

The Chesapeake Paddler



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Magic on the water returns to Lake Anna with SK102

Generosity, camaraderie mark 19th annual skills workshop

By Catriona Miller and Lois Wyatt

Thoughtful self-assessment brought changes to the 19th annual SK 102 event. The number of people occupying the generous, but not limitless, backyard of the Compton-Pendleton lakeside property was reduced, with students down from approximately 110 to 80 and instructors from 35 to 28. The result was that tents were not so close together, the kayak parking was less dense, and the set-up and cooking for dinner was more manageable. Folks could find space for their camp chairs in the vicinity of the campfire, and vehicle parking was kept on the more level part of the lot. Despite rain making its obligatory visit to the event, the yard and the parking lot survived our encampment and will not require repair work this year, a major achievement!

The mix of students and classes showed a balance of different levels of paddling skill. Students included 4% first timers, 39% beginners, 33% advanced beginners, and 24% intermediate. The mission of SK102 is to train new kayakers, foster sea kayaking in the greater Chesapeake Bay area,

promote safety in piracies and CPA-sponsored trips, and mentor the next generation of trip leaders and SK 102 instructors. The class of 2017 boasted 76 students and an age range of 74 years: from Alexandre Marbach, 14, to Bob Catzen, 88. Bob gave up windsurfing and kiteboarding a few years ago

and is now concentrating on kayaking, an activity he has long enjoyed. Bob and his attitude inspire the rest of us. We also paused to remember SK 102 students and instructor, Todd Angerhofer, Marc



Brian Blankinship addresses SK102 instructors before classes on Saturday. Photo/Catriona Miller

Bernardo, Brian Pollack, and Bob Zelle, all deceased in the past year, as a broken Greenland paddle was cast into the Saturday evening campfire.

CPA has always had a strong tradition of peer mentorship in which more experienced club members mentor and teach the next generation of paddlers, and SK102 is the club's most tangible embodiment of that culture. Catriona Miller has led the skills weekend since Brian Blankinship retired after 15 years as the leader to his current role as The Voice of 102. Much like raising a child, it takes a village to host a kayaking event. An enormous effort on the part of many members working for months in advance and intensively from setup on Thursday through cleanup late Sunday makes possible the students' experience of SK102 as a well-oiled machine and makes the time both fun and productive. To date, 1110 kayakers have been taught by 133 instructors over those 19 years, 63 of whom came through SK102 as students before joining the instructor pool. The long list of instructors, for whom we are all grateful, includes Chris Beckman, Brian Blankinship, Sue Byerly,



SK102 students on the night paddle. Photo/Catriona Miller.

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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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size	cost	dimensions (col)
1/8 page	\$20	2.4" x 3.5" (1)
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1/2 page	\$50	7.5" x 4.7" (3)
Full page	\$80	7.5" x 9.75" (3)

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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? Contact news_editor@cpakayaker.com

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News From the CPA Coordinator - Bill Smith

The water in the bay gets nice and warm by the end of May, so it's a great time to practice your wet exit skills before the jellyfish move in. I know most of us have learned this skill, but very few practice often enough to make it second nature. For safety reasons, it should be a group exercise. Practicing this skill is essential so you will be prepared for when you really need it. If you are fortunate enough to attend Fall-Out-of-Your-Boat Day, you will probably get some practice. Other opportunities are coming up with the Pirates of Arundell on June 28th and on June 13th with the Baltimore Pirates - check the calendar for more details.



I recently had the chance to practice reentry a few times while paddling the CPA Eastern Neck Island trip. The seat in my boat, which was attached by Velcro, came loose and was floating wherever it wanted. I was also having an issue with my back band, so it became not only unstable but also uncomfortable. Because I flipped three times, I had to reenter twice and practice a bow rescue on the third. The great part was that I was wearing cold water paddling gear on a very hot day, so the swim was refreshing. Falling out of your boat involuntarily can be frustrating, but get over it. It happens and is all part of the paddling experience. I have since corrected the outfitting in my boat.

If you have not had the opportunity to paddle Eastern Neck Island, you are really missing out. The island is located about four water miles north of Kent Island or fifty road miles from Kent Narrows to Bogles Wharf on Eastern Neck Island. The island is undeveloped and teeming with wildlife, one of my favorite places to paddle. During our recent circumnavigation, we observed several bald eagles, including three that were on the beach watching out over the water. In warmer months, it is a great place to see cownose rays. On a fall visit a few years ago I was fortunate enough to see a golden eagle. Late fall is a great time to see the migrating tundra swans who like to rest near the island. I have been told the swans are hard to approach, probably a good thing. The island also has hiking trails and a nature center.

There are multiple CPA trips each year around the island, a tradition started many years ago by Bill Dodge. When I started paddling with CPA, the trips were led by Marshall Woodruff. Recently Tim Dole and Tall Tom Heneghan have taken the lead. Marshall told me he started

the Eastern Neck Island trips in 2005 with five paddles per year and a special paddle when the Tundra Swans were expected; one year they observed more than 5,000 swans. On some trips he had as many as 25 paddlers. Managing this number is what gave him the idea to cluster into the fast, medium, and scenic paddling groups currently used on the KIPP paddles. Before some of the paddles he was able to get a ranger to give a presentation on the history of the island. If you have ever been on a Marshall Woodruff paddle, you know he puts his heart and soul into it. Marshall used to offer camping near the island, but it became a hassle. I would like to see the camping revived. Since CPA is a volunteer venture (that is, if you want something, you had better step up and volunteer), it looks as though I will be coordinating with Tim and Tall Tom to add camping to the fall trip.

Several years ago I was paddling a chain of lakes in Michigan that had several pairs of nesting swans. Since the weather and water were warm, there was also an abundance of lake lice, aka jet skis. I guess when you can cross a lake in under a minute, you soon become bored

To add insult to injury, he also had a group of paddlers cheering on the swan.

and need something to fill the gap. The lake lice were entertaining themselves by charging at the swans at full speed and then veering off at the last second. Needless to say, the swans were getting upset. Our group had just started paddling through a channel that led to another lake, and as we were passing a swan's nest, a lake louse came charging up but had to kill the gas as he neared the nest since he was entering a no-wake zone. The swan immediately flew up, landed on the driver's shoulders, and beat his head

several times with his wings. He not only got his bell rung by a swan, but to add insult to injury, also had a group of nearby paddlers cheering on the swan. When we got back to the boat ramp, we were met by a Department of Natural Resources officer who told us he was heading out to talk to an unruly swan. After hearing our version of the incident, he decided instead to have a talk with some unruly jet skiers. Life is good even if you're a swan.

~ Bill Smith

Paddler Profile: Lois Wyatt

Interview by Bob Browning

Name: Lois Wyatt

Lives in : Burke, VA

Real job Retired now, but long-time instructor of English as a Second Language, Fairfax County Adult Education and Northern Virginia Community College

Do you regularly attend a Piracy? Most often I attend Arundell Piracy because I enjoy the larger group of paddlers and the variety of put-in locations

Number of years paddling: Now my 12th year with a sea kayak. Paddled a rec boat for 7 years prior.

How did you get involved in sea kayaking? Had a canoe in the back yard but couldn't persuade anyone in my family to go out with me. Biked often along the C&O tow-path and realized that kayaks were one-person boats. After years solo in the rec boat, I wanted more adventurous paddling and realized that it was wiser in a sea kayak on the open water to be part of a group. Caroline Labbe told me about CPA.

What boats do you paddle? I have a Current Designs Squamish, 15'8" yellow on white with skeg. My "guest" boat, which I use occasionally, is an Elie Strait, 14' also yellow on white with rudder.

Type paddle used: I love my Werner small bent shaft.

Do you do any other type of paddling besides sea kayaking? Not since I got my kayak.

Do you regularly do any other outdoor activities? Swimming, biking, and hiking

How often on average do you paddle between May and October? Once or twice a week.

Do any winter paddling? No, as enticing as some friends make it sound, I remain unpersuaded that the enjoyment would outweigh the challenges and pain.

Favorite local paddling location : Don't really have one favorite. I like variety and exploring unfamiliar waters.

Favorite CPA trip you've ever been on and why? I love getting out on Chesapeake Bay, wherever the put-in.



Photo/Ralph Heimlich

Coolest paddling trip you've ever been on anywhere and why? So hard to choose. Paddling past the Newport mansions parallel to the Cliff Walk, or slipping out Hull Gut to paddle around several Boston Harbor islands, or paddling through the gates of the hurricane barrier into downtown Providence. (My southern New England roots are showing.) Or my urban paddle around Seattle's Lake Union into the ship channel and past the many floating homes the day my first grandchild was born. Took the phone call announcing his birth on the water!

Scariest/most dangerous trip/experience and why? Two paddles with the same issues, both solo, one-way trips in my sea kayak with following seas. One was on the Virginia side of the Potomac when I launched from Curioman Bay and took out at Stevens Rd. A northwest tail wind was strong that day, making the waves too high for

comfort as I passed Ragged Point and Coles Point. The other was near the mouth of Narragansett Bay, RI when I rounded the rocky south end of Jamestown at Beavertail State Park. Promised myself I would turn back the moment I did not feel comfortable. I felt fine right up to the moment I did not, but then I concluded turning around would be even more risky, so I stayed the course. That rocky shoreline looked scary!

Bucket list trip(s): Maine, Baja, San Juans and other islands near British Columbia. Actually, almost any place I've never been, except polar bear country. Ruled out Baffin Island, beautiful as it is, after hearing about Marshall Woodruff and Dave Isbell's trip.

Three things you like most about paddling and CPA? Outdoor exercise with beautiful scenery and friends to share it. Adventures close to home and new perspectives on familiar territory. Adventures in distant and beautiful places.

One unusual, non-paddling thing other people find interesting about you:

I love white water rafting (on a guided trip). I've tried a number of rivers in this area and in my travels, as far away as Turkey and Australia, but it's hard to beat the Youghiogheny. Anyone up for the Lower or Upper Yough?

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

How to beat the heat before it beats you

Dehydration, heat exhaustion, and heat stroke are no joke and can ruin the best-laid plans. Follow these guidelines for safe summer paddling.

By Susan Green

Sea kayaking entails various physical risks but we can take simple measures when paddling to help us avoid common medical problems: dehydration, heat exhaustion, and heat stroke. These are three distinct problems although dehydration often plays a role in the other two.

Dehydration

When kayaking, dehydration results from not drinking sufficient liquids or drinking the wrong kind to make up for fluids lost mostly through perspiration and urination. (It can also result from fluid loss caused by vomiting or severe bleeding). We all know the initial symptom of dehydration: thirst! That can be followed by weakness, dizziness, nausea, vomiting, passing very dark urine, and fainting. Medications we take or any coffee, tea, or alcohol imbibed may also act as diuretics – sucking the water out of our bodies. Dehydration can occur at any time of year – regardless of the temperature outside.

Here are strategies for avoiding dehydration:

1. Don't wait for symptoms to appear! Plan to rehydrate on a schedule, perhaps every half hour, regardless of whether you feel thirsty. Remind your paddling partners to rehydrate, too.
2. Drink good old plain water, which is quickly absorbed, or water spiked with electrolytes (I like to carry Endurolytes "Fizz" tablets) and always take with you more than you think you will need. Note that "sports drinks" often contain large amounts of sugar, which can slow absorption, so choose your drink wisely! Keep in mind that over-hydration, though much less common, is equally dangerous.
3. Consider using a water bladder attached to the back of your PFD. With a tube hanging over your shoulder, you can easily rehydrate while continuing to paddle. Or place a water bladder on your front deck – it will still be easier to take a sip from than from a bottle you need to retrieve from a day hatch or from under the bungees.

Here is a cautionary tale as told to me by our very own Ralph Heimlich: "It was the second day of one of those bloody hot weekends and I ran out of water in my hydration bladder before the paddle ended. Being



Moyerphotos/Creative Commons

a typical male, I didn't stop and get water out of my hatch, so was pretty parched by the time we landed at Caledon, 24 miles from Leesylvania, our camp on day 1. I thought I'd done a pretty good job of rehydrating before going to sleep in my hammock, but when I woke up in the morning and got out of the hammock, I passed out. I attribute it to a) still being dehydrated, b) having my feet up and head down in the hammock, then getting up quickly and "sloshing" my circulation all over the place, c) the effects of my blood pressure medicine, a diuretic, in screwing up my pressure....I recovered that morning with food and drink and was able to paddle to

the take out. The trip was cut short by distance and heat, however, since we landed at Dahlgren Wayside (301 bridge) rather than paddling all the way to Westmoreland State Park."

Dehydration can contribute to heat exhaustion, shock, and even cardiac arrest when severe. We're surrounded by water when we paddle....Let's drink some....and then drink some more!

Heat Exhaustion

Summers in the mid-Atlantic can be brutally hot, so the water is a great place to be! But we need to be mindful of protecting our bodies' ability to regulate its temperature. When we allow ourselves to get too hot and our core temperature rises above the normal 98.6 degrees F, our bodies respond, initially by causing us to perspire, so that evaporation can cool us off. This can lead to dehydration, fatigue, dizziness, and headache. As symptoms progress, the skin can look pale and feel clammy. Nausea, vomiting, muscle cramps, and dark yellow urine may follow. Elevated heart and respiration rates also may occur. Heat exhaustion has set in!

There are a few easy things we can do to help prevent heat exhaustion when paddling: Wear a hat with a large brim. Drink plenty of water. During breaks, take any opportunity to find or build shade. Cool off during breaks with a nice "wallow" in the shallows by the beach.

If you or a paddling companion begins to exhibit any of the symptoms of heat exhaustion, consider the following:

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Suzanne Farace, Mike Hamilton, Pete Hohmann, Greg Hollingsworth, Luci Hollingsworth, Paula Hubbard, Bev Kesterson, James Kesterson, Jenny Plummer-Welker, Ed Schiller, John Sharrock, Craig Smith, Peter Stockmaster, Mike Ward, Greg Welker, William Woodruff, Moulton Avery, Catriona Miller, Ronald McDonald, Bela Mariassy, Rob Pearlman, Reggie Reid, Yvonne Thayer, and Jim Zawlocki.



Yvonne Thayer launches for the night paddle. Photo/Catriona Miller

David Compton and Teresa Pendleton, our generous hosts, do a lot of work to prepare for our arrival. They order the portapotties, bake the cakes, get the yard mowed, put up signs everywhere, and so much more. The first faces to greet campers this year, the parking crew, included Angie Lovett, Tom Blount, Yancy Bodenstein, Wendy Baker Davis, John Houghton, Moulton Avery, and Demetrius Wren. John covered the Friday night parking duty so that others could join the night paddle. Maxine Mead took care of registrations as they were submitted during the winter and organized the check-in process. The laminated nametags are a remarkably effective way of managing key pieces of information in a small, durable package to keep every student on track. Yancy and Demetrius tended to the campfire ring. On Friday evening, Brian led a meeting for instructors and Paula offered them an on-water refresher training. Others helped on the night paddle as lead, sweep, or safety-support. Kathy Haduch and Bob Gordon helped troubleshoot the coffee making procedure so that the process went smoothly for Kristina McCoy and Brian at 5:00 a.m. A special thanks is due to those who tended to the least pleasant of maintenance tasks, Sarah Guilick, who took care of regularly restocking the portapotties, and to Jimmy McArdle, Christine Riegel, and Gary Field, who tended to removing the trash.

After classes finished Saturday afternoon, Greenland rolling demonstrations by Mike Hamilton, Jenny Plummer-Welker, and Chris

Beckman, showed how smooth and elegant rolls can be. The rest of us could only look on with awe and envy. Dinner involved moving a lot of food down the hill from the house, grilling many burgers and dogs, and setting out all the other food for the buffet line. Our grill masters were Greg Welker and Jim Zawlocki. The set-up team included Yvonne, Alexandre, Monyka Berrocosa, Poonam Bhogal, Dick Rock, Therese Hillsman, and Patricia Jones.

The runners were Demetrius, Jimmy McArdle, Gail Addis, Lois Wyatt, Norman Peters, and Larry Ichter. The cleanup crew consisted of Wendy, John H, Gary, Jean Wunder, Sue Sierke, and Al Boucher. Bob Catzen helped out as needed.



Instructor Ed Schiller is assisted back into his kayak by student Demetrius Wren. Photo/Catriona Miller.

Being a risky task, the flare demonstration included instructions to Moulton and Reggie not to drink alcohol in advance and not to burn down the nuclear power plant. Cat commented, though, that she momentarily panicked when someone asked if Moulton was high on something. As she observed him drumming on the boathouse deck, she realized that she had neglected to tell each of them not to get high.

Yonson Compton and Stu Cawley led the Sunday morning yoga group gathered on the roof of the boat house. There were so many interesting, informative options on Sunday morning, but so little time. While most of us were breaking down our own camp and hauling our stuff to our cars, the large team of volunteers was busy cleaning coffee pots and grills, carrying stuff up the hill, and removing signs and surveyor's tape, too. ♠



A wet exits class caps off their Saturday morning together by practicing their paddling. Photo/Catriona Miller

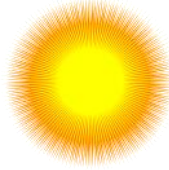
Upcoming Events

Date	Event	Summary
Sat, June 3	CPA Gear Day & Fall Out of Your Boat Day	9:00 - 4:00 all skill levels, skills practice and CPA logo gear sales
Sun, June 4	George Washington Distillery & Grist Mill Paddle	10:30, Adv Beg, launch on MD side, past Mt Vernon to distillery and lunch site
Mon, June 5	Lower Chester River	10:00, Adv Beg, from Kent Island to Queenstown & Tilghman Creeks. Queen Anne's County launch permit required
June 6, 7, 8	piracies	check CPA calendar for start times and roving launch sites
Sat, June 10	KIPP 2017 #3	8:00, third meeting to help improve skills and build endurance for the challenge paddle in September.
Sun, June 11	non-CPA event: Chesapeake Bay Swim & kayak support	7:00, Sandy Point Park, or 8:15, Eastern Shore side of bridge
Mon, June 12	Upper reaches of Choptank River	10:00, Adv Beg & Beg who can paddle 10 mi, launch from Greensboro, explore upper river on high tide
Sat, June 17 - Sun, 18	Westmoreland Kayak camper from Colton Pt, MD	8:00 6/17 - 5:00 6/18, Int, cross Potomac to new paddle-in site
June 13, 14, 15	piracies	check CPA calendar for start times and roving launch sites
Mon, June 19	Patuxent into Hunting Creek	10:00, Adv Beg
June 20, 21, 22	Pirates of Algonkian, Baltimore, Sugarloaf	check CPA calendar for start times and roving launch sites
Sat, June 24	Eastern Neck Spring Paddle	9:00, Adv Beg, around the island 10-12 mi
Sun, June 25	Magothy River to Severn River Paddle	8:00, Int, 16 mi with 4 mi shuttle for vehicles
June 27, 28, 29	piracies	check CPA calendar for start times and roving launch sites
Fri, 6/30 - Tues, 7/4	Fourth of July Pocomoke Car Camper	6/30 3:00 - 7/4 3:00 Adv Beg, paddling area waterways, camping nr Snow Hill, MD
Sat, July 8 - Sun, 9	Full Moon Overnight Paddle & Breakfast	7/8 8:00 pm - 7/9 8:00 am, Int, paddling distance likely 20+ mi, sunset to sunrise
Sat, July 15	non-CPA event: Manhattan Circumnavigation	6:00 am (raindate Sun, 7/16), launch either Dyckman St Beach, Hudson River in northern Manhattan or Fort Lee, NJ
Sat, July 15	KIPP 2017 #4	8:00, fourth meeting to help improve skills and build endurance for the challenge paddle in September.
Sun, July 16	Selby's Landing to Mattaponi Creek	10:00, all levels, easy nature paddle, 10 mi total
Wed, July 19	Pirates of Arundell @ Galesville Wharf, Potomac	check CPA calendar for start times and roving launch sites
Thurs, July 20	Pirates of the North, Patuxent,	check CPA calendar for start times and roving launch sites
Tues, July 25	Pirates of Algonkian, Baltimore, Sugarloaf	check CPA calendar for start times and roving launch sites
Wed, July 26	Pirates of Arundell @ Edgewater, Potomac	check CPA calendar for start times and roving launch sites
Thurs, July 27	Pirates of the North, Patuxent,	check CPA calendar for start times and roving launch sites
Sat July 29	Thomas Point Lighthouse & South River	9:00 Adv Beg, classic Chesapeake Bay trip, about 10 mi
Sat, July 29	Patuxent after Dark	8:00 pm - 11:45 Adv Beg, short night paddle to Greenwell SP

For the most up-to-date listings, visit the [CPA Meetup Calendar](#).

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1. Inform the trip leader and your friends, without delay, that you aren't feeling well and immediately "buddy up." A rafted tow may be appropriate in order to reach shore safely.
2. Rehydrate immediately with a cool water/electrolyte solution, if available; otherwise, drink plain water. A quart of water over 30 minutes is recommended.
3. Have someone help cool your body by using a sponge or kerchief to moisten exposed skin or simply "wallow" a bit by the shore if symptoms of dizziness are not present.
4. Get out of the sun and into shade, if possible. Use a tarp to make a shelter, if necessary.
5. If symptoms worsen, get help. Left untreated, heat exhaustion can progress to heat stroke! Even when treated appropriately, do not expect the paddler to recover immediately. It can take one or more full days for him or her to feel normal, again.



Heat Stroke

Heat stroke is a life-threatening medical emergency. Symptoms can include red, hot, dry skin (sweating has now stopped), headache, a rapid pulse, dizziness, disorientation, vomiting, fatigue, fainting, and

seizures. A core temperature exceeding 104 degrees F is one of the defining symptoms.

Call 911 or use Chanel 16 on your marine radio to call for assistance from the Coast Guard should it appear that any of your paddling

buddies is suffering from heat stroke. While you are waiting for help, move the person affected into the shade as soon as possible. WebMD suggests removing any unnecessary clothing and having the person lie on his or her side to expose as much of the body to cooling as possible. Cool the person's body any way you can, e.g. a sponge bath with water combined with fanning. Assist the person to rehydrate. He or she may have trouble swallowing, even though conscious, so be aware of the possibility of choking. Evacuate as soon as possible!

Full disclosure: I am not a doctor, nor do I play one on TV. The technical information for this article was found in my Center for Wilderness Safety, [Wilderness First Aid: A Pocket Field Guide](#), as well as on the website: www.webmd.com. ♦

Clarification

The CPA members pictured in the May 2017 *Chesapeake Paddler* conducting a rescue exercise at Cape Henlopen State Park, Delaware, were doing so during a training event that was part of the Unconscious Competence series run by Cross Currents Sea Kayaking. — *The Editors*.

The Chesapeake Paddler

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REMINDER: Please check your mailing label for your membership expiration date. If you receive the newsletter electronically, you will receive an e-mail reminder prior to your membership expiring; please notify the Secretary for changes to your email address. If your CPA membership has expired, or will expire soon, please send in your dues. SEE BOX ON PAGE 2 FOR ADDRESS.