

The Chesapeake Paddler



Volume 30 Issue I

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January/February 2020

Mallows Bay is newest marine sanctuary

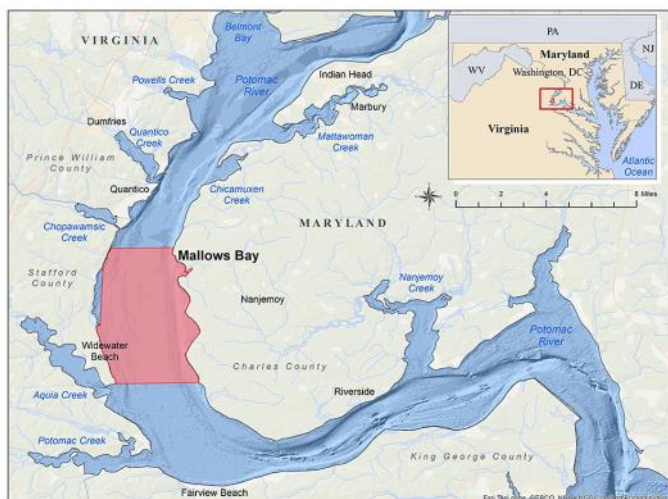
After a five-year effort Mallows Bay has joined the National Oceanographic and Atmospheric Administration's (NOAA) Marine Sanctuary network. Supporters, including CPA members, community groups and government officials celebrated the designation at a dedication ceremony in November 2019.

Long a popular destination for kayakers, Mallows Bay is famous for its "Ghost Fleet" which includes more than 100 wooden steamships built for the U.S. Emergency Fleet during World War I, as well as many other wrecks from Revolutionary times through the 1900s.

The hulls of the wrecks stay largely submerged during high tide and emerge during low tide, giving rise to term "Ghost Fleet."



A paddler explores the historic shipwrecks of Mallows Bay-Potomac River National Marine Sanctuary. (Photo credit: Matt McIntosh/NOAA)



Boundaries of the new Mallows Bay-Potomac River National Marine Sanctuary. (Credit: NOAA)

Today, what remains supports diverse ecosystems that are teeming with marine life, attracting kayakers, recreational fishermen and ecotourists to the area.

The effort to protect Mallows Bay involved many community groups, including the CPA Steering Committee and CPA members, legislators and NOAA. The State of Maryland, Charles County and NOAA will manage the national marine sanctuary.

The Office of National Marine Sanctuaries serves as the trustee for a network of underwater parks encompassing more than 600,000 square miles of marine and Great Lakes waters from Washington state to the Florida Keys, and from Lake Huron to American Samoa.

For more information about the new sanctuary and the history of the Ghost Fleet, visit:

<https://wamu.atavist.com/the-ghost-fleet> and

<https://sanctuaries.noaa.gov/mallows-potomac> ♦

From the CPA Coordinator

Getting ready for the 2020 season

Happy New Year! It's winter but it is not too early to plan for the upcoming 2020 paddling season.

CPA Planning Meeting

The CPA planning meeting will be held at noon on March 8th at the Cult Classic Brewery, 1169 Shopping Center Road, Stevensville, MD. The CPA steering committee will meet prior to the meeting.



Bill Smith

Whether you plan to lead a trip, socialize, find out the ideas being generated or throw out some ideas of your own then please plan to attend.

If you would like to lead a trip but are new to trip leading you can always ask for a mentor to help lead the trip. Over the past few years there has been a decline in CPA trips so please help us change that trend. Let's face it, a paddling club is not much fun if we are not out paddling, so help us make it fun.

SK101

If you know anyone who is new to kayaking or thinking of becoming a paddler, *SK101 Introduction to Sea Kayaking* is scheduled for March 1, 2020 at the Cult Classic Brewery. This year's event will again be led by Shelly Weichelt and her committee (Laurie Collins, Rick Leader and Denise Parisi).

SK101 covers many topics useful to a beginner or soon to be kayaker ranging from basic skills, kayak safety, how to buy a boat, how to dress, and places to kayak around the Chesapeake Bay.

This event is a great first step in becoming a kayaker. SK101 is an all-day event with a light breakfast and lunch served. Anyone interested in attending must register, see page 6 or the CPA Meetup page for details.

SK102

Also mark your calendars for the 22nd Annual SK102 to be held April 24 through 26 in Lake Anna, VA. This is CPA's premier event and distinguishes CPA as a leader in helping Bay area paddlers advance their skills and stay safe.

SK102 is a credit to the many CPA organizers, teachers and volunteers who really work hard to put on such a popular workshop. This year's SK102 is again being coordinated by Catriona Miller and Maxine Mead. This event always fills up fast. Registration opens February 1, see page 7 for details.

Hoosier Kayak Club

The Hoosier Canoe and Kayak Club, based in Indianapolis, will be hosting a Chesapeake Bay sea kayak trip and will be passing through our area.

The trip leader, Robert Moore, has been communicating with me with their itinerary to see if any local paddlers want to join them as they pass through.

The group will be in the Chesapeake region from June 7-14 starting with a Susquehanna paddle and then to the Severn River launching from Jonas Greene park with a 10:30 launch on June 9th. They will continue to Janes Island and possibly the Pocomoke near Snow Hill.

They are considering a paddle out to Thomas Point Lighthouse but not firm yet. If you would like to join this group on their adventure, contact Robert Moore at njorball@gmail.com.

The season is almost here!

Share your paddling adventures!

Do you enjoy reading about the paddling adventures, local and distant, of other members? Do you like getting new ideas for paddling trips?

Are you advocating for paddling access or amenities in your area?

Have you pondered questions relating to kayak gear? Variety is the spice of life, and of newsletters.

Please write an article reflecting your thoughts, experiences, and discoveries to share with our paddling community.

We all become a bit wiser and excited to be on the water again. We need your input to make *The Chesapeake Paddler* the best it can be.

Submit stories or ideas to news_editor@cpakayaker.com. We look forward to sharing your story.

CPA Officers ready to serve for 2020

Each year CPA members elect the Officers and Steering Committee members who help keep CPA a leading resource for the sea kayaking community.

Behind the scenes of CPA trips, training and other

events, these officers, pirate captains, event coordinators and many other volunteers make it all possible.

Here are the CPA Officers and Steering Committee members for 2020:



*Bill Smith
Coordinator*



*Sue Stevens
Secretary*



*Rich Stevens
Treasurer*



*Lisa Arrasmith
Steering Committee*



*Beth Boyd
Steering Committee*



*Ralph Heimlich
Steering Committee*



*Paula Hubbard
Steering Committee*



*Katherine Neale
Steering Committee*



*Shelly Wiechelt
Steering Committee*

Why join Meetup? To take trips and more!

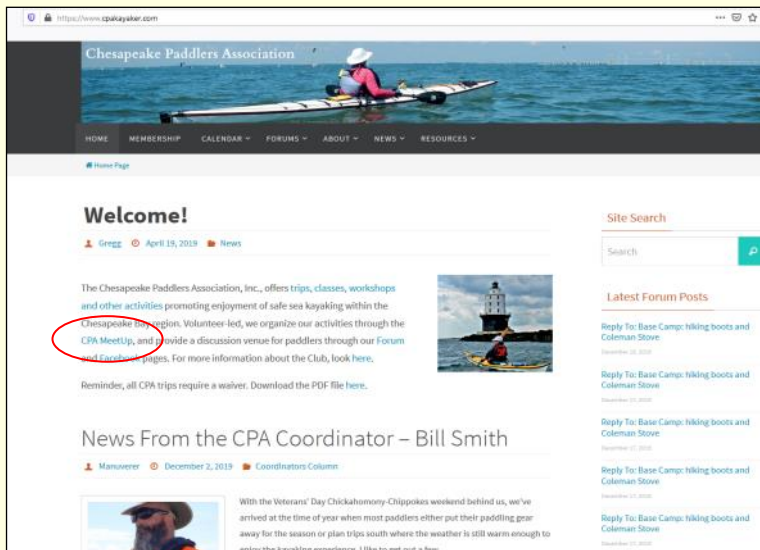
By Sue Stevens

Going on paddling trips is why we join CPA, and CPA uses the Meetup.com platform to post its calendar of trips, events and photos. It's also the way for CPA members to sign up to attend those events.

Meetup.com is an independent online service, including an APP for your mobile device, that isn't run by CPA. When you join CPA, you are not automatically added to the Meetup group, you need to do that separately.

There are two easy ways to get to the CPA Meetup page to join:

The link on [CPA website homepage](#):



Or this direct link to Meetup:

<https://www.meetup.com/The-Chesapeake-Paddlers-Association/>

To join CPA's Meetup group, look for the red "Request to join" tab. Once you create and SAVE your password, please answer CPA's five questions about kayaking experience and set up your profile with your favorite selfie so we can get to know you.

Using your full name on your profile or an extra initial after your first name helps trip leaders identify who is attending when you RSVP for a trip. Also take a minute to review your personal profile settings to select which Meetup notices you wish to receive and please use an email address you monitor regularly.

CPA Meetup is a private group and your request to join will be reviewed for approval by CPA volunteer Paula Hubbard or another CPA steering committee member, usually within a day or two. Once you're approved, log on to see lots of upcoming and past CPA trip and event details, tons of photos and more. It is easy to navigate if you click around.

Other local kayaking groups also have their own Meetup pages to post their own events, it's easy to navigate and open to anyone.

When you see an event or trip you want to go on, click the "Attend" button to RSVP that you intend to go. You may still be contacted by the leader for screening to make sure the trip is appropriate for your skill level before you are "signed up."

Now that you're ready to go, don't forget one last item on the checklist. Go to the CPA website and download the required [CPA waiver form](#) that you will need to give to your trip leader.

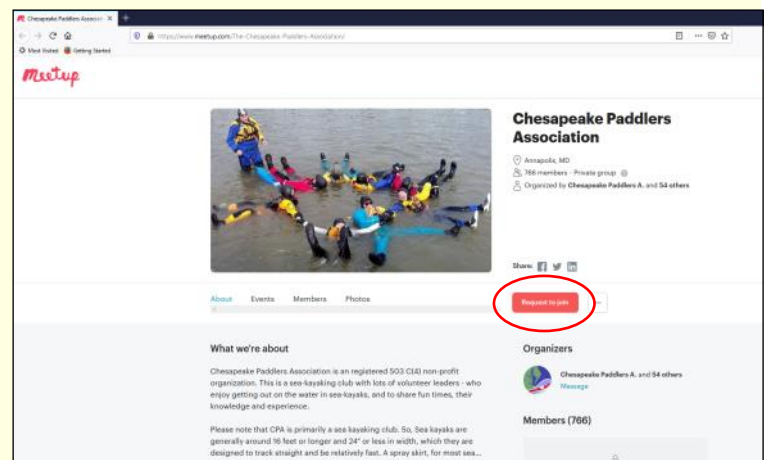
The CPA Meetup page is just one of the ways CPA members can share information. There is the newly updated [CPA webpage](#) chock-a-block full of additional links, information, and [Community Forums](#) where members share kayaking experiences from more than 20 years as a non-profit club (to post in the Forums on the CPA website, you have to create a separate log in).

There's also a [CPA Facebook page](#) and a monthly newsletter, *The Chesapeake Paddler*, which is available only to members.

If you have questions, please contact us any time.

Sue Stevens: susiegreenthumb@verizon.net or

Paula Hubbard: paula@md-kayaker.com



Book Review**A cyclist's epic journey from the Bay to Oregon***Climate scientist goes coast-to-coast to understand attitudes about climate change*

By Al Larsen

As the days grow quite short, the water temps drop, and the anticipation of snow deepens, the thought of settling into what my Danish relatives and forebears call “hygge” is calling. That means, a comfy chair, a cozy cuppa, and a good book. For CPA members, that would be a book that gives some new perspective on our namesake, the Chesapeake.

The book is *A Hole in the Wind: A Climate Scientist's Bicycle Journey Across the United States*, by David Goodrich. As the subtitle suggests, Goodrich worked in climate science for 25 years at NOAA. After he retired, he rode a bike from Rehoboth, Delaware to Waldport, Oregon.

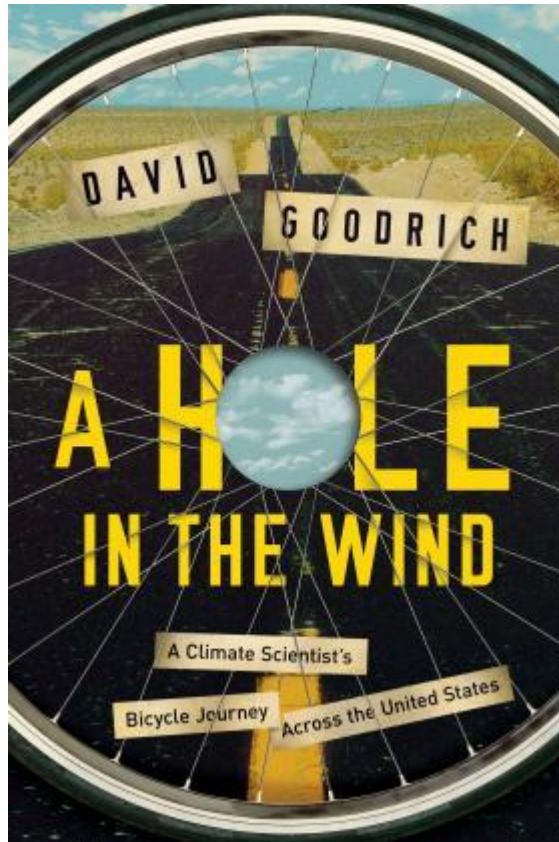
Engaging Others

Along the way, he engaged people to understand why his life's work, looking at scientific evidence of things that are actually happening, is irrelevant to the conclusions that a large group of people reach on global climate change.

Goodrich asserts that climate science is not really that complicated, and thought he could explain it by biking across the country and talking to a broad swath of folks along the way. As someone who now paddles in the Chesapeake, where his story begins, and lived in and loves Oregon, where his trip ended, I was immediately hooked.

Goodrich decided to peddle East to West, even though that set him up for battling into the prevailing Westerlies. The title he gave his book refers to the wish he found himself making in Kansas, “please let there just be a hole in the wind.”

He started his bike trek at Cape Henlopen State Park in Delaware, dipping his front tire into the ocean, *de rigueur* for transcontinental bike trips. He took a side trip to Prime Hook National Wildlife Refuge, a salt marsh that has been a major waterfowl stopover on the Atlantic Flyway. The staff biologist there explained that the water level is rising, and as hurricanes cut through the barrier islands the Bay is moving in. Fresh water is greatly reduced, and the water is deeper.



The pintails that used to come are almost gone. Houses that used to exist on Fowler Beach have been washed away. Goodrich mentions Sharps Island in the Chesapeake Bay, mapped by John Smith in the 1600s, which had a grand hotel in the 20th century, now long gone, along with the island itself.

Disappearing Islands

Goodrich takes the reader through various other real world examples of what has been happening, including a place familiar to many of us, Smith Island. Goodrich describes it as a waterman's isle, a low place of salt marshes and crab shanties that had a population of 700 in 1960, that's down to 176 in 2017, with one remaining school and 11 students.

Its neighboring islands, Holland and Bloodsworth, are submerged, now just marshes. His point is that this

stuff is real — while maybe invisible from a fancy lobbyist office on K Street in DC, they are certainly knowable and known to folks like us who see it all in person. Oh, but wait, he does note that with a five foot rise in sea level, the National Mall, 120 miles from the ocean, will be flooded. Oops, not just an issue for paddlers, we see.

As a biker myself, I certainly enjoy the descriptions of his travel. But, the aspect that makes this a compelling read is his conversations with folks along the way. For example, as he headed west, he peddled out the C&O canal towpath to Cumberland MD and then connected to the Great Allegheny Passage rail-to-trail path toward Pittsburgh, two paths I've peddled myself.

In PA, he talks to people about fracking the Marcellus shale seam. “A lot of farmers up here are millionaires now ... The groundwater problems are overrated. And if there are problems, they fix 'em ... They get outside bottled water delivered for life,” a fellow he talked to explained. Now I'm starting to understand. For those people, money makes it hard to look at facts about existing impacts as anything but someone else's plot to take away something from them.

See **Book Review** on page 6

Refer a friend to the popular SK101

It's time again for CPA's popular *SK101 - Introduction to Sea Kayaking* workshop scheduled for Sunday March 1, 2020 from 8:30 a.m. to 4:00 p.m. at the Cult Classic Brewery on Kent Island.

This event is primarily for the new paddler or those moving up from recreational kayaks and interested in more challenging trips and waterways. It's the perfect opportunity for CPA members to refer a friend or family member who is interested in kayaking.

Experienced sea kayakers will provide presentations on selecting kayaks and paddles, paddling pointers, kayaking gear, kayaking safely, places to paddle and transporting and storing your kayak. Area kayakers will be available to share their personal stories and tips as well. Boats, paddles, and gear will be on display.

For a \$30 fee, participants will receive a light breakfast, lunch, and all the information they need to get ready for the upcoming paddling season.

Space is limited and available on a first come, first serve basis. You do not need to be a CPA member to attend, anyone who wants to learn more about kayaking is welcome.



It was a full house at last year's popular SK101 - Introduction to Sea Kayaking Workshop.

Advance registration is required, walk-ins are not permitted. The registration deadline is Saturday, February 15.

Register online at https://sk101_2020.eventbee.com.

Contact Shelly Wiechelt at CPAShellyW@gmail.com for additional information. ♣

Book Review, from page 5

This conversation that he presents resonates with me. I grew up in PA, as coal and steel industries were going down the toilet. There are a lot of folks of my generation and younger who are in the DC-Baltimore area as a result. Those who lacked the economic mobility, or simply didn't want to leave, now see a salvation in the fossil fuel extraction and usage industries.

Goodrich finds other equally revealing stories along the way. They don't make me ignore the facts that are ever more clearly staring us in the face about global climate change, but they do help me see how certain people are able to ignore what they are seeing with their own eyes.

A Hole in the Wind summons up a bit of Steinbeck's *Travels with Charley*, part travelogue, part sardonic observations about the human condition, part sharing of philosophy and wisdom. After Goodrich did the ceremonial dipping of his bike wheel in the Pacific, he put himself and his bike on a plane and headed back to Maryland. There is just something about moving yourself with your own muscles, whether it's peddling or paddling.

All of us know that feeling, physically, mentally and

emotionally. As Goodrich notes, "As a nation, we seem to want to stay indoors to surround ourselves with video screens, and to need bigger and bigger engines to interact with the outdoors when we do go out. All those Vs have proliferated: SUVs, RVs, ATVs, snowmobiles ... There is much to be gained from walking and riding and listening."

To bring the tale told in this book right back home from Oregon to the Chesapeake region, as I was writing this review I received the most recent newsletter from the Chesapeake Bay Foundation. In it, CBF announces it is closing the Fox Island educational center, in the middle of the Bay.

In the words of CBF, "if you've visited the island recently, you've seen there isn't much of Fox Island left. Due to sea level rise and erosion, there has been a dramatic loss of the protective salt marshes surrounding the center ... The center's closure illustrates the real and immediate threat climate change poses to the Chesapeake, especially to the island and coastal communities on the frontlines."

Sort of raises the question, how fast can you peddle, or alternatively, are we just spinning our gears? You might want to get the book and curl up in "hygge" to contemplate the deep questions. ♣



SK102 is CPA's on-water skills clinic weekend.

Announcing CPA's 22nd Annual SK102 Skills Clinic

April 24-26, 2020

Lake Anna, VA

SK102 is designed to teach beginner or intermediate kayakers proper paddling techniques and the skills they need to kayak safely. SK102 offers on-the-water skills classes covering wet exits, basic strokes, basic and advanced rescues, stroke improvement, rolling and more plus additional on-land courses (navigation, kayak camping, etc.). Lake Anna's warm waters allow you to practice wet exits, rescues, and rolling in early spring.

It's also a heck of a lot of fun!

To register, go to <https://sk102.eventbrite.com> (link will be updated and active February 1, 2020)

Registration opens February 1 and closes March 8, 2020. Register early, this event fills up fast!

Saturday classes: Sign up for two 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*

- Become a self-sufficient paddler, able to recover from wet exits
- Be able to rescue another kayaker who had to exit. Several methods are demonstrated
- Learn types of tow systems, methods and how to use them

Greenland Style Paddling: *What is that thin paddle anyway?*

- Advantages of Greenland style paddling
- Design of the Greenland paddle and 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 floatation that "sank"
- Techniques to rescue an injured paddler

Foundations of Rolling: *For more advanced paddlers who are ready to transition to rolling*

- Braces and hip snaps are the foundations of several kayak rolls
- Bow and Paddle Rescues

Sunday Class schedule: *Schedule to be announced, sign up at the event.*

For more information, contact event coordinators Catriona M. and Maxine M. at sk102@cpakayaker.com

Saying Goodbye to Bob Gordon



Bob Gordon, an active paddler and member of CPA and the Pirates of Baltimore, and also active with the Waters Edge Kayaking MeetUp, passed away on December 1, 2019.

A paddle will be added to the bonfire at SK102 in April in his memory. Bob attended CPA events, including SK102 and SK203 (Trip Leader Training) and participated in the Delmarva Paddlers Retreat, and many others.

Bob was known for his playful sense of humor, his gentleness, his ability to set up a bombproof campsite and his devotion to taking care of his friends.

RIP Bob, and our hearts are with his family and friends.

- *Ralph Heimlich*

Upcoming CPA events

(for the most up-to-date listings, details and registration info, visit the [CPA Meetup Calendar](#))

Date	Event	Summary
Sun, Jan 19	Cold Water Workshop	1:00 – 4:00, Cult Classic Brewery, Kent Island
Sun, Jan 22	Culture Crawl	10:00, Recent Acquisitions at the Hirschhorn
Wed, Feb 5	Culture Crawl	11:30, Picturing the American Buffalo George Catlin and others
Sun, Feb 9	Culture Crawl	2:00, Shakespeare play, Measure for Measure
Sun, Feb 16	Hike	10:00 – 1:00, Bacon Ridge Natural Area, Crownsville MD
Wed, Feb 19	Culture Crawl	11:30 – 2:30, The Outwin 2019: American Portraiture Today
Sun, Mar 1	SK101 Introduction to Sea Kayaking	8:30 – 4:00, Cult Classic Brewery, Kent Island, presentations to get started in sea kayaking, kayaks and gear, safety, etc., \$30, reg deadline Feb. 15
Sat, Mar 8	CPA Planning Meeting	Noon, Cult Classic Brewery, Kent Island
Fri, Apr 24-Sun, 26	SK102, CPA 22nd Annual Skills Clinic	Lake Anna, Mineral, VA, camping, volunteer instructors teaching skills classes on water and land, \$65

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.

www.cpakayaker.com

Officers

Coordinator coordinator@cpakayaker.com

Bill Smith 407-489-7191

Secretary/Membership membership@cpakayaker.com

Sue Stevens 410-531-5641
c/o CPA, P.O. Box 341, Greenbelt, MD 20768

Treasurer — Rich Stevens treasurer@cpakayaker.com

Steering Committee steering_committee@cpakayaker.com

Lisa Arrasmith
Beth Boyd
Ralph Heimlich 240-472-8825
Paula Hubbard 407-619-2896
Katherine Neale
Shelly Wiechelt

Librarian — John Gibbs 703-922-7686 [Library](#)

Gear Volunteer — Marla Aron [Gear Page](#)

Webmaster/E-Mail List Administrators

webmaster@cpakayaker.com

Paula Hubbard
Catriona Miller
Ralph Heimlich
Rich Stevens

Newsletter Team news_editor@cpakayaker.com

Bill Upton, Ralph Heimlich — Co-Editors
Bob Browning — Paddler Profiles
Sue Stevens — Digital Distribution
Jenny Plummer-Welker — Print Mailing

Pirate Groups

Pirates of Algonkian pirates_algonkian@cpakayaker.com
James Higgins 571-659-3319

Pirates of Arundell pirates_pier7@cpakayaker.com
Rich Stevens
Béla Máriássy 410-507-4972
Greg Welker 301-249-4895
Sue Stevens 410-531-5641

Pirates of Baltimore pirates_baltimore@cpakayaker.com
Jean Wunder 410-949-4416
Bob Shakeshaft 410-939-0269
Ed Cogswell, Suzanne Farace

Pirates of Eastern Shore pirates_easternshore@cpakayaker.com
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Pirates of Georgetown pirates_georgetown@cpakayaker.com
Jesse Aronson 571-969-1539
Tom Heneghan 571-969-1866
Rob Pearlman 240-688-6340
Larry Ichter 703-915-7446

Pirates of the North pirates_north@cpakayaker.com
Bob Shakeshaft 410-939-0269
Joan Sweet, Jerry Sweet

Pirates of Occoquan pirates_occoquan@cpakayaker.com
Jim Zawlocki 703-378-7536

Pirates of Patuxent pirates_patuxent@cpakayaker.com
Jenny Plummer-Welker 301-249-4895
Don Polakovics 301-247-8133

Pirates of Potomac pirates_potomac@cpakayaker.com
John Gibbs 703-922-7686
Bob Maynes 703-527-5299

Pirates of Sugarloaf pirates_sugarloaf@cpakayaker.com
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Advertising Rates:

We accept display advertising that relates to the interest of our readers. Monthly rates are as follows:

size	cost	dimensions (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 news_editor@cpakayaker.com for more information and for a 10-month discount.

Public service announcements and personal ads to sell kayaks/ accessories are printed at no charge; non-members pay \$10 for three 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... please 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. Articles and illustrations (graphics, photos) should be submitted as separate attachments to: news_editor@cpakayaker.com

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Launch of the month: Cat Point Creek



Site	Cat Point Creek Launch
Lat/Long	38.003632, -76.806
Address	4037 Menokin Road Warsaw, Virginia 22572
Type	Beach launch
Parking	Moderate
Restroom	Yes
Fee	No
Ownership	Menokin Foundation
County	Richmond
State	Virginia
Water Body	Cat Point Creek; Rappahannock River
Map/Guide	https://www.northernneck.org/MAPS/rc_cat_point_creek_water_trail_guide_web.pdf

This site was recently featured in an [article](#) on new access points for the Rappahannock in the *Bay Journal*. Cat Point Creek and other Launch of the Month entries are taken from the [Chesapeake Bay Access and Paddle-in Campsite Map](#), which is part of the CPA website. You can enter either the location or street address to find them in Google Maps. Try them out, and look for more in each issue of the newsletter. - **Ralph Heimlich**

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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 to: CPA, P.O. Box 341, Greenbelt, MD 20768-0341.