stop while ahead the rest of the people got ready to go to dinner and we piled into cars and trucks for the 20 minute drive into town. About 20 of us herded into a small Chinese restaurant which surprisingly not only managed to seat us, but also get our food to us very quickly.

Back at the lake, we all mutually agreed to call off the night paddle. It would have been really nice, but I don't think anyone wanted to change back into wet clothes after dinner. A few of us sat around the camp fire while some folks debated the proper genus of some weeds they found growing next to the fire pit. In the distance we could hear Nick playing guitar out by the dock.

The next morning we managed to get up after a very restful night. The night sky had been full of stars and the morning sky was just as clear. We made it onto the water to practice more skills, primarily one on one rolling instruction. At some point in the rolling instruction, it may have been the day before, Rob snapped his Greenland paddle in half. I noticed that people with the handicap of having hair look very different when wet. I must have tried to figure out who Alice was for 10 minutes while she was being baptized by Gar with his rolling instruction.

Around lunch time a small group headed off to paddle and I just practiced a few skills before packing up for the ride home. It was a fantastic time and my thanks go out to all the "staff", our host and hostess, and Brian for putting it all together. It was great meeting some new faces and seeing old ones again. And I think I'll put in my reservation now for the next skills workshop!

#### Now, continued from p.1

event, in addition fellow paddlers giving up their time to instruct, the best coaches in the area were also volunteering, some of which are world class paddlers. There have been 119 volunteer instructors at SK102 over the years, with many dedicated repeat volunteers. Continuing the CPA tradition of teaching our own – 56 of the 119 instructors originally came through SK102 as students. Since originally starting the event in 1999. Brian Blankinship ran the event to till 2013 and for the 17<sup>th</sup> year in a row, taught classes, led the instructors, and emceed the event. Kevin Black returned to SK102 this year to teach for the 13<sup>th</sup> time. Wendy Baker Davis taught for the 9<sup>th</sup> time this SK102. Suzanne Farace and Yvonne Thayer were instructors for the 8<sup>th</sup> time this year after attending SK102 as students twice, and both have been essential to feeding the students every year - Suzanne was guartermaster and provided all the food, while Yvonne organized Saturday dinner. Rich Weibush and Vince Dalyrmple were instructors for the 8<sup>th</sup> time this year. Without this pool of dedicated volunteers, SK102 could not be sustained and would not be anywhere near as incredible of an event.

For more info on the 2015 SK102 volunteers, please go to <a href="http://cpakayaker.com/sk102">http://cpakayaker.com/sk102</a> volunteers/

Catriona's pics of the event are here: <u>https://</u> picasaweb.google.com/107314129921523152700/2015\_04\_25SK102 More pics <u>http://cpakayaker.com/forums/viewtopic.php?</u> <u>f=1&t=8805&sid=c285d4119dbae5ad463e8e7509298b02</u>

## Tent Camping 102 (TC102)

A short course offered for wet and cold weather camping prior to attending SK102 (sorry it's a little late!) by Patty Jones **Navigation 101** - Learn the basics of tent city navigation to include not tripping over tent lines and walking in mud while inebriated.

- The ease of locating spot-a-pots with your eyes closed subject to the availability of a slight wind
- Self-rescue locating those with portable heaters when you are freezing
- The use of echo location helps to identify which tents to kick in order to silence the snorers
- If time allows, a short refresher course will review silent urination after 10 pm (using the "no slam" method for blue doors) and how to quiet your zippers

**Foundations of Remembering Names** - This course is geared toward those who have difficulty remembering the names of over 100 new faces. You might think this problem would solve itself by the use of clip on name tags. Experienced paddlers will join newbies in the singing of the newest hit single – "There Must Be 50 Ways to Lose Your Name Tag".

- Techniques will address the challenges of attaching names to those you meet in the dark
- Politically correct social response to those introduced while blinding you with their head lamp
- Recalling the names of persons when they are on either dry or wet land (a.k.a. not in their kayak)
- Dealing with the cumulative effects of alcohol paired with lack of proper sleep

The favored use of nicknames and nickname assignment tips The fundamental skills of using mnemonic devices, acronyms,

and alliteration will be demonstrated

The all time favorite technique of substituting terms of endearment for forgotten names

## CPA Paddler Profile By Rick Wiebush

Name: Rebecca (Becky) Martin

Lives in: Stone Ridge, VA

Real job: Retired

Member of a Piracy? Not at this time but plan to join the Pirates of Algonkian

**Paddling Buddies:** Lisa Streckfuss, Sonja Pyle, Dennis Green, and various KIPPERS, Bill and Mary Burnham- Burnham Guides.

Number years paddling: 4 years

How did you get involved in kayaking? It was part of a hiking meetup and they offered kayaking...so I tried it and liked it!

How did you learn to sea kayak? I kayak with various meetups groups and became interested in kayaking. I took a guided trip with Mary and Bill Burnham in Florida and that was my first experience with sea kayaking on open water. Then I was hooked!!!!

Any formal training or ACA/BCU certifications: I have taken various classes through meetups and various instructors but do not hold any certifications.

Boat usually paddled: Current Design Gulf Stream - approx. 17 ft

Type paddle used: bent shaft carbon fiber paddle

**Do you do any other type of paddling besides sea** kayaking? I have tried both and enjoy them!

Do you regularly do any other outdoor activities: I hike with the PATC hikers every Wednesday and bike with friends.

How often do you paddle in summer? as often as possible - at least 3 times a week.

Do any winter paddling? Absolutely!!! I have a dry suit and wet suit as well as go to Florida every year to paddle.

Go to pool sessions? If yes, where? I have attended many pool sessions with Rick Wiebush, Potomac Paddle Sports, Rockville and Alexandria pools.

Favorite local paddling location: I go anywhere.... So many places... too hard to choose. I go to Fountainhead reservoir but also Columbia Island Favorite non-local location: Kent Island

- Best paddling trip/experience ever and why: My favorite paddle was in Portugal paddling the Douro River- Douro Kayak Expeditions. It was fabulous paddling the river and going through the 5 large locks. The countryside was beautiful, the trip was very authentic... not touristy. We ate the food, met many of the locals and were invited to stay in their homes and villages. I stomped grapes, ate figs and loved the area.
- Scariest/most dangerous trip/experience and why: I think we have all had a rough day(s) on the water... It is a beautiful thing... water ---but it can rear its ugly head and all of a sudden you can't keep your boat straight or level. It has happened to me in Florida, South Carolina, British Columbia and on the Eastern shore. The conditions change and you have to keep calm and paddle to safety. It is part of the experience, which is why it is so important to get training and practice... practice...

Bucket list trip: circumnavigate Manhattan - I am waiting to hear if I get in for August 22, 2015

- Three things you like most about paddling? I enjoy going places not often seen by others, the nature and wild life and sharing the experience with friends.
- What do you like about CPA? I have met very experienced paddlers and have learned from them. I was part of the KIPPERS last year and circumnavigated Kent Island- Marshall Woodruff did a fantastic job of preparing us for the voyage.
- One thing other people find interesting about you: I have two children and have 5 grand children. I spend part of my time watching my three grandbabies that live near me. They bring joy to my life. Right now we hike but I can't wait to get them in a kayak!!!!





The Chesapeake Paddler

## CPA Paddler Profile By Rick Wiebush

Name: Randi Kruger

Lives in: West Springfield, Virginia

**Real job:** Retired, Veterinary Tech/Management

Member of a Piracy? Nope, I'm kind of a "guest star."

Paddling Buddies: "Mustache" Brian Stevens, Gulfstream Dennis, Marc and Rose, my husband James, Derek and Karen Miller

#### Number years paddling: 8

How did you get involved in kayaking? A girl friend took me out at Piscataway Bay. Instant love.

- How did you learn to sea kayak? Many classes, symposiums and private coaching with Brian Stevens
- Any formal training or ACA/BCU certifications: not yet, this year Brian Stevens will assess me as a paddler and I am seeking an L1-L2 teaching cert.
- Boat usually paddled: NDK Romany Surf, 16'2", Ivory with blue stripe and deck lines
- Type paddle used: Euro blade, Werner Ikelos

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

Do you regularly do any other outdoor activities: mountain and trail biking, hiking, dog walking, barefoot style running

- How often do you paddle in summer? 3 to 5 times a week
- Do any winter paddling? Yes, crazy. 1-3 times a week.

Go to pool sessions? Yes, through Regional Parks at Lee District Pool

Favorite local paddling location: Leesylvania State Park, Occoquan Res for exercise

- Favorite non-local location: Southport NC--woohoo! Cape Fear, Bald Head, Oak Island, Frying Pan Shoals, tide races, you name it, Southport's got it!
- Best paddling trip/experience ever and why: January of 2014 found me in Islamorada, the Keys, Florida. I paddled with Mike Aronoff, Brian Stevens, and a group of clients. I went down to fight the winter blues. What I ended up doing was setting myself on a life changing course of exploration by and for sea kayaking.
- Scariest/most dangerous trip/experience and why: Launching from Beverly-Triton Beach, five of us headed first across the West River and then took a break. Two paddlers split off from us, whether by design or accident. We could not raise them on our radios. The only other gal on the trip experienced what could only be called paralyzing fear. James and I were forced to nurse/tow her four miles across the windy inlets in two foot chop. It was not exactly frightening, more like challenging and exhausting. I re-injured my left rotator cuff assisting as the "nurse."

Bucket list trips: New Zealand, Australia, Seattle, Vancouver, another trip to the Bay of Fundy, the Big Island of Hawaii

Three things you like most about paddling? peaceful contemplation, challenging conditions, my water clan

What do you like about CPA? With some cross-over between clubs I have found a great group of people whom I really trust to paddle with me.
One thing other people find interesting about you: Interesting or tolerable? "Everything I know about raising a child I learned from dog training: positive reinforcement, correction without anger, never issue a command you are not willing to back up."



May 2015





Chesapeake Paddlers Association 2015 Calendar				
Date	Title	Summary		
May 1 - 3	Assateague Kayak Kamper Paddle	An 11 mile bayside paddle to an overnight backcountry campsite with a potluck dinner.		
May 1 - 8	Sail Angels Spring Gathering	A week of sailing kayaks and canoes with a group of kayak sailing enthusiasts.		
May 9	Kent Island Paddle #2	The KIP series is for paddlers who want to have a distance challenge and build their skills and knowledge of paddling.		
May 9	Potomac Passage Maker Tour #1	Kick off this tour of the Lower Potomac River with a run from Columbia Island Marina to Bell Haven Marina and return		
May 15-17	SK103 Trip Leader Training	Learn CPA Trip Leader Skills. Class is for new and future CPA trip leaders		
May 17	Kayak Swim Support - Columbia	Kayak swimmer support for Columbia Triathlon, Centennial Lake, How- ard Co, MD		
May 17	Daniel's Dam: Patapsco River	This is a four mile beginner trip through a wooded and peaceful section of the Patapsco River.		
May 23	Kent Island Rookie Paddle	Come on out for a beginner's paddle at Kent Island, MD. This is a great place to paddle and explore with your new kayaks.		
More Dates	May Calendar Dates			
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 <u>membership@cpakayaker.com</u>.

## **Mallows Bay**

## **Potomac River National Marine Sanctuary Designation Moves Forward**

## By Ralph Heimlich

Mallows Bay is home to the Ghost Fleet of the Potomac, the largest collection of historical ship wrecks in the U.S. When Charles County opened a park and kayak launch there, the Ghost Fleet became more accessible, and steps were taken to nominate the area as a National Marine Sanctuary (see <u>http://</u>

#### www.nominate.noaa.gov/nominations/

## nomination maryland mallows bay potomac\_river.pdf), a nomination support by CPA.

Now NOAA has approved the nomination, determining that Mallows Bay is worthy of designation as a National Marine Sanctuary and is ready to move to the next phase of the designation process. When NOAA issues a "Notice of Intent" to initiate the next and critical phase, a full public information process and Environmental Impact Statement, the nomination will advance.

If you haven't paddled here, consider visiting the Ghost Fleet, and stay tuned for more on the nomination process.



Mallows Bay

Photo by Ralph Heimlich

#### TC102 - continued from p. 4

## Tent Camping Basics, Camp Placement, and Self-preservation - What

is a tent city anyway? For those proficient in "bed" sleeping why not take it to the next level?

- Meeting the challenges of balancing how much gear to bring and how big of a tent
- Hauling SHIT (<u>S</u>tuff <u>H</u>oused <u>In</u> <u>T</u>ents) this is the foundation of getting things back and forth from your car
- Getting back to the basics silent sex, silent sleep, and sensible selection of neighbors
- Getting back to nature the variety and joy of "natural" alarm clocks

Horizontal dressing/undressing for vertically challenged tents

- "Nesting" the art of using available gear to create warmth when the temperature drops below 40 degrees (those using Mega Tents may waive this section)
- Picking your spot -The art of avoiding monkey balls in your back and small streams of water under your tent

Ear plug placement and selection

- Becoming a self-sufficient camper while avoiding creature comforts
- Knowing when to exit and find alternative sleeping arrangements – however, we all know that the best form of rescue is to never exit the camp! Just roll with the punches! \$



## 2015 Annual CPA Gear Day and Fall Out Of Your Boat Day

Date: June 7th

Time: 9am to 3pm

Where: Truxton Park, Annapolis MD

What to Bring: Your Boat and required equipment, gear you would like to display or trade/sell

CPA will provide charcoal; hamburgers & hot dogs; and paper supplies

More information: <u>http://www.cpakayaker.com/</u> <u>calendar/85/2469-Annual-CPA-Gear-Day-and-</u> <u>Fall-Out-Of-Your-Boat-Day/</u> RSVP to Jim Allen (jallen657258@comcast.net) \$

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The Chesapeake Paddler

Chesapeake Paddlers Association, Inc. P.O. Box 341 Greenbelt, MD 20768-0341

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