

Chesapeake Paddler



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March, 2013

CPA Hosts Cold Water Workshop: The Predator Lurks Beneath You

by David Wilson

The Chesapeake Paddlers Association is fortunate to have many talented individuals who are willing to donate their time to pass along their knowledge to other club members. As I was once told, "It was the way I learned. Someone taught me, I'm only passing the information along. It will help keep you safe." I love that attitude.

CPA co-hosted another lecture/workshop on the topic of Cold Water Safety, on February 10, 2013. The speaker was Moulton Avery, an internationally recognized heat and cold stress authority, Executive Director of the National Center for Cold Water Safety, and long-time fellow Chesapeake paddler. The presentation was held at Annapolis Canoe and Kayak.

Having reviewed hundreds of accidental drowning cases, Moulton has come to characterize cold water as a large, hungry predator. "It is fast, powerful, and deadly. It has unlimited energy, no need for sleep, and is perfectly camouflaged," he states. He paints a vivid picture, one best kept in mind while floating on its back this winter. You can look at cold water from three feet away and it looks perfectly innocuous.

Throw in an inviting sunrise, a little warm air flow from the Gulf, and most of us are eager to take the bait. But don't be fooled. Cold water is a ruthless killer. If it doesn't fill your lungs with water in its initial envelopment, it will try to stop your heart or cause your brain to stroke. And if you are lucky enough to survive the initial few minutes, over the next hour or so it will literally suck the life out of you.

Nine out of ten canoe and kayak fatalities are cold water related. According to the US Coast Guard, in 2011 canoe and kayak ranked second out of 13 boat classifications in the number of fatalities. The only boat classification that had more fatalities than us were the power boats.

So, next time you consider cold water paddling, before you leave, please look over Moulton's Five Golden Rules (see sidebar). They will help you stay alive. Then remember my reminder: hunting season is open. The predator is hungry, and he will be waiting for you. After the workshop, I learned that as we tested our gear in 36° F bay waters, some folks in Jamaica Bay, New York faced down the predator.



CPA Members Swim Test Their Gear in 36-degree Water
photo by DJ Manalo

National Center for Cold Water Safety's

Golden Rules of Cold Water Safety

* No Exceptions *

- 1) Always Wear Your PFD
- 2) Always Dress for the Water Temperature
- 3) Field-Test Your Gear
- 4) Swim-Test Your Gear Every Time You Go Out
- 5) Imagine the Worst that Could Happen and Plan for It

(Continued on page 7)



Chesapeake Bay Watershed Public Access Plan

The Chesapeake Bay Watershed Public Access Plan sets forth actions for expanding public access to significant streams, rivers, and bays in the entire Chesapeake Bay watershed. A goal of the plan is to add 300 new access sites by 2025. Key findings include:

- "There are 1,150 documented existing public access sites where people can launch boats, fish, swim, or look out over the Bay and its tributaries." (Page iii)
- Only 770 public access sites exist along the 11,684 miles of the Bay and tidal portions of the tributaries.

(Continued on page 3)

CLASSIFIEDS

Ads dated 3 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.



Kent Island Practice Paddles patch

SCHEDULE FOR THE CHESAPEAKE PADDLER

Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. The deadline for submitting copy is usually 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 Jenny at news_editor@cpakayaker.com or call 301-249-4895.

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 now \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years. Send checks or changes of membership information to CPA, PO 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.

Correction to January-February 2013 issue: the Paddler Profile features were submitted by Rick Wiebush (not Rich Wiebush).

Deep Water, Cold Comfort

The CPA Cold Water Clinic was held in February, with Bay temps at about 36 degrees F. Many thanks to Moulton Avery of the newly formed National Center for Cold Water Safety (<http://www.coldwatersafety.org/nccwsRules3.html>) and CPA Steering Committee member Dave Isbell of Annapolis Canoe and Kayak for making this event happen. If you check the pictures, you'll see my neoprene head bobbing around in there. Thanks to efforts of DJ Manalo, Catriona Miller and Steve Bethke, this entire lecture is on video in segments (check the [Forum](#)), and read David Wilson's reflections on the event on Page 1.

The lessons are timely because Bay water temperatures remain dangerously cold long after sunshine and warmer air tempts many out to paddle. Those of us who learned so much at the clinic need to preach out beyond the choir and reach out to all those T-shirted April and May Bay paddlers we've all seen and shook our heads over. Check out the resources available at the National Center's new website, and consider supporting this fledgling safety non-profit organization.

Two important planning meetings were also held in February that have gone a long way toward filling up the [CPA Calendar](#) for the season. If you have a trip to get on the calendar or additional details to post, please contact me, Catriona Miller, or one of the Steering Committee members, and we can post it for you. Trips may be added to the calendar at any time during the year (give folks a little lead time or you won't get any takers). Don't be leery of posting a trip for a weekend that already has a lot going on: We are over 700 strong and scattered across several states, so there is no such thing as "too many trips." A shout out to several Piracies (James, Patuxent, Occoquan) for hosting weekend events to showcase their home waters. Take them up on their offer and see a less familiar corner of the Bay.

For those wanting to participate in any of the trips posted thus far, my advice is not to linger. These trips have limited capacity, fill up fast, and you cannot expect to have a slot if you wait until the last minute. You **MUST** contact the leader: we **ARE NOT** a meet up group where you can just show up for a paddle. When you contact the trip leader, you may be asked for additional information to properly screen your experience and equipment and match it to the trip's requirements. Once accepted in the trip, please let the trip leader know as soon as possible if you can't make it so that others can use the slot.

March will see a two-part Greenland paddle making workshop, SK 101 (our introduction to sea kayaking for beginners), a navigation course, and a wilderness first aid course for trip leaders. For these specific skill courses, we are giving priority to those willing to step up and lead trips, since those people need the skills the most.

April's calendar is packed with pre-season events, including FOUR river cleanups to give us all chances to give back to our rivers. I encourage you to get out in April (EARTH MONTH) and help clean up our paddling environment, on the water or on land. We are also having a boat and paddle workshop to tune up gear, a trio of early season day paddles, and the 15th Annual SK 102 On-water Skills Workshop at Lake Anna.

Winter is not over yet, but the 2013 CPA Season is well under way. I look forward to seeing you at these events, and on the water.

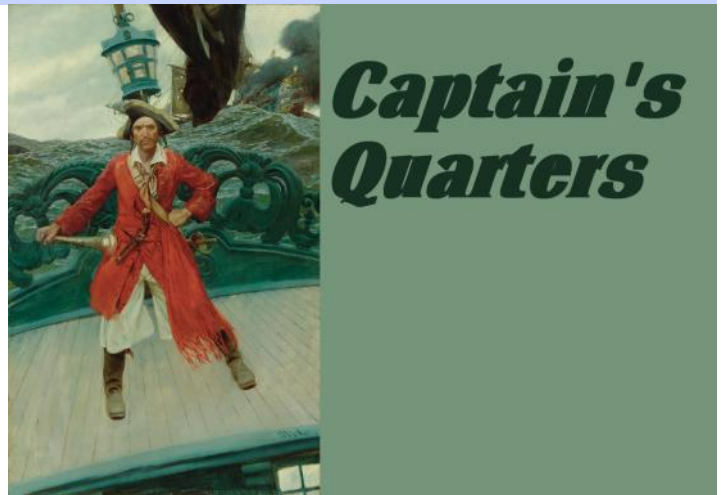
Ralph Heimlich

(Continued from page 1)

- High public demand for water access continues to be documented in many studies and plans.
- "Significant stretches of shoreline have little or no access. In some cases, the gap between sites is dozens of miles...Long, inaccessible stretches make it difficult to plan trips along water trails and reduce the benefits of ecotourism. A lack of public access also leads to trespassing, as users have no other option for getting on or off the water." (Page iii)

The plan includes many maps, including maps that show existing public access sites, average length of shoreline/riverbank between access sites, and potential public access sites. The plan provides a dozen steps for adding 300 new sites in the Chesapeake Bay watershed, including filling in strategic gaps along water trails. The appendix lists potential public access sites.

The National Park Service worked in collaboration with Delaware, Maryland, New York Pennsylvania, West Virginia, and the District of Columbia. The plan, released on January 30, 2013, was prepared by a Public Access Planning Action Team. Information about the plan may be obtained from the Superintendent of the National Park Service, Chesapeake Bay Program Office, 410 Severn Avenue, Suite 314, Annapolis, Maryland, 21403, 410-260-2470. People are encouraged to recommend new public access sites not included in the plan's list by using the online mapping tool available at <http://www.baygateways.net/AddPA>. The plan is available online at <http://www.baygateways.net/publicaccess/>. ~ **Jenny Plummer-Welker, Editor**



Ralph Heimlich at Ego Alley
photo by Greg Welker



Laura Ventura in the San Juan Islands, Washington, August 2012. Photograph by Kerry Kirk Pflugh

CPA Paddler Profile ~ Laura Ventura

by Rick Wiebush

Lives in: Kennett Square, Pennsylvania and Chestertown, Maryland (Tolchester)

Real job: Self-employed carpenter/home repair work

Member of a Piracy? Eastern Shore Piracy

Paddling buddies: Sue Byerly, Melinda Bookwalter, Lizzie O'Donoghue, Kerry Kirk Pflugh, Jay Gitomer, Paula Hubbard, Rich P., Rich Hagerty, and Brian Scarborough

Number years paddling: About 10

How did you get involved in kayaking? I love the water so I got a canoe, thinking it would involve the family and dog. Well, that didn't happen, and therefore I just had a big canoe to lug around by myself, so I sold it and bought a small Dagger Bayou kayak. I still remember my first solo journey down the Brandywine River, smiling ear to ear and talking out loud about how great it was! That progressed to a fiberglass sea kayak, and I joined up with some races sponsored by Delmarva Paddlers so I could meet other paddlers. I met Chris Beckman and so the journey began!

How did you learn to kayak? I have sought out training classes, such as strokes, rescues and surf, attended symposiums, both

Greenlandic and other, challenged my endurance and skill levels on journeys and in conditions and learned from the company of other skilled paddlers. **Any formal training or ACA/BCU certifications:** Classes but no formal certifications

Boat usually paddled: I rotate, but favorite....Tahe Marine, Greenland OC, 17-foot 10 inches, ivory/red

Type paddle used: Greenland Paddle, Aleutian Paddle

Do you do any other type of paddling besides sea kayaking? Not regularly

Do you regularly do any other outdoor activities? I regularly trail hike and neighborhood bike with occasional trail and urban rides. I am currently training for the NYC Five Boro ride in May! Cross country skiing in the winter (well, when there was snow).

How often do you paddle in summer? Usually once or twice per week. **Do any winter paddling?** I paddle during the winter but much less frequently. I love winter paddling, however.

Go to pool sessions? I love pool sessions but local offerings are minimal. I have been to Fairlands, Big Vanilla, Pottstown, Pennsylvania YMCA, Bridgewater in New Jersey and one year we were lucky enough to have use of a private health club pool in Chestertown. The Newark, Delaware YMCA has pool sessions sponsored by Wilmington Trail Club.

Favorite local paddling location within 1-2 hours of your house: I love to paddle the East Langford and Chester River when in Tolchester. My new favorite spot on the Susquehanna is just below the Holtwood Dam, Rt. 372. I also love Cape Henlopen area and Strathmere in Southern New Jersey (near Wildwood).

Favorite non-local location: Pacific Northwest, Manzanita, Oregon coast and San Juan Islands, Washington. New England coastline, Narragansett Bay, Rhode Island

Best paddling trip/experience ever and why? My most recent paddling excursion was to the Pacific Northwest, and proved to be a trip of a lifetime. The journey took us from the dynamic Manzanita, Oregon coast with its exaggerated rocky and sea cave exploring opportunities, the majestic Columbia River, the San Juan Islands, to include primitive overnight kayak camping on Patos Island, a midnight sojourn through magical bioluminescent filled waters and daily exploration amongst the beautiful island scenery and finally an experience in the famed Deception Pass on Whitby Island. The experience was made complete because it was shared with an amazing travel partner, Kerry Kirk Pflugh and included a visit to Cape Falcon Kayak (Brian Schulz) where we enjoyed his lifestyle on the organic farm. Seth Albanese and Body Boat Blade of Orcas Island also contributed greatly to our trip with their generosity and guiding. It was not only the places, but the people that made this trip so spectacular.

Scariest/most dangerous trip/experience and why? I haven't had one single experience that stands out as dangerous and scary. Fear has happened at times when I push my limits, whether it be in ocean surf or challenging sea conditions. Sometimes it occurs because my mental or physical equilibrium is just off balance. I think it has been important to listen to my inner voices and act accordingly. When we entered Canoe Pass (part of Deception Pass), there were two speed boats that came barreling through the narrow pass. It was scary and dangerous, but we quickly made the decision to retreat to a safer area to play in the eddies.

Bucket list trips: Maine Coast, Georgian Bay or somewhere in the Great Lakes, Tybee Island, Georgia, Adirondacks

([Continued](#) on page 5)

CPA Paddler Profile ~ Joseph Messier

by Rick Wiebush

Lives in: Quinton, Virginia

Real job: Retired for now

Do you paddle with a CPA Piracy? Pirates of the James

Paddling buddies: Mary Larson

Number years paddling: 12

Boat usually paddled: NDK EXPLORER, 17 feet, red and white

Type paddle used: Euro and sometimes Greenland

How I got into sea kayaking: My first time in a kayak was about 1999 in New Jersey when I rented a recreation 11-foot kayak to take a trip down the Batsto River which I enjoyed very much and I have not stopped kayaking since. I moved up to my first sea kayak in 2001 after my wife and daughter gave me a small recreational kayak for Christmas. I brought it back to Dick's Sporting Goods to buy the longest kayak they had which was a 15-16 foot Wilderness Sealution II. I now own a small fleet of recreational and sea kayaks that I share with family and friends.

How did you learn to sea kayak? I joined the Jersey Shore Sea Kayak Association in 2002 and learned more about sea kayaking through peer paddles and taking training classes from various sea kayak instructors. I still have a lot to learn and places to experience which makes sea kayaking an interesting and fun sport.

Any formal training or ACA/BCU certifications: I have taken advantage of several training opportunities including the training by instructors of the University of Kayaking including Derek Hutchinson in New Jersey, and in 2008 the Intermediate Rough Water Symposium in Rhode Island, and 2011 at Kiptopeake Symposium.

Do you do any other type of paddling besides sea kayaking? No

Do you regularly do any other outdoor activities? Biking

How often do you paddle in summer? Six times per month

Do any winter paddling? Yes

Go to pool sessions? Yes

Favorite local paddling location within 1-2 hours of your house: James River

Favorite non-local location: Chesapeake Bay

Best paddling trip/experience ever and why? Milos, Greece was a great place to paddle and have fun. The caves, beaches, and restaurants were excellent. The week-long paddle down the Saguenay Fjord in Quebec was another great trip with the whales surfacing around us. A paddling trip from Crisfield, Maryland to Tangier Island and returned the next day via Smith Island.

Scariest/most dangerous trip/experience and why? Paddling from Smith Island to Crisfield, Maryland a warning came up on the radio that a thunderstorm was approaching with over 58 MPH winds. I didn't recognize the counties it was reported in but the skies were getting dark. We all paddled as fast as we could to shore and made it OK. I know how dangerous the Chesapeake Bay can be when the weather turns bad, so it was a great relief to make it to land without any problems.

Bucket list trips: Baja, and near Ireland/England. My other bucket list trip was Florida, but I did that in January, 2013.

Three things you like most about paddling? Exercise, nature, and companionship

What do you like about CPA? Bringing like-minded people together

One thing other people find interesting about you: I retired from the Navy after 22 years in 1983. I retired again from Computer Sciences Corporation in 2008 after working over 25 years on software development for the Aegis Combat Weapon System.

Laura Ventura ([Continued from page 4](#))

Three things you like most about paddling? Intimacy with the water and surrounding natural environments, dynamic and constantly evolving sport, enjoyable as a solo or group activity

What do you like about CPA? Camaraderie with other paddlers, opens my eyes to travel opportunities and training

One thing other people find interesting about you: I renovated a small, dilapidated cottage on the Eastern Shore of Maryland. Lots of blood, sweat and tears (at times). It was a kayak outing in Rock Hall that first introduced me to the area and has led me to wonderful like-minded friends.



Joseph Messier in the 10,000 Islands, Everglades National Park, January, 2013 Photograph by Rick Wiebush

Chesapeake Paddlers Association Tentative 2013 Calendar

Date	Title	Summary
3/16	SK 101 Intro to Sea Kayaking	Classroom introduction to our sport. West River, MD. Suzanne Farace, 410-446-5991, Steve Bethke, Paul Casto, registrar. Advanced registration required. CPASK101@aol.com
3/17	Greenland Paddle Workshop, Part I	Cut your blank and carve your paddle. Gina Cicotello and Peter Henry. gpworkshop@cpakayaker.com
3/30	Greenland Paddle Workshop, Part II	Cut your blank and carve your paddle. Gina Cicotello and Peter Henry. gpworkshop@cpakayaker.com
3/23	Kayak Navigation Workshop	Navigating while kayaking. Held in Annapolis. Bela Mariassy, 410-507-4972. belamd kayak@gmail.com
3/30 & 31	Wilderness and Remote First Aid Course/Camp	American Red Cross first aid training for situations when advanced medical care may be delayed. Camp Wright, Kent Island, MD. Tom Heneghan, 571-969-1866, tom@theneghan.com, and Paul Bieri
4/6	Kayak and Paddle Workday	Truxtun Park, 9 a.m. to 4 p.m. Contact Catriona Miller. thelittlepiggies-pink@yahoo.com
4/6	Patuxent River Cleanup; Mason Neck River Cleanup	Come and give back to your favorite paddling area. Patuxent: Chip Walsh, 410-562-3466, and Ralph Heimlich, 301-498-0918, heimlichfamily@comcast.net. Mason Neck: Jim Zawlocki, 703-378-7536, jimz2z@verizon.net
4/7	Bull Run Virginia Bluebell Paddle	A leisurely scenic 8.6 mile round trip through banks of blooming Virginia bluebells and wonderful marsh, river, and run eco-systems. Jim Zawlocki, 703-378-7536, jimz2z@verizon.net
4/13	Occoquan River Cleanup	Come and give back to your favorite paddling area. Jim Zawlocki, 703-378-7536, jimz2z@verizon.net
4/13	Kent Island Practice Paddle Series (KIPP)	This paddle will have six practice paddles once a month, from April through September. Marshall Woodruff, 202-345-0606, marshall.woodruff@gmail.com
4/20	Garrett Island (Susquehanna River) Cleanup	Help cleanup Garrett Island. Bob Shakeshaft 410-939-0269, bpmcshake@comcast.net
4/20	James River Fest and 3rd Annual James River Paddle Challenge Race	River Fest plus race - 4 mile sprint race or 9.5 mile endurance race around Jamestown Island. Andrew Sikes, Race Director, 757-570-0105, jamesriverpaddlechallenge@gmail.com
4/22	Tridelphia Reservoir Paddle	Paddle Tridelphia Reservoir. Chip Walsh, 410-562-3466, chipwalsh@verizon.net
4/24	Pier 7 Pirates—Season Opener	Begin weekly after work paddle on Wednesdays at Pier 7 Marina, South River, Annapolis. 410-531-5641, pirates_pier7@cpakayaker.com
4/26-28	15th Annual SK 102 On-Water Skills Workshop	Come and learn from the best volunteers in the world. Brian Blankinship, brian@baykayaking.com, and Catriona Miller, registrar, sk102.cpa@gmail.com
6/15	Gear Day/Fall Out of Your Boat Day	Check out all the coolest gear people have/use/make, swap stuff, do a wet exit and paddle float reentry. Truxtun Park, Annapolis, MD. Catriona Miller and Kristina McCoy, thelittlepiggies-pink@yahoo.com
6/21-23	SK 203 On-Water Trip Leader Training	Learn rescues, trip leader skills while car camping. Westmoreland State Park, VA. Especially for potential trip leaders. Brian Blankinship, brian@baykayaking.com, 443-994-7990, and Rick Wiebush

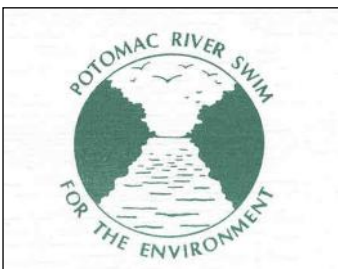
Visit the CPA Web page, <http://www.cpakayaker.com/>, for more events, details and trip leader/organizer contact information. For a full listing of upcoming Club events, visit the CPA Calendar, <http://www.cpakayaker.com/index.php?page=calendar>.

Sicily Kayak Tour, 2013

August 19—September 15, 2013: Four weeks for four tours of 250 km each. A guided expedition along the coast of Sicily. You can the entire circumnavigation or you can join for one, two or three weeks. Participants are asked to paddle an average of almost 40 km per day. Every week has one land guided excursion to visit selected and really interesting places. The last day of every week will be for rest and transfers. For prices and details, contact Francesco Petralia at info@maremotu.it or +39 338 3292597.

Kayakers – The Potomac River Swim Needs Your Help!

The 2013 Potomac River Swim (7.5 miles) needs support kayakers to accompany individual swimmers on Saturday, June 1, 2013. Swim proceeds are donated to environmental organizations, including the Chesapeake Bay Foundation, the Sierra Club, the Potomac River Association, the West Virginia Rivers Coalition, and the Interstate Commission on the Potomac River Basin.



Kayakers accompany individual swimmers on their crossing and get (no charge):

- Pre-swim supper/briefing on Friday, May 31
- Camping at Point Lookout State Park on Friday, May 31 and Saturday, June 1
- Post-swim picnic at Point Lookout State Park on Saturday, June 1
- Commemorative t-shirt

Visit <http://www.potomacriverswim.com> for more information, or contact Cheryl Wagner at 202-387-2361, cherylw@crosslink.net.



Kayaker Rob Pearlman and swimmer Michele Waters, All Smiles at the End, 2012
photo by Cheryl Wagner

Boat and Paddle Workday to be Held April 6, 2013

by Catriona Miller

The Chesapeake Paddlers Association is hosting a Boat and Paddle Workday on Saturday, April 6, 2013, from 9 a.m. to 4:00 p.m. at Truxton Park in Annapolis. Bring your kayak, your paddles, or both! Volunteers will be on hand to help with sanding and reconditioning Greenland paddles or helping finish that Greenland paddle. They will also help replace deck lines, replace bungees, foam out cockpits, install Keel Eazy, change seats, backbends or foot pegs, and maybe fix a skeg, recaulk bulkheads, etc.

Registration is \$3 to contribute to the cost of the pavilion rental. CPA will not be providing materials. You will need to provide your own materials (deck lines, bungee cord, etc.). Volunteers will bring tools to use. Participants are asked to bring what tools they have.

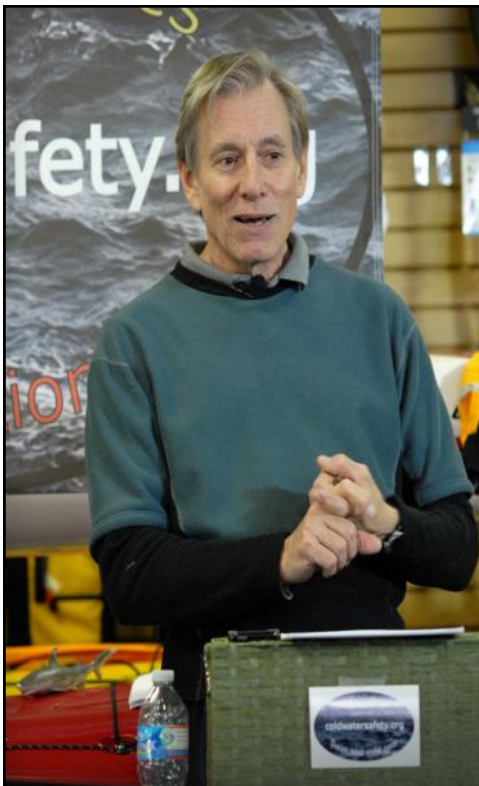
Black bungee and black deck lines will be for sale at the workshop by the foot. If you intend on buying some, please let Catriona know. Brian Blankinship is taking orders for Keel Eazy keel strip and will be helping people install it at the event (<http://www.cpakayaker.com/forums/viewtopic.php?f=4&t=6883&p=24868&hilit=keel+eazy#p24868>).

It would not be a CPA event without food, so there will be a potluck picnic. Please bring something to contribute to the potluck. Dishes, cups, utensils, napkins, and some drinks will be provided. There are grills on site, so feel free to bring something to throw on the grill. Hot dogs have been donated for the potluck. This event will be held rain or shine. If it rains, we will work under the pavilion. More details are on the CPA Calendar (<http://www.cpakayaker.com/paddle-now/calendar/>). Contact Catriona Miller at thelittlepiggies-pink@yahoo.com to pre-register for the event.



David Wilson Replacing Deck Lines
photo by DJ Manalo

(*Continued from page 1*)



Moulton Avery, Director of the National Center for Cold Water Safety photo by DJ Manalo

This time the prey escaped, but there will be many more face-offs this season.

Please, read the information provided on the National Center for Cold Water Safety website. It contains much practical information aimed at increasing your chances for survival should a mishap occur. As Moulton readily points out, no one plans to drown. But we all also make mistakes. On land, mistakes carry with them little consequence. On cold water, even the smallest of mistakes can cost you your life. We all must plan and prepare for the worst possible events that can happen. Above all, *dress for the water temperatures and wear your PFD*. Proper cold water dress will buy you time in your struggles with the beast. While help may be only a few feet away, rescues never happen quickly and the countdown begins when you hit the water. The National Center for Cold Water Safety (www.coldwatersafety.org) is a non-profit organization.

CPA steering committee member, Catriona Miller, posted Moulton's presentation on YouTube. Due to the length, it is posted in two parts.

Cold Water Safety Part 1: <http://www.youtube.com/watch?v=3OsNiF2yJQk>

Cold Water Safety Part 2: <http://www.youtube.com/watch?v=s2fnVq61yic>

Jamaica Bay rescue: <http://workingharbor.wordpress.com/2013/02/10/2-kayakers-rescued-from-frigid-waters/>

Dave Wilson is a member of the Chesapeake Paddlers Association, Inc. and Captain of the Pirates of Baltimore. A club member since 2009, he resides in Nottingham, Maryland, and creates handcrafted Greenland Paddles. Dave's blog post about the Cold Water Workshop is available from his website, www.theweatheredpaddle.com.

Kent Island Practice Paddles (KIPP)

by Paula Hubbard



Marshall Woodruff
by Kathy Kozub

"The KIPP series is for paddlers who want to have a distance challenge, build their skills and knowledge of paddling. It is meant for those that join in to have a bonding experience with each other, the paddle and meet their goals..." These paddles are designed to prepare for our final challenge, circumnavigation of Kent Island. The final paddle is all about achieving your 'personal best'... be it 15, 20, 25, or the full 34 miles in one day. These paddles are led by Marshall Woodruff with the support of his team of 'Old KIPPERS' and this is his eighth year doing this. The first KIPP paddle was in 2006...I was a beginner KIPP paddler back then.

It sounded good when I read the trip description on the CPA calendar about four years ago. We were new to Maryland, having moved from California the previous fall and my husband Rich and I had been exploring local waters on our own, but we wanted to become more involved with the paddling community. Little did we know just what we were getting into. I'm now preparing for my fourth year of participating in the KIPP series. I've found new friends and have developed more planning and leadership skills.

On September 29, 2012, we gathered before dawn, did a quick gear check, and were on the water before there was even a hint of the sunrise. We had looked at the charts, calculated the currents, and thought that all was in place for an uneventful 34 mile circumnavigation of Kent Island. This year we divided into nine small groups of two to four paddlers with similar goals for the final.

As our small group of three, Katie O'Meara, Robin Deykes, and I, paddled out of Kent Narrows, it became clear that the weather gods were not going to cooperate. The forecasted 5 knot winds and 1 foot waves had been replaced by a steady 12 to 15 knot headwind and 2 foot plus rolling waves coming into the starboard quarter. Staying at our planned pace was going to be difficult.

Between Kent Narrows and Love Point, Robin was having difficulty with the wind and waves and needed some directional assistance and at our first break, she made the difficult decision to drop out and join the ground support team. Several other groups also were having problems, but the situations were managed quickly and professionally, keeping everyone safe. There were a few more additions to the ground support team.

Katie and I continued on; time and tides wait for no woman. Rounding Love Point, we picked up following seas, not nice surfing waves but confused, rebounding waves. Even so, we flew towards the Bay Bridge. After the intensity of the morning, conditions south of the bridge seemed like a dream – the winds eased and the waters calmed. We were still riding the remaining ebb and were on track to make it to Kent Point before losing the small boost we were getting from the current.

Lunch break was at Kent Point – with the support of our ground team meeting us with hot chocolate, encouraging words, and updates on how the other groups were progressing. Departing from lunch, the goal was to pick up the building flood to help carry us across Prospect Bay and back into Kent Narrows. Of course the wind picked up again, but nothing like the morning, so we pressed on and on and on. Finally we rounded the corner and the bridge over Kent Narrows was in sight and seemed to taunt us for that last hour of paddling. The ground crew including our former teammate Robin, and early arrivers were all there to welcome us, and help us get our land legs back.

One goal of the KIPP paddles is to develop skills and leadership capabilities. That was evident in the way that each small group handled the unexpected rough conditions.

What brings people to the KIPP series? It is a big commitment to go to a paddle every month throughout the summer, and we don't have a reputation for good weather. The KIPP series is not a series of beginner paddles. Rather, it is a series of opportunities for intermediate level paddlers to improve their skill levels. KIPP paddles can be challenging, but it is not a formal training program. It's an opportunity to paddle with a group of more experienced mentors and manage the conditions as they happen. While you may hear stories about some crazy experiences, remember that there are many seasoned paddlers in the group who are closely monitoring conditions and are ready and willing to assist where needed.

The best way to sum up the KIPP experience is to talk to some 'Old Kippers' as Marshall fondly calls us.

I originally joined to challenge myself with distance paddling on the east coast.

I now have a group of friends who share my love for paddling and skill development. We are all improving our skills and taking on new challenges safely. I've seen people gain confidence, develop leadership skills, and successfully meet conditions they never considered possible. Every paddler has learned that they contribute to the group, no matter what their experience.

– Paula M. Hubbard

(Continued on page 9)

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Marshall Woodruff Paddling around Kent Island near the Bay Bridge by Paula Hubbard

"KIPP12 taught me the value of safety, planning, equipment, and the company of others. Over the years I have taken a number of kayak training classes but they mean very little unless you have the environment and opportunity to put what you learn to practice. The KIPP program is very well organized (thanks, Marshall) and throughout the paddling season presents the participants with challenges and opportunities to learn so much about the sport. We learned the value and use of each piece of equipment, techniques for rescue and assisting others, basic first aid, planning for route and distance, use of maps, compass and radio, as well as making new friends and enjoying the camaraderie. Anyone who has thought about it should join the program."

- James Harris

"Long before my first KIPP I once proposed crossing from the narrows to Eastern Neck and then back to avoid the extra ninety minute drive for an Eastern Neck paddle. Rightly, I was warned off from doing so. At that time

to me it was just distance and a casual look at the weather the night before. Now because of KIPP I have completed that crossing a couple of times, but I have a better appreciation of the risks and management of them. While I could have crossed before KIPP I would have been an accident waiting to happen, now after each and every KIPP I am better prepared and practiced in the skills I need to make that crossing and many other paddles safely."

- Robert Golden

"I have gained more than I ever could have imagined from the KIPP series. I have learned so much from all the other people who have participated. This is a very special group that love the sport and want to help everyone become better, safer paddlers. We have faced many different weather conditions and as a group have helped each other safely return from each trip.

After participating in two full summer KIPP series, I have made good friends. I have learned how to work as a group and I have gained a lot of confidence from facing crazy conditions and received so much wonderful advice and encouragement from the more experienced paddlers.

My goal is to continue learning from others and to begin teaching beginner paddlers some of the lessons that I learned and encourage them to push themselves outside their comfort level and most of all, have fun!"

- Carol Collins

The KIPP 2013 Series begins April 13, 2013 (Lucky 13 this year). Paddles are generally on the second Saturday of every month from April through September with the KIPP Final at the end of September. Check the CPA calendar or contact Marshall Woodruff (marshall.woodruff@gmail.com) for details. As always we are relying on the 'Old KIPPERS' (I'm not sure I like any title that includes 'Old') for assistance as sub leaders and mentors for all the new participants.

Thank You Marshall for all of the work you do to make this series a success. We are looking forward to a new year.

Paula Hubbard is a member of the Chesapeake Paddlers Association, Inc. and the impetus for the creation of the Pirates of the Eastern Shore. Paula is the Captain of the Eastern Shore Pirates and serves on the CPA Steering Committee.



Katie Omeara and Paula Hubbard complete the Kent Island circumnavigation in 11 hours 17 minutes, KIPP 2012 by Kathy Kozub

CPA Classifieds

P&H Cetus LV Fiberglass Kayak. I've had it for two full kayak seasons, and it's not the boat for me (so I'm building a Shearwater to replace it). It needs the right owner to take it all the places it wants to go. The facts: 17'5" x 21.25", 49 lbs., orange over white, excellent condition. Fast and efficient, incredibly stable, tracks beautifully even without operating the skeg. Stored covered. Test it in Annapolis as the weather warms. Asking \$2500.

Suzanne Copping, sooziesunflower@yahoo.com, 443-603-6141



Kayak seeking new owner



Andy Stephens prepares his kayak for a keel strip at CPA's Boat and Paddle Work Day, 2012
photo by DJ Manalo

Inside our March, 2013 issue:

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- [Paddler Profiles—Laura Ventura and Joseph Messier](#)
- [Potomac River Swim Needs Kayakers](#)
- [Boat and Paddle Work Day, 2013](#)
- [CPA Tentative 2013 Calendar](#)
- [Potomac River Swim](#)
- [Kent Island Practice Paddles](#)

The Chesapeake Paddler

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