

The Chesapeake Paddler



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KIPP or Bust!

Suspense, Challenges Greet 11th Class

By Linda Delaney

My hand trembled as I pressed the paddle leash Velcro together around my deck bungee. It was getting light outside, and the water at the Matapeake put-in on Kent Island shimmered as the chop rose and fell. This would be my last paddle as a KIPP (Kent Island Practice Paddle) rookie; KIPP rookies are paddlers who have not yet completed the KIPP series. I had an image of my 6th grade math teacher standing at the chalk board and I remembered the tension I felt whenever he explained 'story problems.' But this time in my mind, he was writing with his chalk next to the west side of the outline of Kent Island: (34.5 miles to circumnavigate Kent Island divided by (12 hours of daylight) minus 2 hours of breaks) = what average speed? A group of paddlers was launching and the group leaders for our group, known as 'old KIPPERS,' nervously counted the remaining people and boats that weren't on the water yet. Old KIPPERS are paddlers who have completed KIPP and return to the series to pass on their experience and assist with training the rookies and keeping them safe. It was the final paddle for KIPP number 11. Ten KIPPs before us had felt the final day jitters and completed the series, and so could I!

One of our leaders was calling to us to group up so we could have a pre-paddle safety brief, and the thought: 'maybe I should just go home' — flashed through my mind. My close friend, who was also a rookie, started walking toward the safety brief, so I knew I couldn't back-out. She and I had encouraged each other for the past six months through some of the most thorough, free, and excellent training, rescue practice, towing practice, navigation coaching, long paddles with constant on shore bail-out support, caring expert trip leaders, pre-arranged rest stops, sore muscles, heat exhaustion, 7 a.m. launches, jelly fish stings, blisters on my hands, raw spots under PFDs, and even stepping on a spike on the beach. We had been through too much to quit now, and we both felt as though our confidence and skill had improved so dramatically that we wanted to experience that moment of glory when the leader of KIPP, Marshall Woodruff, handed us our very own, much coveted, KIPPER patch.

My kayak wobbled as I paddled a short distance from the ramp and waited for the rest of our group to launch. I knew the wobbliness was from my stiff body, and the stiffness was due to the apprehension I felt for keeping up with the group and not capsizing. I had heard Marshall repeat over and over that the most important thing was to come to all the paddles and do my best on every paddle — then I would be

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Mallows Bay Slated for Sanctuary

Kayak water trails feature ghost fleet of 200 vessels

By Lois Wyatt

Mallows Bay, a favorite CPA day trip destination, has received more press and public attention since 2015 when President Obama announced it as a potential new addition to the nation's system of Marine Sanctuaries. The bay and adjacent waters contain one of the largest assemblages of shipwrecks in the Western Hemisphere. There are nearly 200 known vessels dating from the Revolutionary War period into the 20th century with the vast majority representing the civilian efforts of the U.S. Shipping Board Emergency Fleet Corporation during World War I. When the tide ebbs, the skeletal remains of the last wooden steamship fleet appear to rise from the waters like a ghost fleet. A range of groups and individuals have toured the site or listened to presentations. There is also a virtual tour developed by The Chesapeake Conservancy and a public outreach campaign entitled "Get Wrecked." The Conservancy has developed a story map and three on-water kayak tour routes.

The Ocean Guardians Program involves local schools in activities to raise awareness of the wonders of the Potomac watershed and to conduct hands-on restoration and monitoring activities. The bay will be featured in Maryland's World War I Centennial Commemoration

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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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Full page	\$80	7.5" x 9.75" (3)

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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. 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!

THE CHESAPEAKE PADDLER

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?

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News From the CPA Coordinator - Bill Smith



As many of you know, the CPA website suffered a fatal crash in December, so the decision was made to start from scratch and build a new one. The website has many new features. A website going down is never a good thing, but the timing was about as good as it gets since the December/January is a slow time of year for the paddling community. I want to thank Greg Banse, Paula Hubbard, and Ralph Heimlich for making this happen, and thank members of the steering committee who added comments for the finishing touches. I personally like the new look and ease of use.

If you haven't signed on the meet up site, you are missing out; the meet up site will be the primary source of information for organized trips.

It's winter, but the days are starting to get longer and it will be spring before you know it. This is the time to think about the upcoming paddling season. The annual trip planning meeting will be held on February 12th. This meeting is open to all members, potential members, or persons who want to add their two cents — good ideas are always welcome. Please lead us to your favorite paddling place or some place you have been wanting to explore. The paddle you have in mind could be routine to you, but with 700 members I bet not everyone has been there. If you don't feel comfortable leading a trip, then ask for a mentor. It is OK to have multiple trips planned for the same day since most trips average about ten paddlers, and as previously men-

tioned, we have 700 members. If a tenth of them show up, you have a problem.

I would like to challenge all the members who attended the trip leader clinic SK203 to lead at least one trip this coming season. This is your way of returning the investment in your training. Thank you in advance.

There are already a few events on the radar:

SK101 is a basic training for new or potential paddlers in a classroom setting. This is a great way for new or future paddlers to get some good information on where to start, from boat buying to what to wear when paddling. This course is taught by volunteers who are passionate about the sport. Please pass the information to any future paddlers you may know.

Spray Skirt Workshop is a way to learn how to make your own spray skirt. Paddling is an expensive sport initially, but once you make the investment, the expenses are low. Making your own spray skirt is a great way to save initial costs or to make a spray skirt to your specifications. It is also a way to take pride in something you made yourself.

SK102 is designed to take the new paddler or graduate of SK101 and give them an on-the-water experience under the guidance of experienced volunteer instructors. This is a great way to learn new skills prior to the upcoming season in the warm water environment of Lake Anna.

Another seasonal favorite is the **KIPP paddle series**. This is the 12th year of the KIPP paddles and is a great way for paddlers to step their skills up a notch. The KIPP paddles begin in April with training paddles around Kent Island with the end goal of circumnavigating the island in September. This is a 34.6-mile trip with wind, wave and whatever Momma nature throws at you. It's a great way to learn self-reliance and endurance.

Like all CPA paddles, you will learn that the paddling community will go to great lengths to help you when you are in trouble, but ultimately you are responsible for yourself.

Happy Paddling!

Remember: 'A lousy day on the water beats a great day at work anytime.'



Photo: Marla Aron.

Paddler Profile: Sam Jackson

By Bob Browning

Lives in: Essex, Md

Real job: Was once an electrical engineer at Bendix Communications Div. Now retired and loving it

Do you regularly attend a Piracy? Pirates of Baltimore

Number of years paddling? Five years

How did you get involved in sea kayaking? Anticipating some future day when I could no longer handle my sailboat, I wanted a water oriented pastime I could pursue into old age. Today I'm still sailing and my kayaking friends have me working harder than ever.

What boats do you paddle? Inuit made by Native Watercraft, 14.5 ft. yellow sea kayak.

Rudder or skeg? Rudder

Type paddle used? Two years ago I made a Greenland paddle from directions I found on the internet. I use it occasionally but prefer my Euro paddle

Do you do any other type of paddling besides sea kayaking? Only my sea kayak

Do you regularly do any other outdoor activities? I have a 17 ft day-sailer (a Mobjack) that I race weekly and compete in at least one regatta per year. I recently purchased a decent bike and hope to get back into riding.

How often on average do you paddle between May and October? Once per week with Pirates of Baltimore. About every two weeks with Watersedge Paddlers

Do any winter paddling? Only far enough South that a dry suit is rarely needed.

Favorite local paddling location: The upper Gunpowder is always pleasant with much interesting wildlife.

Favorite CPA trip you've ever been on and why: To date, I've not been on any trips more extensive than SK102 with CPA. That was an excellent learning experience.

Coolest paddling trip you've ever been on anywhere and why? Five days of paddling in the Florida Everglades in March, 2016, with the Road Scholar travel program. It was generally easy but so interesting. We paddled around islands in the bay, through mangrove swamps, down rivers.

Scariest/most dangerous trip/experience and why? On 7/8/14 nine of us were returning from a short evening paddle when, just ½ mile from our put-in, we were hit with a sudden, violent wind. Everyone disappeared from my view as 2 to 4 foot waves hit from West and South. All my strength and concentration were required to keep my kayak pointed into the waves while the wind threatened to tear the paddle from my hands. Then a white wall of rain hit and I could see nothing. I managed to hold my own until the worst of the storm passed. We all made it back to land safely, some with the help of Fire department and DNR rescue boats. (full account available in CPA trip reports)

<http://www.cpakayaker.com/forums/viewtopic.php?f=25&t=8341>

Future bucket list trip(s)? I haven't yet seen enough of Florida's west coast.

Three things you like most about paddling? It can be an exciting workout or a quiet exploration into the wilderness. But always an opportunity to meet new friends.

What do you like about CPA? If I think I'm going to go out paddling someday soon, I might never get out. But with CPA Pirates of Baltimore I know I'm definitely paddling every Tuesday. And there are always additional weekend trips I can join

One unusual, non-paddling thing other people find interesting about you? I volunteer as an adult sailing instructor at the Baltimore County Sailing Center at Rocky Point Park.

Do you know a paddler who would make an interesting profile? Contact Bob Browning at: BBBrowning43@verizon.net

a KIPPER and earn the patch of my dreams, whether I made it all the way around the island or not. But, I really wanted to go all the way around that final day!

The worst, I thought, would be capsizing and I wobbled again at the thought of slowing down the group and how embarrassing it would be — after all the training, coaching, and mentoring, volunteered by paddlers who had many years more experience than me. I felt like I should be able to stay upright.

We headed south from Matapeake beginning our counter-clockwise circumnavigation, and I was suddenly two feet higher than moments before, with my heart racing, and my paddle automatically stabbed into the rolling following wave that was lifting me up from behind, pushing me sideways, and skidding me off my heading. I looked at our lead kayaker and watched in nervous surprise as the stern of her boat skated sideways as though she had paddled into a patch of marbles, and she was lifted up several yards in front of me. She skillfully swept her paddle through the rolling wave and righted her course, and I felt relief as I remembered the coaching I had received for paddling in following waves. The rolling waves accompanied us for several miles before we could relax and bask in the beauty of the untouched shoreline and the magnificence of the bay stretching out on the other side of us. As an eagle glided down to the water just off the bow of the kayak next to me and skillfully snatched a small fish out of the water, we all exclaimed in joy at the privilege of witnessing one of nature's wonders so close up.

We made good time, stopping for a short rest break where we were met by the support team known as 'Cabana Team,' who delivered a pair of sunglasses to one of the paddlers. The Cabana Team followed us around the island in cars, were in constant contact with us, and shuttled tired paddlers back whenever a paddler felt they had paddled far enough. We then turned northeast from Kent Point, paddling a short distance to Long Point and then starting our trek across a long stretch of open water toward Turkey Point. So that we could cut bow first into the 15mph winds and 1 to 2 foot breaking waves, our trip leaders had wisely decided to follow the curve of the shore around until we were facing into the wind as we crossed the open water.

When we turned into the wind and paddled away from the shoreline, the breaking waves became larger and my kayak slapped the water as I crested each wave, much like 'riding the bull' at a Country & Western club. My torso side muscles tightened as I leaned forward to present a smaller surface to the wind, and my feet and thighs locked onto the foot pegs and thigh braces to help hold onto my kayak, which had now become a bucking bronco. I became more and more concerned as a nearby boat dock stayed in my field of vision for what seemed like eternity. Due to my fear of flipping over in the waves, I couldn't take my hands off my paddle to check our speed on my GPS, but I knew that we had slowed down to a crawl. Twice while we struggled through the breaking waves and wind to Turkey Point, a call came over the radio to 'wait up' for the kayakers in the rear to catch up — in



Triumphant KIPPers complete their paddle at Kent Narrows.

difficult conditions it is even more important to stay close enough for rescues — each time we enjoyed the brief rest, bobbing up and down, bracing from side to side, waiting on our comrades before pushing on. After what seemed like a whole day, we reached a spot on the opposite shore to take a break near Turkey Point and we discussed the sad fact that we had eaten up so much time in the crossing, that there wasn't enough daylight left to complete the circumnavigation. My heart sank, but my aching muscles rejoiced. Kent Narrows, which is a little more than half way around the island, was our new final destination.

Our trip leaders contacted the Cabana Team and advised them of our decision. The Cabana Team radioed back that they supported our decision and congratulated us for making it across the difficult open water crossing.

The next eastward crossing of Crab Alley Bay was shorter with half-foot waves and reduced winds. Now that the stress of making it all the way around the island was removed, we did not struggle; we chatted and delighted in the wildlife and scenery. We rounded Narrow Point and headed north to Kent Narrows; the waves had diminished to chop and the wind was just a breeze now.

At Kent Narrows, we were greeted with applause and champagne by Marshall Woodruff, the Cabana Team, and the group that had landed before us. We were now KIPPERS! Later that night, at the after-paddle dinner spot where we always gathered, Marshall presented each of us with our most precious, well-earned, highly sought-after, KIPPER patch. I sewed mine to my PFD and wear it proudly on every paddle. I understand now why so many return to KIPP each year — for the training, for the adventure, but most of all for the love of kayaking.

CPA, ACK & National Center for Cold Water Safety Host Workshop

By Ralph Heimlich



Moulton Avery listens to questions from participants at the Cold Water Workshop. Photo: Ralph Heimlich

Moulton Avery had a clear and pressing message for the paddlers, rowers, kayak fishermen, and wind surfers gathered at Annapolis Canoe and Kayak (ACK) on a cold Sunday in early January: **Cold water can be lethal.** Avery, founder and director of the National Center for Cold Water Safety, spoke at a workshop for about 20 people organized by the Chesapeake Paddlers Association, Inc. and sponsored by ACK that highlighted the risks of kayaking or otherwise venturing out onto our Bay's chilly waters. "I like to characterize (cold water) as a predator," Avery said. "Its chief attribute is perfect camouflage because it doesn't look dangerous at all."

Many attendees said they were hoping to extend the time they can be out on the water each year. Some were looking for advice on what equipment to buy, while others had returned to hear the presentation a second time, hoping for a safety refresher. On the mild days in winter and early spring, people can be tempted to get out on the water without realizing that the water temperature is still dangerously cooler than the air temperature, said Avery. Many times, that leaves paddlers gravely unprepared—as we say in CPA, it isn't if you capsize, it's WHEN. If it's in any water temperature below 70 degrees, you need to take the proper precautions. When water temperatures are between 50 and 60 degrees, maximum cold shock can occur, causing lots of life-threatening problems even for good swimmers.

First is a total loss of breath control that can last minutes, causing a person immersed in cold water to gasp uncontrollably and then hyperventilate, increasing the risk of swallowing water. Physical incapacitation is next, when your muscles become weak and you lose the ability to control hands and legs, Avery said, leading to swimming failure, even in strong swimmers. Both of these can happen long before hypothermia begins. With those two problems, the dangers of cold water start well before what many people understand to be the main risk, hypothermia. "It doesn't take long for strong people to

become weak and unable to do things when they're exposed to cold water," Avery said.

Moulton's National Center for Cold Water Safety promotes "five golden rules" for staying safe when water temperatures pose a risk.

The first is to always wear a personal flotation device.

Next is to always dress for the water temperature, regardless of what the air temperature is.

The third rule is to field-test your gear, by practicing with it in the water temperatures you'll encounter if you capsize.

Fourth is to swim-test your gear each time you go out, getting into the water and making sure there are no issues, like a leak in your drysuit.

Last is imagining the worst that could happen and planning for it.

Dave Isbell, manager of Annapolis Canoe and Kayak and a former Coast Guard officer with long sea experience, joined others at the workshop Sunday in sharing personal close calls and lessons learned. He said paddlers' rules about cold water safety and things like when to wear a wetsuit or drysuit should be ironclad for them, not optional. Those who rationalize by saying 'Well, today I'm only going out for 15 minutes, so I'm not going to bother putting my drysuit on,' can have a bad day on the water and that gets you and you're not coming back."



It was too icy to swim our gear, usually part of the cold water workshop. Photo: Ralph Heimlich

Chesapeake Paddlers Association, Inc. has rules for proper cold water gear when water temperatures warrant it, usually between about mid-October and mid-May of each year on the Chesapeake Bay. In more northern paddling areas (Long Island, Cape Cod, Maine, the Adirondacks, the

Pacific Coast), dates for cold water gear can occur earlier and last longer, and may be all year long. See <http://www.cpakayaker.com/>. The National Center for Cold Water Safety has more tips and resources on its website, www.coldwatersafety.org.

this April with an art exhibit of projects from county students who visited the site. Last September a team led by Duke Marine Lab used three drones to survey the bay's maritime and ecological resources. The resulting information was used to map and interpret the area and to aid in the design of water trails and public outreach materials. The Institute of Maritime History investigated one shipwreck site suspected of being a Civil War era vessel used to transport guns during a Confederate withdrawal. An exciting discovery was one Dahlgren gun and a second gun, thus confirming the documented vessel.

The area is home to thriving populations of bald eagles, heron, beaver, river otter, deer, turtles, and numerous aquatic species. It is popular for recreational fishing, especially bass. The area is rich

in archaeological sites and artifacts of the Piscataway peoples. There is evidence of Civil War encampments and commercial fishing endeavors, including sturgeon fisheries and caviar canning.

The state hopes to open the sanctuary in April, 2017 as part of the global commemoration of the centenary of WWI. In addition April is appropriate because it is Archaeology Month in Maryland and Earth Day is April 22. The Charles County Department of Recreation, Parks and Tourism is planning a three-day WWI Centennial Commemoration April 21-23. Saturday activities will be centered at Mallow's Bay with historical, environmental, and recreational activities and exhibits.

Sources: Charlie Stek, Chair, Partnership for Mallow's Bay - Potomac River National Marine Sanctuary; <http://www.worldwar1centennial.org/index.php/maryland-wwi-centennial-home.html>

Chesapeake Paddlers Association 2017 Calendar

Date	Title	Summary
2/12	2017 Annual Steering Committee Trip Planning Meeting 12p.m. Manhattan Beach Community Center, 742 Dividing Rd, Severna Park, MD	Open to all members to list trips, classes, workshops and other events.
3/11	SK101 Intro to Sea Kayaking 8:30a.m. to 4:00p.m. West River Center, West River, MD	Workshop for beginners and budding kayakers to learn about kayak design choices and related equipment. Light breakfast and lunch included in \$25 registration fee. For information, mailto:sk101.cpa@gmail.com .



In Memorium

Todd Eldon Angerhofer, 48, of Portland, ME, and formerly of Rochester, New York, and Washington, D.C., has passed on. He was a beautiful and sensitive spirit who was devoted in service to others. Todd was born in Rochester, N.Y., where he lived until graduation from Pittsford-Mendon High School in 1986. He graduated from MIT in 1991 on an NROTC scholarship with a bachelor's degree in naval archi-

tecture and marine engineering. Todd then served in the United States Navy as a nuclear power research project officer in numerous capacities -- primarily in greater Washington, D.C., -- and earned a master's degree. During his 20-year military career he earned many commendations. Upon retiring from the Navy and inspired by his love of the outdoors and the water, Todd made his home in Portland, where he continued to serve, including with the Maine Region of the American Red Cross, donating thousands of hours helping to enlist

and assign roles for new volunteers as well as preparing staff in disaster response. He also was active in Portland's recovery community. Todd was passionate about boating, hiking, biking, literature, and Russian language and culture, which he learned in college, enhanced by living in MIT's Russian House. He hiked the mountains of Peru, kayaked with the Chesapeake Paddlers Association, and biked across Alaska.

To view Todd's memorial page, or to share an online condolence, please visit: www.ConroyTullyWalker.com. Contributions in Todd's memory may be made to:

American Red Cross, Maine Region
524 Forest Avenue
Portland, ME 04101, or
Portland Recovery
Community Center
468 Forest Avenue
Portland, ME 04101

The Chesapeake Paddler

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