

The Chesapeake Paddler



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April 2022

Spring temps are in the air, but not in the water!

Workshops teach paddling safety in cold water and avoiding other hazards



Spring's warmup masks winter-like water temps causing numerous cold water accidents. CPA-sponsored workshops educate paddlers on staying safe in cold water and avoiding other common hazards. Above, participants test their cold water gear in a pre-COVID workshop in 2020. (Photo: Rich Stevens)

By Bill Upton

One of CPA's core missions is to promote safe sea kayaking practices through education. In numerous classroom workshops and hands-on training events, CPA volunteers have taught hundreds of students better kayaking skills and hopefully kept many of us out of serious trouble.

Spring is one of paddle sports' most dangerous times as air temperatures rise but water temps stay cold. This first week in April, Bay water temps were still just 48 to 50 degrees. Many a paddler has succumbed to the siren song of warm days and the urge to get out on the water,

only to end up needing a rescue or even worse, drowning, because they weren't prepared for cold water or unexpected hazards.

CPA has long hosted cold water training sessions and did so again this year. We are lucky to have a leading educator, Moulton Avery of the [National Center for Cold Water Safety](#), put on his Cold Water and Common Paddling Hazards workshops each year. Moulton was also an active CPA member before relocating to the West Coast.

[See Workshops on page four](#)

From the CPA Coordinator

We need you at the Planning Meeting

CPA Planning Meeting

April 24, 2022

The CPA Planning Meeting will be held at the Cult Classic Brewery on Sunday, April 24th beginning with the Steering Committee meeting at 11:00 AM followed by the Planning Meeting at noon. The Steering Committee and Planning meetings are open to all members but only the Steering Committee can vote on topics during the Steering Committee meeting.



Bill Smith

The Planning Meeting is where trip leaders populate the CPA calendar with trips for the upcoming season. Whether you plan to lead a trip, catch up with old friends or just socialize, plan to attend. Let this be the year you lead a trip; we are desperately in need of trip leaders. You do not have to be certified to lead a trip, so make this the year you lead one. If you are unsure if you can lead a trip, then let us help with guidance or a mentor. This is a great way to paddle one of your favorite places and introduce it to others.

This is not the only opportunity to list trips for this year, but it does give the trip leaders a chance to coordinate dates with other trip leaders. It is not uncommon to have multiple trips on one date and that is OK since one trip may appeal to certain people and not others.

Padding in Anne Arundel County

The Chesapeake Paddlers Association with almost 700 members is spread out throughout the Chesapeake Bay region. Anne Arundel county is home to many of our members and has over 533 miles of shoreline so most of our members, regardless of where they live, paddle here. This county, with so many miles of shoreline, still has a limited amount of launch areas. I grew up in Michigan where the state had plentiful places to launch, swim and play so it was surprising to me that opportunities are fairly limited here.

I always took it for granted that everywhere I go the places to play would be plentiful and never in danger of them closing. Since moving here at the end of 2009, I have seen many improvements thanks to the work of the Public Water Access Committee and others, but I think the county could easily use more.

I think the only explanation for the lack of parks is the politics in keeping potential park lands closed so that those who have political pull do not have to share with those who don't.

I remember the first time I decided to explore the Chesapeake Bay shores back in the late 70's while returning from a shore vacation and was very disappointed in the lack of access areas or parks. I just could not believe that an area so rich in water resources could be so lacking in places for recreation.

As detailed in [last month's newsletter](#), Homeport Farm, a newly developed park on the South River, was or is in danger of being redeveloped as a rowing center. This is an issue that was debated and defeated during the first go around before the park was developed but now after the park is reopened, they want to visit this topic again.

This is politics at its finest considering a great amount of work and money was expended to develop this park. This new proposal would benefit a few politically connected friends and not the general public.

If you ever visited the park, you would see that there is room for one, not both. The expense to redevelop this park into a rowing facility would be extremely high. It is the duty of all of us outdoors people (paddlers, hikers, bikers, or other outdoor enthusiasts) to let the county or state know you use the park, appreciate the park and are grateful it is open regardless of which park you use.

If they would consider this kind of proposal for a newly-developed park like [Homeport Farm](#), then it is possible other parks are in danger as well. How sad would it be to show up at your favorite park and it is closed to your

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[Coordinator](#), from page two

use? There are several persons out there who preach to the county that certain parks does not get used or rarely used. It is our duty to tell them otherwise. The easiest way to get a park designation turned over is to show it doesn't get used much.

Please do your part and contact your local representative and tell them how much you appreciate our parks. You do not have to live in the area to show your appreciation but being a resident does carry some weight. If they don't know you care, then they have no incentive to keep it open. Remember, elections are coming so voice your opinion to any candidate you talk to.

Paddle on, spring is here! - Bill Smith



A proposed rowing facility at Homeport Farm Park could crowd out other uses. Above, car top boat access to Church Creek. (Photo: [Anne Arundel County](#))

Handy guide to tell bald eagle age by plumage



Add guessing that bald eagle's age to your next paddling trip. (Credit: The [Connecticut Audubon Society](#))

[Workshops, from page one](#)

This winter, Avery took to ZOOM for the virtual-only workshop sessions. Because cold water mishaps are often fatal, the Cold Water workshop was an in-depth review of how cold water affects your body, correcting common misconceptions about paddling in cold water and how to prepare to stay safe.

Education and practice are the keys to staying out of trouble when dealing with cold water or other potential kayaking hazards. To help with education, Avery debuted the Center for Cold Water Safety's newly overhauled website that put a wealth of information into easily navigable sections on Cold Water, Five Golden Rules, Gear and a Resource section full of case histories, videos and articles.

There are many misleading "rules-of-thumb" about cold water paddling. For example, a common one is to add the air and water temps together and if it's above 120, you can skip cold water gear. That could mean on a warm day, the air temp could be 75 degrees and the water temp 53 degrees. At 128, using that formula you're good to go without gear. But immersion in water that is 53 degrees without protection is life threatening.

For Avery, the simplest way to stay out of trouble is to focus on the water temperature. Always treat any water that is below 70 degrees as hazardous and dress for immersion in it, no matter how hot the air temps are. And to make sure you are prepared for hazardous water temps, Avery emphasizes following the [Five Golden Rules](#):

- 1) Always wear your PFD.
- 2) Always dress for the water temperature.
- 3) Field-test your gear.
- 4) Swim-test your gear every time you go out.
- 5) Imagine the worst that could happen and plan for it.

These rules help you prepare for the common cold water killers that can strike before hypothermia sets in: [cold shock](#) and [physical incapacitation](#). Cold shock is your body's involuntary, potentially life-threatening responses to unprotected immersion in cold water such

[See Workshops on page five](#)



This kayaker on the Choptank river became marooned in the mud in February requiring a helicopter rescue by the Maryland State Police. Becoming familiar with how to avoid common paddling hazards can minimize the chance this will be you! (Photo: Denton Volunteer Fire Company)

[Workshops, from page four](#)

as uncontrolled breathing. Physical incapacitation means that when your muscles and nerves get cold enough, they stop working. In cold water, this can happen quickly, impairing your ability to swim, use your hands and more.

Wearing your PFD at all times, having the proper cold weather gear and testing it under safe conditions so you know it works and knowing what cold water is like before a crisis can save your life.

In the Common Paddling Hazards workshop, Avery took a broader look at paddling hazards and how to avoid them. Common to all the hazards is underestimating or not aware of possible conditions. Many paddlers run into trouble when they think they are safe because they plan to stay close to the shoreline and they don't have the experience or gear to handle changing conditions.

Avery reviewed several incidents where paddlers were able to handle the conditions they launched in but got into trouble when conditions changed. Sudden storms can create strong winds in a matter of minutes, turning calm waters into a sea of large waves. Or, wind blowing from the shore can create a "wind shadow" where the wind is calm close to shore but can quickly increase beyond a paddler's ability not far from shore.

Other hazards include getting into rough surf when rounding a land mass that is blocking waves or strong currents and shorelines with bulkheads that reflect

waves or rocks that make it impossible to land to get out of trouble.

In most cases, following a few simple rules can avoid disaster. Wearing a PFD at all times and dressing for the water temperature can increase your chance of survival if you capsize or are separated from your boat because of wind or weather. Having a way to call for help, such as a VHF radio, can cut down the time to get rescued. Being aware of weather conditions, tides and currents and the ability anticipate the worst possible conditions can help you plan a safer trip.

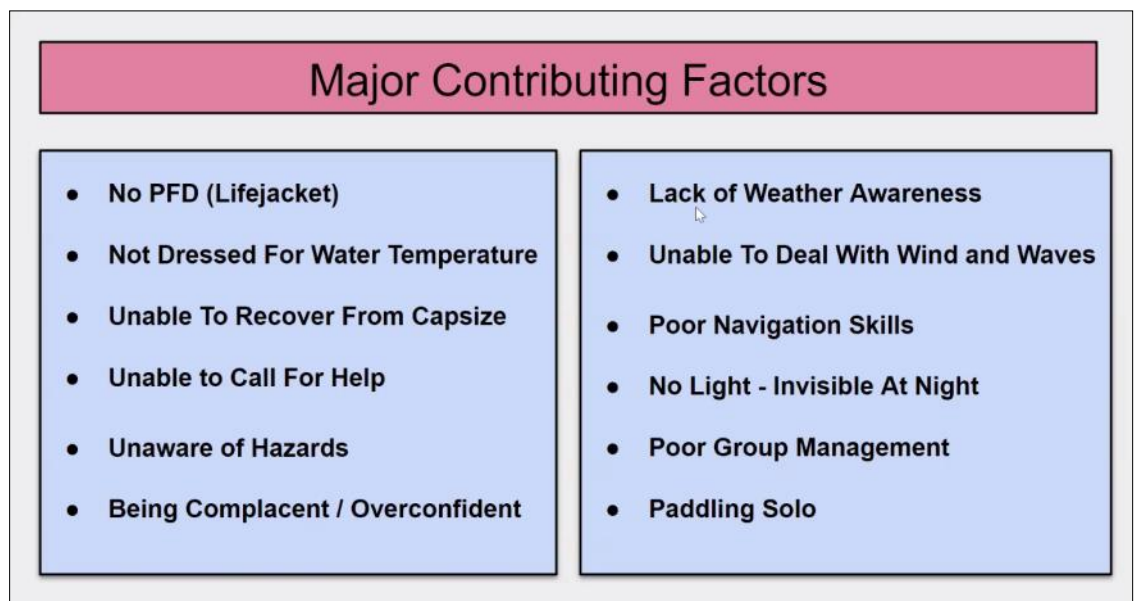
"Overall, you don't know what you don't know when you are starting out in kayaking," said Avery. "Taking these steps before you get into trouble can save your life and those you paddle with."

The Cold Water and Common Paddling Hazards workshops are just two of the many educational opportunities that CPA offers for your journey to safer paddling. Notices for other classes and on-water training are always posted on the [CPA Meetup](#) page.

For more information on cold water safety, visit the [National Center for Cold Water Safety](#). To check weather, tides and water temps, visit the [Resources section](#) CPA's website: www.cpakayaker.com. For local area water temps, refer to NOAA's [Water Temperature Map of the Central Atlantic Coast](#) (click on the red icons for that station's data).

This list of [contributing factors](#) to common paddling accidents is from the [National Center for Cold Water Safety website](#) so you can learn from other's mistakes.

The updated site has numerous case histories and articles to keep you safe on the water.





CPA's 24th* Annual SK102 Skills Clinic

April 29-May 1st, 2022

Lake Anna, VA

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

Registration Period: April 5th-16th, 2022

To Register: To obtain the link to the registration website, please email SK102@cpakayaker.com proof of COVID-19 vaccination and CPA membership.

SK102 offers on-the-water skills classes for beginner and intermediate paddlers covering wet exits, basic strokes, basic and advanced rescues, stroke improvement, and more. Additional on land courses (i.e. navigation, kayak camping, etc) are offered. SK102 is designed to teach beginner or intermediate kayakers proper paddling technique and the skills they need to kayak safely. **IT'S ALSO A HECK OF A LOT OF FUN.**

SK102 sells out every year with a significant waitlist.

Where: Lake Anna is 2 hours south of Washington DC. The lake is a nuclear power plant cooling pond, so the water is very clear and heated – allowing you to practice wet exits, rescues, and rolling in warm water in early spring! The location is private property on which you are welcome to camp.

Cost: \$85, which includes the cost of two days of all volunteer instruction, camping on-site & morning coffee

Required: CPA membership is required. You are required to bring a sea or light touring kayak, spray skirt, life vest, paddle, pump, and paddle float. You will be required to sign a release of liability.

Covid19 Precautions: We will be following all local, state, and federal health department and CDC guidelines. Attendance to this event will be capped at about half the number of students as a normal year. Up to date proof of COVID-19 vaccination and boosters as appropriate for your age group will be required. Additional hand sanitization stations will have been purchased for the event. Maintenance of social distancing will be expected. Saturday dinner instead of a BBQ and buffet line, will be prepared by a food truck on site.

Saturday Instruction Tracts: *Sign up for your level of kayaking knowledge when you register:*

Beginner/Introduction to paddling: *If you are new to paddling and/or have not had kayaking lessons:*

- **Boats and paddles** - Discover features separating various kayak designs and their value to you
- **PFD design and fit**
- **Spray skirts**
- **Wet Exits** - Wet Exiting is the most critical kayak skill for safety & required for attending CPA trips
- **Strokes** - The proper basic strokes will make your paddling much more fun and efficient
- **Self and Assisted Rescues** - *Be able to get yourself and others back into a kayak in deep water.*
- **Basic trip planning**

Intermediate Paddling: *If you have been paddling for a year or more & are proficient in basic skills*

- **Stroke refinement** - Improve your basic strokes to increase your efficiency and form
- **More maneuvering strokes** - Learn intermediate strokes such as hanging draw, draw on the move, bow rudder.
- **Bracing** - High and low bracing not only keep you upright but are the foundation of several kayak rolls
- **Towing** - Learn types of tow systems, methods and how to use them
- **Self and Assisted Rescues** - *Be able to get yourself and others back into a kayak in deep water.*
- **Rescue refinement** - Learning advanced rescues for challenging situations, such as how to rescue a boat without floatation that "sank" and how to rescue an injured paddler.
- **Trip Leadership.**

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

For more information, please contact Catriona M. and Jeff W. at SK102@cpakayaker.com



Marshall E. Woodruff
5/2/1944 - 9/24/2021
*Celebration of Life and
Memorial Paddle (KIP)*
Saturday May 14, 2022



- **Celebration of Life begins at 11:00 am at Ferry Point Park Beach.**
- **Memorial Paddle, organized by Bill Smith of CPA, meets at 9:00 am at Kent Narrows Launch. Paddlers join others at Ferry Point Park.**
- **The Celebration continues at Cult Classic Brewing
1169 Shopping Center Rd.
Stevensville, MD 21666 - Phone 410-980-8097**
- **Paddlers Please RSVP to Bill Smith - 407-489-7191 or CPA Meet Up.**
- **All others RSVP to Margaret Pully - 202-207-4007**

Spend the day or the weekend - <https://www.baydreaming.com/destinations/kent-island/>

Paddler Profile

Meet Stephen Brown

Lives in: Lewes, Delaware.

Real job: Project manager.

Do you regularly attend a CPA Piracy? No.

Number of years paddling? 12.

How did you get involved in sea kayaking? Kayaking as a Scout dad on the Susquehanna River and live near the sea and beach.

What boat(s) do you paddle? All plastic. I paddle around rocks often. 16' Necky, 14' Dagger, 12' Pungo.

Rudder or skeg? Rudder.

Type of paddle used? Bladed.

Do you do any other paddling than sea kayaking? Non-whitewater rivers.

Do you regularly do any other outdoor activities? Hiking and camping.

How often do you paddle between May and October? Once a week.

Do any winter paddling? No.

Favorite local paddling location? Lewes Great Marsh.

Favorite CPA trip you've ever been on and why? I met CPA members in Florida on a Paddle Florida event. I've only been on three formal CPA events. 2020 Belle Isle has a slight favorite rating because it was new territory for me and it was great to get away in the thick of COVID.

Coolest paddling trip you've ever been on anywhere and why? Doing most of the Allegheny River in three sections. The top and middle were great parts of USA but paddling into the city of Pittsburg on the lower part was very cool.

Three things you like most about paddling? Peace and



quiet on the water (most times), associated camping and getting exercise while sitting down. Spending time with people with similar likes. When paddling with a group, there are generally the same set of personalities, just different names.

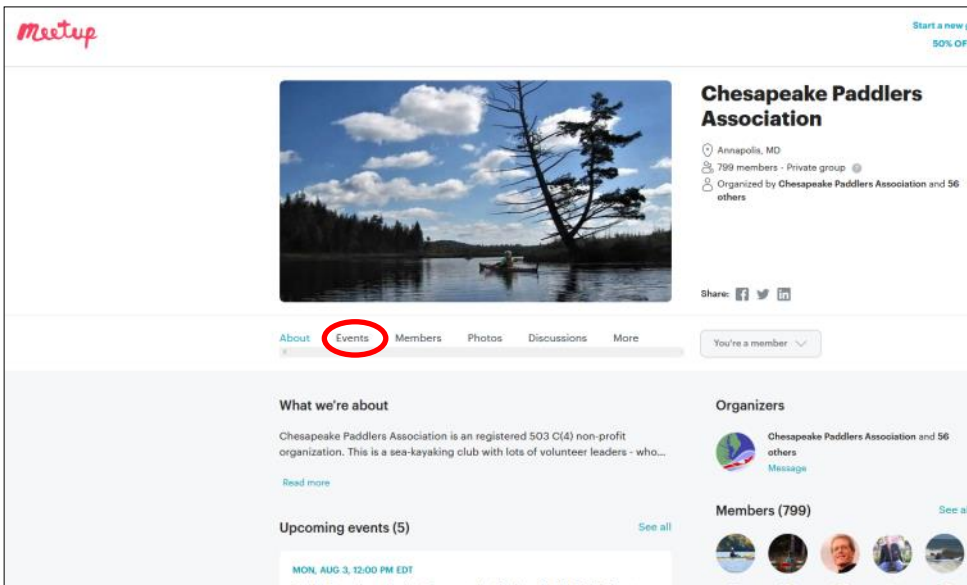
What do you like about CPA? Wide range of choices due to the hard work of trip leaders.

What other paddling clubs/groups do you belong to? None.

One unusual non-paddling thing we'd be surprised to know about you? My other boat is a 17 ft Boston Whaler.

Upcoming CPA Events

SK102 April 29-May 1, Planning Meeting April 24



SK102 is back! Dates are April 29 through May 1, [see page 6](#), for registration info. The CPA Planning Meeting is April 24, 2022 at the Cult Classic Brewery on Kent Island. Check the [CPA Meetup page](#) for details and for notices of CPA events such as trips, classes, Piracy paddles and registration info.

All participants should download the [updated CPA Waiver](#) and read the [CPA COVID-19 event guidelines](#) before participating in any in-person Club activity.

Become a CPA Newsletter Editor!

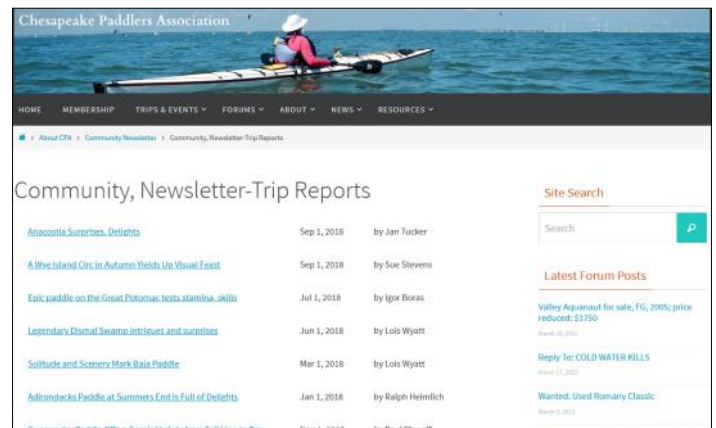
Now's your chance to get in touch with your inner writer and graphic artist and put he or she to work editing the *Chesapeake Paddler* newsletter!

Current co-editor Bill Upton will be moving on to bluer waters after the July 2022 issue. Anyone interested in the job can take over sooner which provides more time for any training and a smoother transition.

Primary duties involve doing the layout of each issue, writing stories, editing submissions and working with co-editor Ralph Heimlich, CPA Officers, the Steering Committee and members to cover CPA events and issues.

We use MS Publisher for PC, which is part of the MS Office Suite, for layout.

If you are interested, contact CPA Coordinator Bill Smith at: coordinator@cpakayaker.com or the newsletter editors at: news_editor@cpakayaker.com.



Get info on cool paddling trips

It's spring and time to plan some new places to paddle. CPA Trip Reports are descriptions of trips other paddlers have taken that are handy for guides others. Did you know that you can look up archived Trip Reports at <https://www.cpakayaker.com/about-cpa/community-newsletter/community-newsletter-trip-reports/>.

If you've taken a cool trip, with CPA, another club, or on your own, you can write up a trip report and share it with other paddlers. Just contact Ralph Heimlich (heimlichfamily@comcast.net) and ask! The CPA Website, it's more than you think!

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.

Websites: www.cpakayaker.com, [CPA Facebook page](#); [CPA Meetup page](#)

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Email Distribution, Dues Payments and Ad policy

All *Paddler* newsletters are sent via email with a link to the current monthly issue. Please be sure to keep your email address current to keep receiving the *Paddler* newsletter and for reminders of when your membership is up for renewal by contacting the CPA Secretary at membership@cpakayaker.com.

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 or use the [Online Membership](#) option to use PayPal or find more information about membership.

Display advertising that relates to the interests of our readers is accepted, contact the editor at news_editor@cpakayaker.com for ad rates and specifications. Public service announcements and personal ads to sell kayaks/ accessories are published at no charge; non-members pay \$10 per ad.

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Pirates of Arundell pirates_pier7@cpakayaker.com
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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. Articles and illustrations (graphics, photos) should be submitted as separate attachments to: news_editor@cpakayaker.com

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