The Chesapeake Paddler

Publication of The Chesapeake Paddlers Association, Inc.

Sea Kayaking 101

By Paul Casto, SK101 Coordinator

What's a paddler to do on a cold raw March day with the chance of snow blowing in? Well, attend the annual Sea Kayaking 101 course, of course.

66 attendees and 12 presenters assembled at the West River Center to talk about how to get into the sport of kayaking. Greg Welker introduced kayak types and design and Paula Hubbard showed everyone how to dress and equip themselves, including the ever popular fashion show - do yourself a favor, and don't go looking for the pictures of Moulton Avery in his formerly red wet-suit. Ralph Heimlich talked about safety, including having a volunteer take the ice -bucket challenge. A volunteer was asked to keep his hands in ice water as long as he could (about a minute 40), and then when faced with the challenge of putting a paddle float onto a paddle indicated that he didn't know how to do that. Yes it is a difficult task with frozen hands, but even more difficult if it has never been practiced at all.... Brian Blankinship presented CPA training opportunities, and paddling techniques. Suzanne Farace and Jenny Plummer-Welker told everyone about places to paddle along the 11,600 miles of Chesapeake Bay coastline, and Rich and Sue Stevens gave advice on transporting and storing kayaks. We wrapped it up with some Q&A,

Continued on p. 8; SK101

Skirting Around....

By Ralph Heimlich

For the last several years, I've offered a winter workshop on building your own neoprene spray skirt. This year, I had 10 participants making their own skirts (Mike and Cindy Hamilton, Ron and Wendy Price, Laurie Collins, Terri Lehman, Lisa Arrasmith, Linda Delaney, and Kathie Koening). See photos on page 6.

Building your own skirt is remarkably easy, very affordable (about \$20 for a finished skirt), and produces one customized to your boat, which fits better than most store-bought skirts. Because there is no sewing through the deck, these skirts tend to leak less than skirts that are stitched through the neoprene.

I use the method and instructions developed by Duane (Roll or Drown) Strosaker, a West coast paddler, which were originally published in Sea Kayaker magazine. The instructions are on his website at <u>http://</u><u>www.ckf.org/duane/pdf/SpraySkirt.pdf</u> and you can see more details on the method and our workshops at <u>http://www.cpakayaker.com/</u><u>forums/viewtopic.php?</u>

f=1&t=7925&p=32768&hilit=spray+skirt+workshop#p32768

Volume 26 Issue III

April 2016

NationalParkService. CENTENNIAL

The National Park Service is 100 years old this year. To celebrate, various organizations throughout the country are taking outdoor photographs spelling out "100". Here on the Chesapeake Bay, Chesapeake Paddlers Association in coordination with the Chesapeake Conservancy, is organizing an aerial fly-over with lots of kayaks spelling out "100" off Sandy Point State Park, with the Bay bridge in the background.

On **Saturday, May 7**, we'll meet at the small craft beach. We will launch and make up the formation and flyover. Then head back to the beach for a hot breakfast at food trucks laid on by the conservancy. We may extend the paddle up into the Magothy River if conditions permit.

Email <u>Ralph</u> if you are interested. He will keep you posted on weather conditions and rain date plans. Feel free to invite your friends!





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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Liz Marancik

Rita Scherping

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. 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!

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THE CHESAPEAKE PADDLER

301-221-0572

240-731-9987

The Chesapeake Paddler is published 10 times a year, with combination issues in Nov/Dec and Jan/Feb. 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?

The newsletter 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.

News From the CPA Coordinator - Ralph Heimlich

Stirrings of Spring

Despite a nice warm burst, and the inevitable winter backlash, March had the hopeful stirrings of activity as the buds swell and the new paddling season stirs.

It was more like February again as a new and eager class of 80 some kayaker wanna-bes attended another edition of CPA's SK101—Introduction to Sea Kayaking at the West River Center in on March 19. Organizer Paul Casto, and instructors Suzanne Farace, Paula Hubbard, Brian Blankenship, Sue and Rich Stevens, Jenny Plummer-Welker, Greg Welker, Robert Golden, and Moulton Avery put on an excellent show, despite the unrelenting rain and cold. The attendees got the now-traditional kayak fashion show, a pretty graphically icy demonstration of what cold water does to manual dexterity,



SK101 Fashion Show

Photo by Jenny Plummer-Welker

and the chance to see a variety of boats, gear and actual sea kayakers, as well as many valuable insights into their new chosen sport.

There are more training and gear sessions coming soon. On April 9, **Tom Blount** and **Greg Welker** carry on a tradition of **Boat and Paddle Workshops and Gear Swaps** at Truxtun Park in Annapolis to help us get our craft ready for the season ahead by buffing, polishing, keel stripping, deck rigging, etc. At the end of the month, **Catriona Miller** heads up the 18th annual **SK102 - On-Water Training** at Lake Anna, VA.

April 22 is Earth Day, the 45th such day and a chance to reflect on the environment that sustains us. You can do your reflecting and keep your hands busy by getting out on the water at the 13th <u>Patuxent River Cleanup</u> organized by **Chip Walsh and Me.** It's a chance to get out after the long, icy



Ralph Heimlich

Photo by Suzanne Farace

winter and watch the buds explode into green, hear the birds sing, and get your hands dirty giving back to Maryland's Backyard River. We do this mostly in canoes (for more trash capacity), and we can find you a seat in one.

Finally, the paddle season goes into full swing in May when many of the week-day <u>Piracies</u> start up again and there a number of trips, activities and events on the <u>CPA Calendar</u>. While there are many things scheduled this season, it is never too late to add another trip or event. With more than 650 members, there are enough to come to several activities on each weekend in different parts of our wide Bay area—the only limit is those volunteers willing to step forward and lead.



PAX River Clean-up

Photo by Random Paddler

Paddler Profile: Timothy Dole

Lives in: Alexandria, Virginia

Real job: Environmental Protection Agency/Risk Assessor

Do you regularly attend a Piracy? No. It is difficult for me to get out during the week.

Number of years paddling: 12

- How did you get involved in sea kayaking? I rented kayaks at Mattingly Park in Indian Head, Maryland and at Jack's boathouse. I bought my first kayak (a grey Necky Narpa) for \$500 at a kayak swap in 2004.
- What boats do you paddle?: I have a Yellow Current Designs Solstice GT HV that I bought used from Tom Heneghan in 2008. I use this boat for long distance paddles such as the KIPP. In 2014, I bought an Orange Wilderness Systems Zephyr 160 which I use for rougher water paddles and general messing around.
- Rudder or skeg? The Solstice has a rudder which I only use to prevent broaching if I am running downwind. The Zephyr has a skeg which I use when I am with a group and I need to paddle in straight line.
- Type paddle used: My favorite paddle is a Wolfgang Aleut paddle that I bought due to the influence of Marshall Woodruff.
- Do you do any other type of paddling besides sea kayaking? Nope.
- **Do you regularly do any other outdoor activities** I ride my bike to work a few days a week and I occasionally go hiking and cross country skiing.
- How often on average do you paddle between May and October? Usually I paddle most weekends and I occasionally slip out during the week.
- **Do any winter paddling?** Yes, I paddle a couple times a month during the winter and I go to the pool sessions.
- **Favorite local paddling location**? I like to paddle the Chesapeake out of Galesville or Shadyside. The recent opening of the new parks in this area has greatly improved access.
- Favorite CPA trip you've ever been on and why: The Assateague Island trip of 2014. I had been on this trip three times before and fought the winds coming back each time. In 2014 the wind was in our favor for both the outgoing and return trip. That was also the trip where a couple of kite boarders dropped out of the sky to check out our kayaks.
- **Coolest paddling trip you've ever been on anywhere and why**: That would be The Florida Keys Challenge which is organized by PaddleFlorida.Org. This was my first time paddling in the Florida Keys. PaddleFlorida has done this trip for several years and they provide access to camping sites that would be difficult to obtain as an individual. They also provide excellent land support and really good food.
- Scariest/most dangerous trip/experience and why: On Labor day 2010 I launched out the Breezy Point Marina to paddle to Parker Creek and back. I had done this trip before without incident but on this particular day there was a strong wind out of the southeast that was creating 2 foot waves. I paddled into these waves for about a mile before I decided that I should turn back.



Timothy Dole

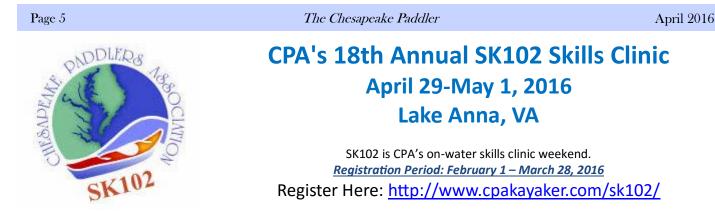
Photo by Earl Grey

On the way back, the waves did not seem that bad so I passed the marina with the intention of paddling just a little further... I was still doing okay when I reached the naval radar facility but then the waves reflecting off the riprap distracted me and allowed a big wave from the bay to knock me over. Fortunately, I was close to shore so I was able to get back in the boat and paddle my shaken self back to the marina.

- Future bucket list trip: I would like to go back to the Keys during better weather so I can see what is swimming under the water.
- Three things you like most about paddling? 1. The ability to get to places that are inaccessible by land. 2. The feeling of buoyancy. And 3. It's much cheaper than powerboating.
- What do you like about CPA? The CPA has some great people that I have learned a lot from over the years especially during the Kent Island Practice Paddles (KIPP).
- One unusual, non-paddling thing other people find interesting about you: I was born via caesarian section so it was a new experience for me when I had to stick my head through a dry suit neck gasket. 🖏

We would like to know about you! Contact Bob Browning if you are interested in a being featured in the Paddler Profile or if you know of someone else he can contact. Contact Bob at: BBBrowning43@verizon.net

by Bob Browning



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 (i.e. navigation, kayak camping, etc.) are offered. SK102 is designed to teach beginner or intermediate kayakers proper paddling technique and the skills they need to kayak safely.

IT'S ALSO A HECK OF A LOT OF FUN. Read: <u>http://www.cpakayaker.com/sk102-narrative</u>

SK102 sells out every year with a significant waitlist. New paddlers and SK101 attendees receive priority.

- Where: Lake Anna is 2 hours south of Washington DC. The lake is a nuclear power plant cooling pond, so the water is very clear and 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, spray skirt (for closed cockpit kayaks), life vest, paddle, pump, and paddle float. You will be required to sign a release of liability.
- Rental kayaks & gear are available to be delivered to SK102: <u>http://www.cpakayaker.com/sk102_rental/</u>

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 capsizes and wet exits Be able to rescue another kayaker who capsized. Learn types of tow systems, methods and how to use them Greenland Style Paddling What is that thin paddle anyway? Design & Advantages of Greenland style paddling 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 flotation that "sank" Techniques to rescue an injured paddler Foundations of Rolling: For intermediate paddlers who are ready to transition to rolling: Braces and hip snaps are the foundations of several kayak rolls Bow and Paddle rescues The best form of rescue is to never exit the boat **Sunday Classes:** Schedule to be announced, sign up at the event.

For more information, please contact Catriona M. and Maxine M at <u>SK102@cpakayaker.com</u> Pictures of previous events are visible here: <u>https://picasaweb.google.com/cpakayaker/</u> For more information about CPA, please go to <u>http://www.cpakayaker.com/</u> or <u>https://www.facebook.com/CPAKayaker</u>

Chesapeake Paddlers Association, Inc.

The Chesapeake Paddlers Association, Inc. is in good financial shape and we ended the year on an up note, which ends a two year stretch in which we experienced decreases. Our cash on hand increased by \$1,193.53 or approximately 5.70%, from \$20.935.17 to \$22,129.24. This amount includes \$21,933.30 in the CPA bank account and \$195.94 in the PayPal account. These figures are for the fiscal year, which coincides with the calendar year. In 2014 our cash on hand decreased by \$607.44 or 2.82%.

For 2015 we successfully sponsored a number of events for our members and the interested general public at large, including SK 101, SK 102, SK 203, subsidies for Boat & Paddle Work Day, Gear Day/Fall Out of Your Boat Day, a Cold Water Workshop, and a Navigation Course. We funded the Piracy stipends, holiday party, and the Annual Meeting which included outstanding member appreciation gifts. We also covered the ongoing expenses of our newsletter and other printing, as well as banking and office expenses. Our insurance liability policy is paid and up to date. We are current in filing the necessary state and federal tax returns. Following this summary is a condensed listing of all of the major account transactions for the calendar year and some financial charts which show financial trends. Some of this year's highlights are the following:

- Ending Balance: Our cash on hand increased by \$1,193.53 or approximately 5.70%, from \$20.935.17 to \$22,129.24. In 2014 our cash on hand decreased by \$607.44 or 2.82%.
- Membership Dues: We collected \$5,611.52 consisting of \$941.00 by check or cash, \$1,400.00 with the included membership from SK102, and \$3,270.52 net by PayPal. PayPal fees for membership were \$155.48 for the year. In 2014 over same period we collected \$5,573.01 in dues, for an increase of \$38.51, or less than \$1.00%.
- **SK101:** Income was \$2,250.00. Expenses for room rental and food were \$1,628.00, \$200.00 of which was paid in 2014. PayPal fees were \$94.11 and Eventbee fees were \$109.50.That left a net profit of \$760.01. Last year there was a net profit of \$322.53.
- **SK102:** Income was \$6,563.00, including sales of SK102 owned logo gear shirts and a rescue streamer. Expenses included food, port-a -johns, instructor gifts, PayPal fees, restoration of property damaged by vehicles after the heavy rain, etc. PayPal fees were \$213.13. Of the income, \$1,400.00 was credited to the included membership fee. PayPal refunds were \$495.75. There was one refund of \$50.00 by check. The graduated refund policy greatly reduced the number of cancellations. Total expenses and subtractions were \$6,092.13. Net profit was \$470.87. The previous year the net profit was \$368.39.
- Additional Gravel for SK102: to improve safety at the shoreline at SK102. It was decided to consider this a Club capital expenditure rather than an SK102 expense. Cost was \$375.
- **SK203:** Trip leader and skills classes sponsored by CPA, expenses were \$39.41 for printing.
- CPA Gear Day/Fall Out of Your Boat Day: Expenses for the pavilion rental were \$80.00 and food and charcoal was \$49.16, for a total of \$129.16. This was a free event for members and the public, sponsored by CPA.

Boat and Paddle Work Day: Expenses for the pavilion rental were

\$80.00 and income was \$48.00, for a cost of \$32.00.

- **Navigation Class:** Sponsored by CPA, expenses for food were \$33.51. We paddle to eat!
- General Printing and Mailing Expenses: Including post office box, printer and office supplies, the Newsletter, postage, membership cards, and brochures was \$1, 039.46, which is only \$24.34 higher than last year. The Newsletter was \$288.39 or 27.74% of the total. Last year the newsletter expenses were \$255.16. We received \$50.00 in ad revenue from the newsletter. Post Office box rental was \$154.00.
- **Logo Gear:** Sales were \$3,147.53. Purchases were \$3,318.10. We had a retail value of \$2,830.50 in logo gear inventory at the end of the year, plus another \$240 dollars in stickers.
- Navigation Course: Sponsored by CPA for a cost of \$85.95 for food.
- **Cold Water Workshop:** The costs were \$71.60 for food, sponsored by CPA. Thanks to Annapolis Canoe & Kayak and Dave Isbell for hosting this event.
- **Insurance Renewal:** The policy renewal for 2016 was \$1,667.00. Last year this policy was \$1,642.00, or an increase of \$25 or 1.52%.
- Annual Meeting: Expenses for food, drinks, and ice were \$250.41 and appreciation gifts were \$222.10 for a total expense of \$472.51. Last year the total expense was \$421.26. The increase was due almost entirely due to the increase in the cost of pizza. Through the efforts of Paul Casto and the generosity of the Chesapeake Bay Foundation there was no expense for the venue this year.
- **CPA Holiday Party:** Expenses were \$207.14 for food and ice. Last year the party cost \$94.83. Some of this food was also used at the Cold Water Workshop in 2016.
- The Piracy Stipends: This year they were \$1,846.66, down \$470.36 or 20.3% from last year's \$2,317.02.

Banking Expenses: We paid \$86.00 for additional checks.

The full report with charts, which show long term trends, and detailed breakdowns on SK101 and 102 can be found at on-line at <u>http://www.cpakayaker.com/uploads/Annual_Reports/CPA%</u> 20Financial%20Report%202015%20(Complete).pdf

Any questions please e-mail me at Treasurer@cpakayaker.com

fichard W. Alterent

Richard Stevens

Treasurer Chesapeake Paddlers Association, Inc. Page 7

Chesapeake Paddlers Association 2015 Calendar				
Date	Title	Summary		
4/2	12th Annual Patuxent River Clean Up	Come out and give back to the river by cleaning up from your boat.		
4/9	Kent Island Practice Paddle Series	KIPP 11 2016 - Practice for endurance to circumnavigate Kent Island.		
4/9	Boat and Paddle Workshop & Gear Swap	Kayak & Paddle Workshop & Gear Swap at Truxton Park in Annapolis 10-3p		
4/16*	Potomac Trash cleanup	Help Clean up trash from the water at sites along the Potomac River		
4/16	Eastern Neck Paddle - Spring	This is one of (hopefully) four seasonal circumnavigation paddles around Eastern Neck Island.		
4/17	Bull Run Virginia Bluebell Paddle	The paddle is a leisurely scenic 8.6 mile round trip lasting 3-4 hours through banks of blooming Virginia bluebells and wonderful march, river, and run eco systems.		
4/18	Head of the Elk river Paddle	Paddle the upper reaches of the Elk River		
4/25	Southeast Creek	Paddle southeast Creek and Gunk Hole Island Creek, off the Chester River		
4/29-5/1	<u>SK102</u>	CPA Skills Weekend		
* Non CPA Event				



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SK101; continued from p. 1

and sent everyone off with a parting gift valued at 125 - a whistle for their PFDs, to avoid the potential fine.

I am sincerely indebted to those who gave the presentations, or volunteered to help in other capacities (Robert Golden, Moulton Avery, and Deb Simons). Without folks who are so willing to be generous with their time and talents, CPA would not exist.

Presentations:

http://www.cpakayaker.com/resources/kayaking-101/



SK101 - Transporting your Kayak

Photo by Suzanne Farace

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Skirts	Dole	
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Coordinator Column	<u>Calendar</u>	

Stuff that might be worth checking out:

Paddle Tuscany: http://www.tallblokeadventures.com/ Molte Bene!
Kennersley Point Marina welcomes "well-behaved" paddlers
(whatever that means!) They are located at Island Creek and
Southeast Creek just off the Chester River. They say that both
creeks are worth exploring and they can tolerate a tent or two
for a couple of days. http://kennersleypoint.com
Urban Kayaking: https://www.facebook.com/
events/119464355114798/
Sweden Anyone? http://www.canoekayak.com/canoe/up-up-andaway-swedens-canoe-camping-paradise/

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.