

The Chesapeake Paddler



Publication of The Chesapeake Paddlers Association, Inc.

Volume 25, Issue III

April 2015



Navigation Tips

By Paula Hubbard

Most of the time when we paddle in the Chesapeake Bay we depend on visual landmarks, but there are times when distance or weather conditions might make it harder to recognize landmarks. Our shoreline tends to be flat and while a chart shows multiple bays, inlets, and landmarks, it's hard to get the same perspective while on the water. Here are some tips to help navigate.

1. Know where you want to go.

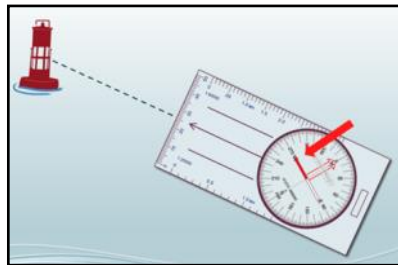
Your planned **Course** is the direction towards your destination. You can get this off of a chart, or you can look for a visible land mark when you start out and take a bearing towards that object.

A **Bearing** is the direction towards another object

Your **Heading** is the direction that your boat is pointing. Your heading may not always be directly towards your destination. Sometimes you need to compensate for wind and current.

2. Know how to take a bearing.

Identify an object to use for your bearing. Point your compass at that object. Identify the needle that points to magnetic north



Rotate the dial on the compass to align the arrow indicating North with the compass needle that points north. This aligns the scale of the compass with the real world.

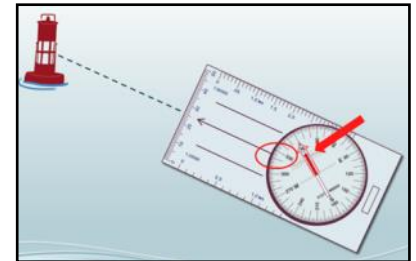
To remember this, think about putting 'Red in the Shed'.

Once the scale is aligned, read the direction toward the object in degrees magnetic.

A hand held compass works well when you are taking bearings from land, for example to determine your course before you get on the water. You can also carry one on in a pocket or tethered to your deck to use while paddling.

Another way to take a bearing while paddling is to use the deck mounted compass on your kayak. Point the bow of your boat toward the object and take your reading.

3. Practice reading charts and comparing them to your view from the water. Practice taking bearings. By comparing the chart to your environment, you will learn to transfer the information provided to what you see in the real world. 🗺️



Distant landmarks can be hard to see when sitting down in a kayak – a view of the bay paddling south from Beverly Triton Beach



Rain can rapidly decrease visibility – paddling out of Kent Narrows toward Eastern Neck

CLASSIFIEDS

Ads dated three months before the date of this issue will be pulled unless a new request is received by the 15th of the month prior to the next issue. And if it has sold...tell us!

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.

SCHEDULE FOR THE CHESAPEAKE PADDLER

The Chesapeake Paddler is published 10 times a year, with combination issues in November/December and January/February. 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? Email Carrie Casto at news_editor@cpakayaker.com or call/text 301-509-4183.

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 \$10, \$18, \$27, \$35, for 1, 2, 3, and 4 years. Sign up for membership online at <http://www.cpakayaker.com/join-cpa/become-a-member/> or send checks or changes of membership information to CPA, P.O. Box 341, Greenbelt, MD 20768. Do not send them to the newsletter team.

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Teach Up—Clean Up—Gear Up

Old Man Winter is finally on the run, and there are stirrings of activity as the buds swell and the new paddling season stirs.

Kudos to instructors and paddlers alike for a pair of excellent courses held recently, despite the winter weather. **Paula Hubbard and Dave Isbell** took a class of 16 eager students through the mysteries of **Kayak Navigation** in the midst of a snowed-in setting at the Patuxent NWR North Tract classroom at the end of February. The trickiest part was pushing some of the student's cars out of the ice-bound parking lot after the class! A new and eager class of 80 some kayaker wanna-be's attended another edition of CPA's **SK101—Introduction to Sea Kayaking** at the West River Center in mid-March. Organizer **Paul Casto**, and instructors **Suzanne Farace, David Wilson, Paula Hubbard, CG Auxiliary Don Goff, Brian Blankenship, Bela Mariassy, Sue and Rich Stevens, Robin Deykes and registrar Stephen Jahncke** put on an excellent show, despite the unrelenting rain. The attendees got a kayak fashion show (complete with kayak Can-Can), a litany of the many reasons to paddle, and the chance to see a variety of boats, gear and actual sea kayakers, as well as many valuable insights into their new chosen sport.



Kayak Can-Can
Paula Hubbard and Ralph Heimlich at SK101 Photo by Suzanne Farace

There are more coming soon. In April, **Tom Blount** carries on a tradition of **Boat and Paddle Workshops** at Truxtun Park in Annapolis to help us get our craft ready for the season ahead by buffing, polishing, keel stripping, deck rigging, etc. At the end of the month, **Catriona Miller** heads up the 17th annual **SK102- On-Water Training** at Lake Anna, VA.

April 22 is Earth Day, the 44th such day and a chance to reflect on the environment that sustains us. You can do your reflecting and keep your hands busy by getting out on the water at the 12th **Patuxent River Cleanup** organized by **Chip Walsh and me**. It's a chance to get out after the long, icy winter and watch the buds



explode into green, hear the birds sing, and get your hands dirty giving back to Maryland's Backyard River. We do this mostly in canoes (for more trash capacity), and we can find you a seat in one.



Patuxent Clean 2014 Up Photo by Ralph Heimlich

Finally, the paddle season goes into full swing in May when many of the week-day **Piracies** start up again and there a number of trips, activities and events on the **CPA Calendar**. While there are many things already scheduled this this season, it is never too late to add another trip or event. With nearly 700 members, there are enough of us to have multiple activities each weekend in different parts of our wide Bay area—the only limit is those volunteers willing to step forward and lead. If you don't feel confident yet to lead a trip, you should consider CPA's **SK203—Trip Leader Training**, scheduled this year for May 15-17 at Virginia's Westmoreland State Park. Contact organizer **Brian Blankenship or me** if you want to come and learn how to be a leader. ☺



Ralph Heimlich, CPA Coordinator Photo by Greg Welker

SK101

By Paul Casto, SK101 Organizer

It was a grey and rainy winter day. The ice on the rivers was breaking up; part the Chesapeake Bay was closed to small boats because of ice hazards. It was a wonderful day for introducing new paddlers to the joys of kayaking - in a warm indoor setting.

SK101 brought 68 attendees and 12 presenters together at the West River Center on the 14th of March. Slides were shown, presentations were made, kayaks and gear were displayed, paddling outfits were modeled, and questions were asked and answered. So the typical seminar.... what else is there to say?

Based on the survey results back from the attendees, it was apparent that most of them learned something from the day, and in many cases they learned a great many things. Now, what can we, as a club, learn from the experience? Well I can only give my take on that...

Attendance is down slightly year over year. Is that because we have

saturated our target audience, or because interests are moving on to other activities? The distance people are willing to travel is fairly large – 20 from Virginia, 2 from New Jersey and 1 from Pennsylvania, but our Chesapeake Bay is a huge area... Would it be a good idea to expand the reach of SK101 by taking it on the road? That depends on volunteers. We don't need the same instructors at other locations. We have a fairly polished structure and class structure that could be run by an experienced group of CPA'ers elsewhere. If you think that is a good idea, will you do anything to make that happen?

Ninety percent of the attendees self-qualified as having some generic kayak experience, but in a show of hands, the vast majority indicated they had never worn a spray skirt. This is a great target audience for educating. Many of these people are coming in from the recreation kayak / fishing / sit-on-top world. Just telling folks "this is our mandatory equipment" makes us seem rule-bound. Telling folks they must wear a spray skirt, before they've ever been instructed and practiced wet exiting might be dangerous. Telling folks who paddle in placid waters that it keeps the waves out will have them scratching their heads. Demonstrating WHY it is an integral bit of a sea kayak means showing them why it makes sense under almost any condition. There are things that many of us consider second nature, but none of them have ever thought about – edging the kayak or rescues. Let's add that frame of reference to go beyond the 'well a storm might blow up at any time' rational.

The attendees age was not a question asked, but the informal assessment would be a very 'earthly experienced' group. There are lots of reasons behind this – leisure time, money for equipment, willingness to come to a seminar and hear about something rather than just forge off and try it. I'm not sure if there's anything to do differently to draw a more diverse group to SK101, or Sea Kayaking in general. I would like to ask each of us to consider ways to do so, and be welcoming to those who haven't yet gotten their first AARP letter. ☹



Chesapeake Paddlers Association Facebook Photo

Sea Kayak Presentation - CG Flotilla 61

By Joe Messier

The call went out for CPA volunteers living close to Fort Monroe in Hampton, VA. Ralph Heimlich (CPA Coordinator) was contacted by Bob Beltz representing CG-Flotilla 61 with a request for someone from the CPA to give a presentation to this group about kayaking. They wanted to learn more about kayaking so they could start a local paddling group.

CPA Members, Dianne Campbell and Joe Messier volunteered and made the presentation on basic kayaking to members of CG Flotilla 61 on March 19, 2015. The first part of the presentation was a "Pep Talk" on the benefits and enjoyment that kayaking and in particular sea kayaking can bring into your life by meeting like-minded people, paddling in nature, camping, and participating in trips to different parts of the United States and the world, learning new skills through local training opportunities and going to Sea Kayak Symposiums near and far.

Next we presented information on the following topics: What Kayak is Best for Me, How to Purchase a Kayak, What Gear Will I Need, and How do I Transport the Kayak.

The following gear was brought to the presentation and discussed with the audience.

PFD -The importance of the proper wearing at all times was drilled home. Also the importance of the PFD as a ditch bag to a sea kayaker if the kayak becomes separated from the kayaker due to winds or current, i.e. survival whistle combined with a compass and thermometer, signal laser, small first aid kit, small flashlight, marine radio, extra batteries for the GPS or light, knife, and rescue light/strobe.

Paddle Float - A demonstration of the paddle float attached to a paddle using a rope/stirrup to secure the paddle to the boat if the webbing does not suffice. Of course, some training in the kayak in water would be necessary to show how to get back into the kayak.

Cockpit Skirt - The audience was advised to only wear a skirt after training to avoid the possibility of panic trying to release it while upside down and disoriented. The point was made to always have the handle outside and clear of anything on the deck.

Kayak Clothing - Cold water clothing was shown and discussed like the dry suit and proper layering underneath for warmth, wet suits, paddling jackets, and non-cotton paddling clothes.

Racks – A Yakima rack system with rollers, saddles, and J hooks to stimulate a discussion on various parts and options.

CPA Paddler Profile

By Rick Wiebush

CPA Paddler Profile

Name: Jesse Aronson

Lives in: Arlington, VA.

Real job: Informatics Program Manager at National Institutes of Health.

Member of a Piracy? Pirates of Georgetown, since 1999.

Number years paddling: 16

How did you get involved in kayaking? In 1992 I tried kayaking while on vacation in the San Juan Islands. That first trip was in a double kayak with my wife, who was pregnant at the time. Kayaking really resonated with me, but between work and parenthood over five years elapsed before I made it into a kayak a second time.

How did you learn to sea kayak? I started out with an introductory course and a couple of trips offered by Atlantic Kayak, then SK102. Since then I've taken classes at any number of symposia.

Any formal training or ACA/BCU certifications: None.

Boat usually paddled: Tempest 165 or CLC Shearwater.

Type paddle used: Primarily Greenland, occasionally wing.

Do you do any other type of paddling besides sea kayaking: I have been doing a little SUP paddling with my son.

Do you regularly do any other outdoor activities: Running, hiking, XC skiing in winter, and I am a casual cyclist.

How often do you paddle in summer? 2 times per week.

Do any winter paddling? Less than I used to, as I have some trouble keeping my hands warm these days.

Go to pool sessions? Yes, Lee District Rec Center in Virginia.

Favorite local paddling location: Mason Neck, VA.

Favorite non-local location: Lake Mendenhall in Alaska. It's a fairly small lake, but you can paddle right up to the Mendenhall glacier, which is an awe inspiring experience.

Best paddling trip/experience ever and why: My son and I went on a trip to the western Scottish Highlands, paddling Loch Moirdart, Loch Sunnart, Arisaig Sound, and out to Ardnamurchan Point. The scenery and wildlife was just spectacular, including curious seals which kept us under observation as we paddled through the skerries. We were the only Americans on the trip and it was fun to get into the culture of the Brits and Scots on the trip. Yes, the group did take an afternoon tea break every day.

Scariest/most dangerous trip/experience and why: I paddled with two friends out to Thomas Point lighthouse on a sweltering summer day. On the way back I started to suffer from heat exhaustion. I was dizzy and nauseous, vomiting at one point. My paddling partners, who may not have realized how bad off I was, decided the best course of action was to give me personal space and kept themselves at a distance. To keep the world from spinning I paddled back to Galesville with my eyes shut, occasionally peeking at my compass heading and my position relative to my friends.

Bucket list trip: Dalmation Coast of Croatia.

Three things you like most about paddling? By far my favorite thing about kayaking is that the moment you cast off you are in the wilderness. When I'm on the water I feel far away from the land-based world, even on the urban Potomac.

What do you like about CPA? Companionship, focus on skills development, emphasis on safety, supportive environment.

One thing other people find interesting about you: I worked on GPS when it was still an experimental system in the 1980's and am one of the first 20 people on earth to use GPS out on the water.



CPA Paddler Profile

By Rick Wiebush

Name: Paul Plowright

Lives in: York, Pennsylvania.

Real job: Software Engineer with Red Lion Controls.

Member of a Piracy? I am not a member of a piracy.

Paddling Buddies: CKA paddles (Jaclin Gilbert, Becky Martin, Lorah Cusick Conheim amongst others), Rick Wiebush, Jay Gitomer).

Number years paddling: Around 2.

How did you get involved in kayaking? Having never kayaked before, I naturally decided to build a CLC design, Shearwater 17 (hybrid) in an upstairs bedroom in my house as I liked the lines and was intrigued by the strip build process. <http://www.clcboats.com/newsarchives/okoumefest-chesapeake-small-boat-festival-2011-page2.html>



How did you learn to sea kayak? During the first few solo excursions after the 2 year build, I realized how little I knew and how much there is to learn about paddling so sought out and found an active group (CKA), paddled on some great trips locally, then discovered rolling and excellent courses offered by Cross Currents Sea Kayaking.

Any formal training or ACA/BCU certifications: Some select skills courses including pool sessions and open water paddling but no formal qualifications, as yet...

Boat usually paddled: CLC Shearwater 17 hybrid, white hull, deck stripped with Pawlonia and cedar accents.

Type paddle used: Primarily Greenland (self-built of course), Euro as a spare.

Do you do any other type of paddling besides sea kayaking? I am part way through a SUP build (CLC Kaholo 14) and a Skin on Frame Kayak in the aforementioned bedroom, but presently exclusively sea kayaking.

Do you regularly do any other outdoor activities? I am an avid mountain biker, road rider, hiker, sailor and tentative skier... rock climber/mountaineer, orienteer and mountain marathoner in former life.

How often do you paddle in summer? I usually shoot for a weekday evening and a weekend day or two.

Do any winter paddling? No dry suit so no winter paddling although I intend investing in one shortly, so this will change.

Go to pool sessions? Yes, I did rolling sessions last winter at the Catonsville YMCA Pool.

Favorite local paddling location: Lake Clarke (dammed portion of the Susquehanna River) various locations on the Chesapeake Bay.

Favorite non-local location: The only non-local paddling venue to date is 10,000 Islands region in Florida, which would definitely be a favorite.

Best paddling trip/experience ever and why: I think the portion on the 10,000 islands (Florida) trip when we camped on a couple of the islands, which was my only kayak camping experience to date. Just the idea of packing a kayak with everything you need and nothing you don't and setting off appeals to the outdoor adventurer in me. Getting lost and having to make an unplanned stop on a tiny island as the rain started and the swarming no-see-ums only added to the adventure. Feeding Dolphins herding fish, sea turtles, little sharks, rays and clear blue gulf water all made for the best paddling experience ever.

Scariest/most dangerous trip/experience and why: Not a great deal of experience to draw upon but one occasion springs to mind. With a little more confidence than ability, I took myself out one cloudy evening alone at Long Level with the intention of crossing the mighty Susquehanna. Side-waves, increasing winds and a grey green white-capped sea soon had me scurrying for the put-in having not even left the shore. Water is to be respected.

Bucket list trips: Greenland, a circumnavigation of something significant, Abel Tasman National Park, NZ.

Three things you like most about paddling? Technical aspect of the equipment, the intimate interaction with Mother Nature in all her moods and of course the shared experience in the company of like-minded individuals

What do you like about CPA? I have not had much exposure to CPA.

One thing other people find interesting about you: I was born in New Zealand, although I spent the bulk of my adult life in the UK. I have the best cat, Mangu.

Chesapeake Paddlers Association 2015 Calendar

Date	Title	Summary
April 4	Patuxent River Clean Up	Get out on the water and help clean up the Patuxent.
April 11	Kent Island Paddle #1	The KIP series is for paddlers who want to have a distance challenge and build their skills and knowledge of paddling.
April 11	Cherry Blossom Paddle	Paddle from Columbia Island to see the Cherry Blossoms
April 12	Boat and Paddle Workshop/ Gear Swap	Kayak & Paddle workshop @ gear swap at Truxton Park in Annapolis
April 19	Bull Run Virginia Bluebell Paddle	The paddle is a leisurely scenic 8.6 mile round trip lasting 3-4 hours.
April 24-26	SK102	Skills clinic weekend.
May 1 - 8	Sail Angels Spring Gathering	A week of sailing kayaks and canoes with a group of kayak sailing enthusiasts.
May 1 - 3	Assateague Kayak Kamper Paddle	An 11 mile bayside paddle to an overnight backcountry campsite with a potluck dinner.

CPA Classifieds

See Page 2 for details on placing a classified advertisement in the *Chesapeake Paddler*.

WANTED: Your updated email address. We want you to receive email notices when the *Chesapeake Paddler* newsletter is posted to the web and ready for viewing. Please notify Secretary Sue Stevens of any email address changes. Send updates to membership@cpakayaker.com.

Logo Gear

Did you know that CPA has performance shirts for sale that are perfect for kayaking? The shirts come in attractive colors and have the colorful CPA logo on the front. And, you can't beat the price. Only \$15.00 per shirt (at cost). You can purchase these shirts and other CPA logo gear (such as rescue streamers and bumper stickers) at SK-102--bring cash in small bills or a check. If you aren't coming to SK-102 you can order CPA logo gear on-line. Check out the CPA logo gear Web page for more information and to see how to order <http://www.cpakayaker.com/join-cpa/cpa-logo-gear/>.



From the Editor...

So you don't do Facebook... There are great posts on the Chesapeake Paddlers Facebook page.

- SK102 has an event page. Catriona keeps it up to date!
- Is paddling the Grand Canyon on your bucket list? Read Canoe and Kayak's: <http://www.canoekayak.com/whitewater-kayak/kayakers-paddle-37-hours-nonstop-new-grand-canyon-speed-record/>
- Adventure Kayaks video of reentries: <http://www.rapidmedia.com/kayaking/categories/skills/3239-video-easiest-rescue-reentry.html>
- Canoe and Kayak's article on *Living Without Compromise*: <http://www.canoekayak.com/videos/living-without-compromise-emily-jacksons-tedx-talk/>

Of course you can read all of these articles without Facebook but you won't get to share comments with other paddling pals. Facebook is a great place to share all of those pictures of our paddles and friends.

Consider setting up an account to chat with your friends about paddling, safety, workshops and of course, the smiling seals! ☺

[Presentation - Continued from p 4](#)

Handouts:

- The pamphlets included: Chesapeake Paddlers Association - General Info about the CPA and It's STILL Cold out THERE!, Operation Paddle Smart, OFF-Season Boating, Cold Shock & Hypothermia
- A presentation "CD" for New Kayakers to include: links to useful websites and phone apps; marine radio usage; Packing your Kayak for Overnight Trips; and slides with detailed information.

An email was received: "Thanks again for what you did, it was great. Note I went Saturday and bought me a sit in yak. Now I have two."
Bob Beltz, FC-61

Note: Bob bought a 15 foot sea kayak and he will be joining us at the Williamsburg Pool Session to learn some of the rescue skills we talked about. ☺



Presentation to Coast Guard

by Joe Messier

Inside this issue:

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The Chesapeake Paddler

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