

The Chesapeake Paddler



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Hands-on training at Cold Water Workshop

In the classroom and on the water, kayakers learn about cold water safety

If putting away a perfectly good sea kayak for three or four months each year is too much to bear, learning about cold water safety is the first step out of those winter blues. Kayaking in winter has many rewards; quiet waters, few boaters and winter wildlife. But it takes knowledge, preparation and the right gear to extend your paddling season. The CPA/National Center for Cold Water Safety Workshop is a good place to start.

More than 35 eager kayakers attended this year's workshop at the Cult Classic Brewery on Kent Island for a classroom session on cold water safety followed by a chance to test their cold water gear in the chilly waters of Kent Narrows.

"More than 90 percent of kayak fatalities are attributable to cold water," said event organizer Catriona Miller at the opening session. "Capsizing in cold water without protection is the greatest hazard in paddle sports."

Cold water doesn't look dangerous, and when the air temperature is warm it's tempting to get that kayak out. All seems well until a capsize occurs. If not properly dressed for



Catriona Miller opened the workshop with a comprehensive overview of topics related to cold water safety.



Participants at the Cold Water Workshop got the chance to test their cold water gear in 42-degree water at Kent Narrows.

cold water immersion, a capsize quickly turns into a desperate race against time and cold water's lethal power.

Understanding cold water's effects is a key first step to stay safe. Miller and other presenters provided a wealth of information to help kayakers understand how to prepare for paddling in cold water. Topics included: What is cold water and why is it so dangerous? The four stages of immersion; The Five Golden Rules of cold water safety; Myths and misconceptions; Principles of insulation; Proper testing and use of cold water gear; Protecting your head, neck, torso, arms, legs, hands and feet and how to maintain your gear.

Even with proper gear, every entry into cold water is a race against incapacitation, when the effects of cold water overpower the paddler. Without protection, incapacitation happens fast. But even with proper gear, the time to incapacitation is just delayed, not avoided.

After Miller gave an overview of cold water safety, CPA member and founder of the [National Center for Cold Water](#)

[See Cold Water on page three](#)

From the CPA Coordinator

Spring is almost here - get those kayaks ready

We are just a few days away from the first day of spring so many of you are getting ready for the season whether you are a fair-weather paddler or have paddled all winter, it is a welcome sight.

By March the days are getting longer and usually warmer which can make it a dangerous time to paddle.

It is easy to jump in your boat on a warm spring day for a short paddle and think you don't need your cold-water gear-big mistake because the days might be warm, but the water is still lethally cold.

If you missed the Cold-Water Workshop recently conducted by Catriona Miller with a video conference with Moulton Avery, then check out the [CPA Facebook](#) page or Mouton's website 'National Center for Cold Water Safety'.

March Events

March is a month with a few activities on the calendar starting with SK 101 on March 1 followed by the CPA steering committee/planning meeting on March 8 and the CPA navigation workshop on Sunday, March 15. SK 101 and the CPA Navigation workshop will be held at the Cult Classic Brewery, 1169 Shopping Center Road, Stevensville, MD; and the steering committee/planning meeting will be held at Ralph Heimlich's home at 3873 Paul Mill Road, Ellicott City, MD.

The deadline for signing up for SK 102 is also in March so if you plan to sign up then time is running out, you can register at [SK102.eventbrite.com](https://www.eventbrite.com).

SK 102, which is held at the end of April, is an excellent weekend of fun filled training with many skilled instructors covering self-rescue, assisted rescue, paddle stroke improvements and with a few limited openings for rolling lessons. This is a great way to learn some basics with the whole summer to practice your newly learned skills.

KIP Series

April is also the first session of the season for Kent Island Paddle (KIP). KIP is an outstanding learning experience started by Marshall Woodruff 15 years ago. KIP is led by Marshall but over the last few years Jim Zawlocki has stepped up to help



Bill Smith

run the show. My first experience with KIP was about eight years ago when I signed up; I wanted to sign up the year before, but I knew I would not be able to make all the practices, so I waited a year.

KIP starts in April with an easy 8-10 mile paddle in a get to know you period. Each month trips get a little longer with the goal of getting you ready to paddle around Kent Island (34.6 miles) with the option of bail out points every few miles in case someone wants to shorten the trip.

Regardless if you make it around or just part way you will come away with a great sense of accomplishment and find yourself a much better paddler with increased endurance, skills and being more self-sufficient.

My first year I doubted that I could paddle 34.6 miles, but I was so pumped up on the final day in late September that I easily finished and felt I could have done more. The real surprise for me was when I showed up for the first KIP paddle expecting maybe a dozen paddlers but instead about 25 paddlers with many of them returning KIP veterans.

The camaraderie of the group is amazing, and the training is priceless. If you are considering joining in on the fun, then I highly recommend it.

Mike Vore

It is with great sadness to learn that Mike Vore, a long time CPA member passed away at the age of 80 from cancer. Mike was one of the first people I met when I joined CPA and paddled with him for many years at the Pirates of Arundell and previously Pirates of Pier 7. Mike was an active member who attended many events. He will be missed.

I hope to see you all at one of the upcoming events and on the water. —Bill Smith

Reporting Accidents & Incidents

While CPA seldom experiences accidents or incidents, any that occur should be reported as soon as possible and in detail to the Coordinator and the Steering Committee.

The Coordinator or Treasurer will forward these documents to our insurance agents. Fillable .pdf forms for reporting incidents are online [here](#). The first page contains the complete procedure for reporting. ♦

Cold Water from front page



National Center for Cold Water Safety founder Moulton Avery joined the question and answer session via video conference.

Safety Moulton Avery joined the conversation from his new home in the Pacific Northwest via video conference.

“Every person reacts differently to cold water because of body composition and what they are wearing,” said Avery. “That’s why we stress getting in the gear you plan to wear and swim testing it in a safe environment. Do it in the conditions you expect to paddle in and at different water temperatures to see how you react. You need to get an idea of how long it takes you to start feeling the effects of immersion.”

Avery also stressed practicing self rescues and other “worst case” tasks in cold water so you know what it’s like before a crisis occurs.

CPA member Paula Hubbard then gave an overview of the types of cold water gear paddlers use, from wetsuits for warmer conditions to dry suits for colder temps. “Dry suits by themselves provide very little thermal protection,” Hubbard noted. “You have to make sure you wear enough insulating layers, such as fleece, to keep you warm. And as others have said, only swim testing will let you know how many layers will be enough to keep you warm.” Hubbard also went over protecting the parts of your body not protected by a wet or dry suit, such as your hands, head and neck.

Just as important as having the right gear is maintaining it so it functions properly when you need it most. CPA member Jim Zawlocki discussed caring for a dry suit, including tips for washing it, maintaining neck and wrist gaskets and tips for replacing them.

After the classroom session, it was time to get wet. About a dozen class members donned their dry suits and plunged into 42-degree water at Kent Narrows under the supervision of Jim Zawlocki. After several minutes in the water and a few full

immersions, participants got a good idea of what being in cold water really feels like. Some were shocked at the cold’s intensity.

Others issues that came up such as water getting in suits, insulating layers not warm enough and the rapid loss of feeling in hands.

Afterwards, it was back to the brewery for some hot soup made by CPA Coordinator Bill Smith and goodbyes. Sea kayaking in winter or just adding an extra month in late fall or early spring has a lot of rewards, just make sure you have the gear and the knowledge to stay safe!

For more information, visit:

[The National Center for Cold Water Safety.](#)

(Workshop photos by Rich Stevens and Bill Upton)



Jim Zawlocki covered how to care for cold water gear.



Paula Hubbard discussed what to wear for cold water paddling and demonstrated a storm cag with CPA member Ed Johnson.

Workshop participant provides valuable insights



Mary White, above, a member of the Jersey Shore Sea Kayaking Association, attended the Cold Water Safety Workshop. She was kind enough to share her thoughts after swim testing her cold water gear:

“The big take away for me is that it is one thing to learn about cold water danger in a book or workshop or by

reading about it and quite another to field test your dry suit and put your face in 43-degree water. My dry suit had no leaks and I wore a base layer and fleece layer. My cold water clothing kept me dry and I had good core warmth for the 11 minutes I was in the water.

“My neoprene gloves failed after five minutes. I could not handle a cell phone after that. I would not have been able to make an emergency call and it would have been very difficult to hang onto my kayak and paddle if I was swimming. My hands simply would not work.

“After volunteering to dunk my head (I was wearing a thick neoprene hood) my face felt like it was stabbed by 100 knives and I instantly experienced intense brain freeze (ice cream headache) that was 10 times worse than anything I ever experienced before. ...

“As Moulton Avery says, cold water is a killer. Please study [The National Center for Cold Water Safety](#) website if you are kayaking in cold water. Take all precautions if you value your life. Thank you CPA!”

Photos from the Cold Water Workshop



KIP Series paddles into its fifteenth year



Members of the 2019 KIP series including founder Marshall Woodruff, front row, right, and co-leader Jim Zawlocki, back row, right. The KIP series is entering its fifteenth year and is one of CPA's most popular events.

The Kent Island Paddle (KIP) series is celebrating its fifteenth year with its first outing on April 18, 2020. Anyone interested in taking their kayaking skills to the next level will want to join this unique paddle series.

The group meets once a month (two in August) and paddles different sections of Kent Island. Each outing increases in distance and challenges until the last paddle in September when the series ends with a 34-mile circumnavigation of Kent Island.

Founded by Marshall Woodruff, who now shares leadership duties with Jim Zawlocki, the KIP series has grown into one of the most popular CPA events. "KIP is not just a distance paddle but an opportunity to build your skills and knowledge of all facets of kayaking," said Woodruff.

During the six months of practice paddles, newer kayakers gain experience in more challenging conditions, learn about the Chesapeake Bay and grow their skills under the guidance of experienced CPA members.

"We will experience wind, waves, currents, fetch, rain, heat, dead calm and of course distance working as a team with rescues and anything else we can throw at you to develop your paddling buddy skills," said Zawlocki. "The distance comes in increments as we progress throughout the season."

At the final paddle in September, each person can choose their own personal best mileage goal including the 34-mile trip around the island.

To sign up or for more information, visit the [CPA Meetup](#) page.

Farewell to CPA member Michael Vore



Michael "Mike" Vore, 80, of Columbia, Maryland, succumbed to cancer at Johns Hopkins Hospital on February 11, 2020. Mike was an active CPA paddler, frequently attending Pirates of Arundell and other events in the Annapolis area. We will miss him on the water.

Mike was born in the Chicago area to Milton and Rita Vore, the family moved to Catonsville Maryland

shortly thereafter where he grew up. He married Una Yort, of Chevy Chase Maryland in 1963, and they had one son. Mike worked in several technical fields over the years. He enjoyed many activities, including sailing, photography, flying sailplanes, woodworking, geocaching, and kayaking. Mike was active in his church community at the Shrine of St. Anthony.

Funeral services were held Friday, February 21 at the Shrine of St. Anthony, Folly Quarter Road, Ellicott City Maryland. In lieu of flowers, donations may be made to the Shrine of St. Anthony or to the American Cancer Society.

Click [here](#) for Mike's obituary.

CPA Planning Meeting set for March 8

Want to know what trips and events are planned for the 2020 kayak season? Want to lead a trip this season? Attend the Chesapeake Paddlers Association trip planning meeting on Sunday March 8th at the home of Ralph Heimlich (3873 Paul Mill Road, Ellicott City, MD 21042).

There will be a CPA Steering Committee Meeting prior to the Planning Meeting. The Steering Committee meeting is at 11 a.m., followed by the Planning Meeting at 12:30 p.m.

A light lunch (soup and crackers) will follow the Steering Committee meeting (NOTE: This is NOT a potluck, please do not bring food).

The CPA Planning Meeting is a great opportunity to propose new events and activities for the season, get advice and tips for leading trips, or just discuss the upcoming paddling season with other paddlers.



See anybody you recognize? This photo is from the Annual Meeting paddle in 2005.

Rare super and blue moons in 2020



Whether moonlight paddling or extra light for camping is your thing, here's the schedule for the remaining full moons for 2020. Highlights include two supermoons and a rare blue moon on Halloween. Supermoons are up to 30 percent brighter and the next Halloween blue moon won't happen until 2039.

Visit the [Farmer's Almanac](#) for information on the nicknames given to each full moon. (source: [nj.com](#), photo: Earthsky)

2020 Full Moon Calendar		
Date	Rise/Set	Nicknames
March 9	7:15 p.m./7:42 a.m.	worm moon (supermoon)
April 7	7:16 p.m./6:43 a.m.	pink moon (supermoon)
May 7	8:34 p.m./6:20 a.m.	flower moon
June 5	8:34 p.m./5:33 p.m.	strawberry moon
July 5	9:20 p.m./5:59 a.m.	buck moon
Aug. 3	8:41 p.m./5:50 a.m.	sturgeon moon
Sept. 2	8:15 p.m./6:46 a.m.	corn moon
Oct. 1	7:09 p.m./6:36 a.m.	harvest moon
Oct. 31	6:27 p.m./7:22 a.m.	blue moon
Nov. 30	5:05 p.m./7:11 a.m.	beaver moon
Dec. 29	4:30 p.m./7:00 a.m.	cold moon

Reel Paddling Film Festival returns to Baltimore!



For the Baltimore event, there will be about 12 to 15 films. “I want to have most of the films be sea kayaking-related,” said organizer Rick Wiebush. “However, there will also be a mix that includes white water paddling, rafting, canoeing, and SUP. Many are about people who have pushed to the extremes.”

Information is on the [CPA Meetup](#) page, but registration must be through Eventbrite and will open in early March. Tickets will be about \$17 for two hours of films. Cross Currents plans to donate any proceeds (after expenses) to

a charity or charities to be determined.

The Festival has been an annual event since 2006 and is being shown in more than 120 worldwide locations. Cross Currents brought it to Baltimore for the first time last year.

Visit <https://www.paddlingfilmfestival.com/> for general information about the festival.

The Reel Paddling Film Festival is returning to Baltimore! Cross Currents Sea Kayaking is once again hosting the event at UMBC’s Performing Arts Center on Saturday March 28, 2020 from 6 to 9 p.m. The festival showcases short length films from around the world. Last year’s films were extremely high quality and were a huge hit with the more than 130 people who attended.

Upcoming CPA events

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

Date	Event	Summary
Sun, March 1	SK 101 Introduction to Sea Kayaking	8:30 a.m. – 4:00 p.m., Cult Classic Brewery, Kent Is, presentations to get started in sea kayaking, kayaks, gear, safety, etc, \$30, registration closed.
Sat, March 8	CPA Planning Meeting	12:30 p.m., home of Ralph Heimlich, 3873 Paul Mill Road, Ellicott City, MD 21042
Sun, March 15	Kayak navigation - classroom	9:00 a.m. to 4:00 p.m., Cult Classic Brewery, Kent Island
Sat, March 28	Reel Paddling Film Festival	6:00 – 9:00 p.m., UMBC Performing Arts and Humanities Building, 1000 Hilltop Cir, Baltimore, MD 21250, hosted by Cross Currents Sea Kayaking
Sat, April 18	2020 KIP - Kent Island Paddling Series	Time and place TBA, first of seven events in a long distance paddling series
Fri, Apr 24-Sun, 26	SK 102, CPA 22nd Annual Skills Clinic	Lake Anna, Mineral, VA, camping, volunteer instructors teaching skills classes on water & land, \$65



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

Don't Forget 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> (registration closes March 8, 2020, 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

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

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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: New Point Comfort Landing, Virginia



Site	New Point Comfort Landing
Lat/Long	37.32039, -76.2814
Address	2 Old Lighthouse Rd Port Haywood, VA 23138
Type	shell ramp
Parking	Small
Restroom	No
Fee	No
Ownership	The Nature Conservancy
County	Mathews
State	Virginia
Water Body	Mobjack Bay
Map/Guide	https://visitmathews.com/wp-content/uploads/2017/02/blueways2017.pdf

New Point Comfort Landing 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 E. Heimlich**

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