

# The Chesapeake Paddler



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## CPA Retains Same Officers in 2023



At the Annual Meeting, CPA members elected Officers and Steering Committee members for 2023. From left, Membership Secretary Sue Stevens, Treasurer Rich Stevens, Coordinator Paula Hubbard (third from right), Steering Committee members Bill Smith, Marilyn Cooper, Beth Boyd, Gary Trotter, and Katherine Neale (Lisa Arrasmith not in photo).

by Ralph Heimlich

The 2022 CPA Annual Meeting was held at the Cult Classic Brewery in Stevensville, Kent Island, MD, on Sunday, November 6. CPA Coordinator **Bill Smith** opened the Annual Membership Meeting at 1 PM and welcomed everyone.

Bill thanked all 35 of our CPA members that made the drive to the Eastern Shore. Bill thanked all the volunteers who were active in CPA events this past year, at events, at SK101 in March – and SK102 in late April, as well as leading group trips this year, and at the online safety training sessions over the winter. He also thanked everyone who assisted at Fall out of Your Boat Practice in August hosted by **Jesse and Lise Parker**. He thanked everyone who supported the Piracies, which are the heart and lungs of our club.

Bill recognized the Steering Committee (SC) members for 2022: **Lisa Arrasmith, Beth Boyd, Marilyn Cooper, Paula Hubbard, Katherine Neale, and Gary Trotter**. Bill also thanked **long time-Treasurer Rich Stevens and Secretary Sue Stevens**.

He acknowledged the ongoing editorial work of Ralph Heimlich who has been serving again as Paddler newsletter Editor after **Bill Upton** stepped down in 2021. He also recognized SK101 2022 team leaders, including **Laurie Collins, Marilyn Cooper, and Gary Trotter**, among others.

He thanked **Catriona Miller and Jeff Walaszek**, who re-organized SK102 training weekend participation, gathered instructors and

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## From the CPA Coordinator

# Cold Water Paddling

First I would like to thank everyone for their support in electing me as the Coordinator. I am looking forward to a new year that will include many training events, day trips, car camping and kayak camping. For all of these activities to happen, we will need volunteers to help run these trips and events. Coming this winter we will be having a Navigation Class, and SK 101. Past years we have also had a cold water workshop. Now that winter is here, at least based on temperatures it's a perfect time to discuss how we can safely continue to paddle.

Cold Water Paddling is here. It can be beautiful, peaceful, and dangerous. With certain precautions, it can also be done safely. There are many resources that provide information on cold water paddling. One of the leading sites is [National Center for Cold Water Safety](#). The center was started by a former member of CPA, Moulton Avery and is an excellent resource for kayak specific information on Cold Water.



Falling into cold water is dangerous in many ways:

- ☠ **Cold Shock** is caused by sudden contact with cold water on bare skin. This can induce a gasp reflex and inhalation of water.
- ☠ **Incapacitation** involves the progressive cooling of your muscles and nerves to the point where they stop working. Many of us have experienced our fingers going numb when immersed in cold water.
- ☠ **Hypothermia** is a drop in deep body (core) temperature, the temperature of your internal organs. This can happen in or out of the water, but cold water immersion accelerates the process.

So how do we minimize our risk when paddling in cold water? Let's start by minimizing the risk of falling in to begin with. When I paddle in the winter, I tend to paddle in calmer, more sheltered water. In rougher water you tend to get wet from waves splashing over you even without falling in. Wind can also cause more rapid evaporative chilling making paddling in open water more hazardous for many reasons.

Another hazard is ice. While it may seem amusing to paddle up onto an ice shelf, it is possible that the ice may not be consistently strong and could cause one to capsize if a portion of the ice gives way. A capsize at the edge of the ice sheet, may result in the victim being drawn beneath the ice unless able to extract themselves or be rescued by another paddler. Sometimes the waterways can be totally iced in making paddling impossible. On those days,



winter hiking is a good option.

Finally, while you may enjoy the serenity and solitude of a solo paddle in the winter, it is safest to paddle with a group. Members of the group should all have the necessary skills and equipment so that everyone stays safe.

### Dressing for Immersion

Everyone has heard the term dress for immersion, or dress for the water, not the air. This means that you wear gear that completely eliminates cold shock and delays incapacitation and hypothermia. Prevention of cold shock is done by covering your skin so that it is not contact the cold water. Depending on the water temperatures and your degree of tolerance for cold there are several options.

- ☠ [Wet Suits / Neoprene](#) are best used for moderately cold water (water temperatures in the 50's and 60's F), not the extreme cold you find in winter paddles.
- ☠ [Dry Suits / Semi-Dry Suits](#) are designed to keep you dry, or mostly dry. The dry suit is the outer layer that keeps the water out and traps air warmed by your body inside. This will effectively prevent cold shock if you happen to fall in. The drysuit itself does not provide insulation. That is done by wearing moisture-wicking undergarments, followed by heavier insulated layers to retain body heat.

In addition to the drysuit, you also need to consider your hands, feet and head. Cold water in your ears can be very unpleasant. Some paddlers use ear plugs designed to keep water out, but still allowing you to hear. Wool or neoprene hats also offer protection from the cold. Gloves, paddling mittens, or pogies ([an open-ended neoprene sleeve that goes over your paddle with an opening for your hand to grip the paddle](#)) can be used. Socks under your drysuit helps keep your feet warm. You may need paddling shoes a size larger to accommodate the extra layers. It's important not to constrict your extremities to allow for better blood flow so your fingers and toes stay warm.

No matter what you choose for cold water paddling clothes, you should always test your gear. CPA has offered a group cold water swim your gear during our Cold Water Workshops in previous years. This allows you to safely test you cold water gear and find out what works and what doesn't work. I have discovered that what I thought was a dry suit was in reality a damp suit based on a swim test.

You should also practice rescues in your cold water gear. It can be more cumbersome to reenter a kayak in a dry suit. I once discovered that I needed to take my hands out of my pogies to roll or to inflate a paddle float. I didn't have the fine control of the blade angle that I needed to roll. If you don't want to do



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*Annual Meeting(Continued from page 1)*

handled early registration. He thanked **Jim Zawlocki** and his returning crew of experienced kayakers for re-activating KIPP 2022 participation that progressively trains another year's worth of paddlers for circumnavigation of Kent Island. He thanked **Paula Hubbard** who taught the Navigation Class one-day training, which proved very popular last spring.

Bill gave a shout out for CPA website oversight by **Gregg Banse** who monitors our webpage hosting and technical support, along with **Ralph Heimlich**, who updates content. Bill also recognized the gang who handles the CPA FACEBOOK Page content and support: **Catriona Miller and Suzanne Farace, and Greg Welker**. He also recognized the work on the Meetup Page updates handled by **Ralph Heimlich and Paula Hubbard**, and **John Gibbs** who handles the CPA library. He also thanked **Marla Aron**, who manages the popular CPA logo gear inventory and sales.

**REPORTS**

**Election Results:** there were 46 E-Ballots received and tabulated plus 3 paper Ballots cast and no mailed ballots received. **Suzanne Farace** certified the ballots. **Paula Hubbard** is elected the new CPA Coordinator. The 2023 CPA Steering Committee members are: **Lisa Arrasmith, Beth Boyd, Marilyn Cooper, Katherine Neale, Bill Smith and Gary Trotter. Rich and Sue Stevens** were reelected as Treasurer and Secretary.

**Financial Report:** CPA Treasurer **Rich Stevens** summarized the Club finances. A full report and detailed charts is in the Final Annual Report [link]. Rich gave a summary of the event expenses and income. The CPA net worth at this time is \$27,278 as of mid-October. It is a slight increase of 1.3%, due to less outlay for club event expenses. Last year there was a slight small increase of 5.4%.

**Membership Report:** CPA Secretary **Sue Stevens** summarized the CPA membership after members received a 12-month dues extension during 2020. Total membership is now 594 (619 in 2021). We need to recognize the 70+ kayaking family members, spouses and partners who support our kayaking on-the-water-times. During 2022, CPA gained 65 brand new members. CPA celebrated its 30<sup>th</sup> anniversary in 2020 during the pandemic.

There are now 67 life members (20 years of dues paying), plus their 10+ kayaking family members. Many of CPA life members (11% of club membership) are the most active contributors.

**Trip Participation Report:** **Ralph Heimlich** summarized member participation. There were fewer trips/ leaders again this year. Participation has grown at the 8 Piracy groups this summer: Pirates of Arundell, Baltimore, Georgetown, the North, Patuxent, Potomac, Sugarloaf, and Pirates of the North.

Interim Paddler Editor **Ralph Heimlich** is now training new editor **Gary Trotter**.

**CPA LOGO Shirt Trunk Sale:** **Marla Aron** sold logo gear after the meeting.

**CPA Library:** Librarian **John Gibbs** announced that the current CPA collection of materials has been very seldom used in the last 6 years. He is moving to a new location with less storage space and cannot hold the collection. The 6 big crates of CPA materials needs to be thinned down. He needs a new person to take over the library. John will seek a nonprofit/ outdoor training group who may have a better use to take the collection.

**Old Business**

**SK203 Advanced Trip Leader Training re-vamping:** The group discussion, opened by **Bill Smith** and **Ralph Heimlich**, showed that the club needs to encourage more kayakers to become active trip leaders,

It was suggested to set up a simpler training program with progressive levels. Some past SK203 attendees felt the training was great, but aimed at more challenging multi-day expeditions. Most of our typical trips do not require that level. **Bob Maynes** wrote up a [Beginner Trip Leader Training proposal](#) (at pg. 8) last year, but nothing was started. We recognize new kayakers, who have decent paddling experience, may be still uncertain what is needed to lead a CPA day trip. **Bob Maynes** suggested a mentor style program with paired co-leaders.

**Paula Hubbard** suggested a trip leader class following ACA guidelines including a class and water skills.

**Suggestion: Do a member's survey: What's holding them back from becoming a trip leader?**

**Ralph Heimlich** offered to reprint past Paddler articles from our archives about being a trip leader and a trip participant.

**Greg Hollingsworth** suggested he may lead more challenging rough/open water expeditions. He is concerned about vetting participants' skill levels without paddling with them.

Marketing assistant trip leader opportunities, including how to set up a Meetup event on the calendar, were discussed. **Bill Smith, Paula Hubbard** and others volunteered to support the on-water part of a trip once a new trip date is scheduled.

We discussed including recreational boats on easier CPA trips. If they can participate in flatwater outings and be encouraged to join and kayak more and move up to a more appropriate boat. Short trips at quiet river locations giving more opportunities for new kayakers and new trip leaders to join the fun are needed.

CPA should follow up with another meeting, maybe on ZOOM.

**NEW BUSINESS**

**Ralph Heimlich** proposed that CPA sponsor a **Wilderness First Aid Class** in spring 2023 at a proposed nominal price. He will set up a training date with **Todd Johnstone-Wright**, a highly recommended ACA/BCU instructor who would travel from VT). **Ralph** agreed to contact the instructor to find a good date when he is in MD for another training class.

**Ralph Heimlich** proposed that CPA perform a financial audit of the CPA treasury. **Rich Stevens** Treasurer mentioned that it has been 5 years since the last audit handled by **Jesse Aronson**.

**Ralph Heimlich** proposed that CPA perform an audit of CPA Gear sales during in 2023.

**Marla Aron** proposed that all stock is available if someone wants to take over the Logo Gear Sales tasks. She maintains spreadsheets of all stock on hand and sold at all times.

**2022 Annual Appreciation Awards**

**Bill Smith** presented the CPA appreciation plaques to

**Greg Welker:** For outstanding service to CPA for more than 30 years. Greg has distinguished himself for always volunteering to teach skills, help with gear, lead activities and foster the health

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*Annual Meeting (Continued from page 3)*

of the Club. Greg has served as CPA Coordinator 1996-98, Treasurer 1996, Pirates of Arundell co-captain 2006 to present, instructed at SK01, SK102, and SK203 many times, and has led numerous trips and activities since joining CPA in 1991. He is a Life Member **Congratulations GREG!**



**Bill Upton:** For outstanding service to the CPA in editing our newsletter, **THE CHESAPEAKE PADDLER**, from October 2019 to July 2022. Bill has been an active member and has participated in many activities and events since joining CPA in 2004. He is a Life Member.

**Tom Heneghan:** For outstanding service to the CPA serving as one of the principal Pirate Captains of the Pirates of Georgetown since 2009 and serving on the Steering Committee 2013-14. Tom has been an active member and has led numerous trips, especially his Mallows Bay trip, launching from Quantico

Marine Base, VA, since joining CPA in 2004. Tom jointly organized and ran a kayak-oriented Wilderness First Aid Course specially for CPA in 2013. He is a Life Member.



**Jesse Aronson:** For outstanding service to CPA serving as one of the principal Pirate Captains of the Pirates of Georgetown since 2013 and serving on the Steering Committee 2013-14. Jesse has been active member and led several trips since joining CPA in 1999. He is a Life Member.

Congratulations to all award winners!

**New Coordinator Elect Paula Hubbard** thanked everyone for their support in this coming year. She is planning more activities, inclusion to reach more kayakers and training opportunities.



**Greg Welker receives his award from Coordinator Bill Smith photo by Ralph Heimlich**



See [here](#) for the complete consolidated Annual Meeting Report.

## CPA Annual Membership Report

The good news is that our CPA membership is evolving and includes a lot of dedicated paddlers.

**Current CPA membership is now 594.** There are 70 kayaking family members, spouses & partners included in the membership number. Last year membership totaled 619.

**There were 111 renewing members**, up from 77 during 2021, and only 37 during 2020. A large number renewed immediately following the Zoom Cold-Water Workshop and the Water Safety training in February, as well as after the in person SK101 and the SK102 skills training weekend in the spring.

**In 2022 there were 65 new members**, most joined in connection with SK 102 or during the spring and summer paddling season. In 2021 there were 65 new members, and only 36 in 2020.

**In 2022 CPA is recognizing 67 Twenty-Year-Continuously paying Members** an increase from 55 in 2021. Twenty-Year-Continuously paying Members, many who are the most active participants in the club, now constitute 11% of the CPA club membership. While there are now at least a few members who may admit they are over 90 and not paddling anymore, or who have found new homes for their beloved boats, most are still actively paddling.

**The growth in active memberships during 2022 is reflected in the \$4,612 Membership Dues Collected**, a 35% increase from \$3,416 last year.

The club is looking forward to an increase in kayaking trips and training events in 2023 to generate wider participation and membership growth.

Sue Stevens

Membership Secretary

See [here](#) for the complete consolidated Annual Meeting Report.

### Long-time CPA Paddler Richard Wayne Pieper Passes



As many of you know, my husband Rich passed away before Thanksgiving. He was a wonderful person, kind, helpful, and a very strong paddler. Many of you knew him, but many of you had only heard of his exploits. He had to stop paddling due to an injury 10 years ago. Although he tried to get back on the water, he had physical limitations that prevented him from returning. These pictures were taken when he was my paddling partner and this is how he would want to be remembered. Paula Hubbard



**Richard Wayne Pieper** of Chestertown, MD passed away on November 14, 2022. He was 73 years old.

Rich was born in Waterloo, IL on October 28, 1949, the son of the late Alois L. and Louise Marie Pieper. After graduating high school, he attended the University of Illinois and graduated with a bachelor's degree in Engineering in 1970. He served in the U.S. Navy and worked as an officer on a nuclear reconnaissance submarine. He was honorably discharged and went on to work as a civilian employee for the Navy, recruiting and eventually becoming the Director of Concord Naval Weapons Station in Concord, CA. He retired when the Navy closed this base in 2008. In 2009, he married his wife, Paula Hubbard.



Rich was an avid sea kayaker. He was a member of the Chesapeake Paddlers Association in Maryland and the Bay Area Sea Kayakers during his time in California. He enjoyed spending time outdoors: camping, hiking, and kayaking.

In addition to his wife Paula, he is survived by his sisters, Mary Thomas and Brenda Miller, and his brother, Roger Pieper.

Services will be held privately. In lieu of flowers, memorial donations may be made to the Animal Care Shelter of Kent County at 10720 Augustine Herman Hwy, Chestertown, MD 21620.

See <https://www.fhnfuneralhome.com/obituaries/Richard-Pieper/#!/Obituary>

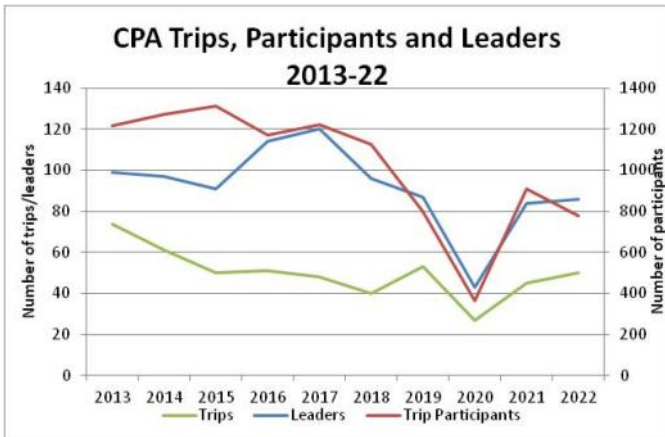


# CPA Participation in 2022

By Ralph Heimlich

CPA participation in 2022 has recovered substantially from the impacts of the Corona virus pandemic, but remained below pre-covid levels. Major training events such as SK101 and SK102 were held, and newer categories like winter hikes continued.

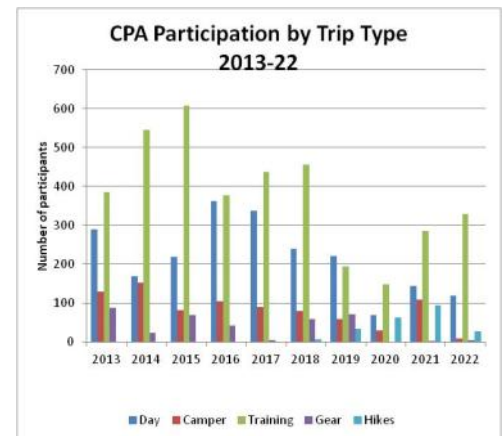
CPA had 41 individual trip leaders, leading a combined 86 trips or events, with 395 individual participants taking part a total of 778 times during the year. That's 54 percent of our usual trip numbers, 86 percent of our usual trip leader corps, 67 percent of our usual trip participation and just equal to our usual individual participants, based on the 2013-2019 averages.



Of the trips, 16 were Day Trips (54% of 2013-19 average), 2 Campers (23%), and 11 Training events (19%). Three winter hikes were led over 2021-22, with 28 participants. Eight Piracies (POA, POB, POG, PON, POS, PPAX, POAlg, and PPOT) met.

Active trip leaders included Ralph Heimlich (11), Bill Smith (9), Suzanne Farace (7), Sue and Rich Stevens (6), Jim Zawlocki (6), and Greg Welker (4). Piracy leaders carried the bulk of the get-togethers with weekly participation in nearly all of them.

Top participants were Ralph Heimlich (16 events), Sue Stevens (15), Bill Smith (14), Rich Stevens (13), Suzanne Farace (11), Gail Addis and Lois Wyatt (10 each), and Jim Zawlocki, Sophie Troy, and Gary Trotter (9 each). 54 people participated in 3 or more events over the season.



(Note that participation in Piracies is not well documented as to number of times participating.)

Here's hoping 2023 will continue to improve, and that more trips and trip participation will be forthcoming. The consolidated Annual Report is online at [link].

See [here](#) for the complete consolidated Annual Meeting Report.

## Summary CPA Treasurer's Report

The figures in this interim report are based on the figures from 10/16/21 through 10/15/2022, not annual figures. The Chesapeake Paddlers Association, Inc. continues to be in good financial shape. Our cash on hand increased by \$351 or 1.3%, from \$26,927 to \$27,278. The closing balance includes \$27,264 in the CPA bank account and \$15 in the PayPal account.

The following is a condensed listing of most of the major account transactions for the year:

**Membership Dues:** Collected, \$4,612; \$309 by check or cash and \$4,303 net by PayPal. PayPal fees for online membership were \$244.95.

**SK101:** Expenses were only \$624 for beverages and miscellaneous supplies as we stopped providing free launch and left people on their own to order lunch at the brewery or go to one of the nearby restaurants. Profit from this event as \$1,050.

**SK102:** Various expenses were \$3,624 and income was \$3,355 for an expense of \$269. A new expense this year was an additional charge of \$775 to cover liability insurance for camping on private property, which our normal liability insurance no longer covers.

**Navigation Class:** Offered to CPA members by Paula Hubbard and sponsored by CPA, expenses were \$79 for food.

**CPA Gear Day/Fall Out of Your Boat Day:** This event was entirely sponsored by CPA and was open to interested members of the public. Expenses were \$150 for the Selby-by the Bay venue rental and \$134 for food and supplies, for a total of \$284.

**Trip Planning Meeting:** Was held was held at Cult Classic Brewery at no expense to CPA thanks to Bill Smith.

**Meetup and Web Site:** These were some of our major expenses over the last year. We spent \$105 for a 12-month Meetup subscription, \$13 to Moniker Services for Email hosting and an additional \$48 for a required upgrade, and \$300 to Gregg Banse for web hosting and technical support. We also spent \$150 for a one year Zoom Pro account. There was an additional expense of \$105 for a Wordfence security subscription. Total expenses were \$721, up from \$672 last year, an increase of \$49 or 7.3%.

**General Office, Printing, and Mailing Expenses:** Including post office box, printer supplies, postage, stationary, membership

(Continued on page 7)

*Coordinator's Column (Continued from page 2)*

rescues in cold water, at least bring your gear to a pool session and test everything there.

**Selecting What to Wear**

How do you decide exactly what to wear on a particular paddle?

There are lots of factors to consider. First, cold weather comes in a variety of combinations. When there is cold air, cold water, possible wind, etc. the choice is easy...dress for immersion in cold water. This means a dry suit with adequate insulation layers, head and hand protection. You should have tested your clothing before going paddling. While the likelihood of capsizing may be low, consequences of being in the water are very high.

The real dilemma is warm air, cold water. There is not only a risk of cold water immersion, there is also a risk of overheating. This is when you might want to consider a few other factors. How cold is the water? You can take a thermometer and check the actual water temperature where you are paddling. I consider water temperatures in the low 50's to be the cut off point for when I wear a drysuit, even if I don't think the likelihood of a swim is high. When the water is over 50°F I also consider the likelihood of swimming. What is the probability of capsizing (it's never zero)? How reliable is my roll (unless you practice in cold water, sudden immersion can cause some disorientation and may reduce your ability to roll but then it's never 100 percent). Are there good rescue resources, either a rapid self-reentry (that you practiced in colder water or good group assisted rescues)? If the likelihood of an extended swim is relatively high, dress more for the water than the air.

No matter how you choose to dress, you should have extra warm dry clothes with you in a dry bag. I also bring a [storm cag](#), an extra layer that can go on top of all my gear as additional wind protection and to trap an extra layer of air that stops evaporative cooling. To make these decisions easier, I mapped out some of my common decision points (see flow chart).

To summarize, cold water paddling can be beautiful, quiet, and an enjoyable experience. It can also be deadly. Making educated decisions regarding where and when to paddle, and how to dress for the environment is the best way to safely paddle through the winter.

Paula Hubbard  
Coordinator

*Treasurer's Report (Continued from page 6)*

cards, logo gear shipping, and brochures was \$435, up \$100 or 30%. Most of the expense was for membership cards and the post office box. Membership cards and mailing expenses were \$98 and the Post Office box rental was \$258, up dramatically from \$190 last year.

**Logo Gear:** Sales were \$1,168 with expenses of \$1,569 for new stock and \$20 for shipping, for a total expense of \$421. Last year there was a net profit of \$706. Logo gear is sold at near cost and we now have a good amount of stock on hand.

**Liability Insurance:** Cost was \$899, down from \$942 last year or a drop 4.6%. However, there was an additional charge of \$775 for camping insurance for SK02. Total insurance cost was \$1,674. Total increase was 57.2%.

**Annual Meeting:** Was held at Cult Classic. Expenses were \$162 for pizza and coffee.

**Piracy Expenses:** From 10/16/2021 to 10/15/2022; Pirates of Sugarloaf \$332, Pirates of Baltimore \$315, Pirates of Arundell \$460, and Pirates of Georgetown \$241 all in 2021 and Pirates of Baltimore \$245 and Pirates of Arundell \$350 in 2022. Total Piracy stipends for this time period were \$1,943.

**Holiday Party:** Expenses for food and supplies were \$206. Thanks to the Heimlichs for allowing a raging hoard of Pirates to swarm up the driveway and pillage their home.

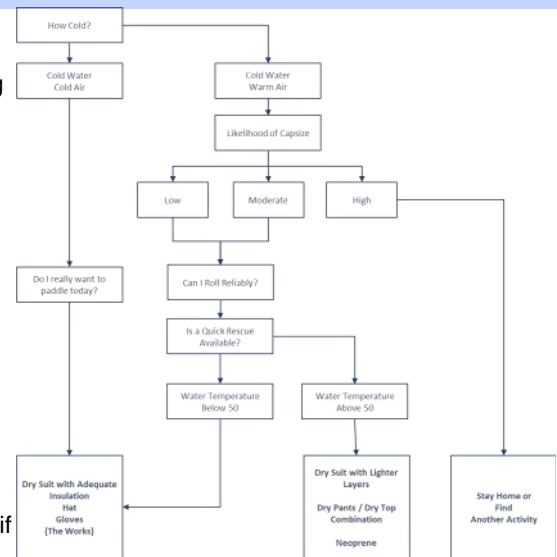
**Appreciation Gifts:** Given for recognition of outstanding service to be presented at this year's Annual Meeting is \$397, up 38.4% from last year.

**Future Major Expenses for the Fiscal Year:** Insurance, Holiday Party, Annual Meeting, and Piracy Stipends. These are pending, and will come due before the end of the year.

This report covers the major income and expenses of the Chesapeake Paddlers Association, Inc. since the last Annual Meeting. Detailed records of all transactions are available, but not listed in this report for simplicity and privacy considerations. Any questions please e-mail me at [Treasurer@cpakayaker.com](mailto:Treasurer@cpakayaker.com).

Rich Stevens  
Treasurer

See [here](#) for the complete consolidated Annual Meeting Report.



Click [here](#) to expand

## Meet our New Editor!

**Gary Trotter** has been a CPA paddler since 2017 and a member of the CPA Steering Committee since 2020. He has agreed to take on the additional duty of Editor of *The Chesapeake Paddler*, our newsletter, so you will be hearing lots more from him. Here is the Paddler Profile for Gary and his wife Michelle.

**Lives in:** Columbia, MD

**Do you regularly attend a CPA Piracy?** Yes, we try to do various Piracies as our schedule permits. Pirates of Sugarloaf was our home Piracy this year.

**Number of years paddling?** Our first Kayak Season was in 2015.



**How did you get involved in sea kayaking?** Sort of by accident, we bought end of season used kayaks from Gunpower State Park rentals. Eventually took lessons with Chuck McMillan and participated in weekly laid-back social paddle with Chesapeake Kayak Adventures. Over time met other paddlers and became involved in other local meetup groups including the CPA paddling club.

**What boats do you paddle?** Currently I paddle P&H Scorpio and Michelle is paddling in NDK Pilgrim Expedition

**Rudder or skeg?** Skeg

**Type of paddle?** I use Greenland paddle and Michelle uses Euro paddle.

**Do you do any other paddling than sea kayaking?** No.

**Do you regularly do any other outdoor activities?** Alpine skiing; road cycling; bicycle touring; RV camping.

**How often do you paddle between May and October?** Usually, 2 or 3 times per weeks.

**Do any winter paddling?** No.

**Favorite local paddling location?** Hard to say specific location. Generally, Chesapeake Bay Eastern Shore locations (VA and MD).

**Favorite CPA trip you've ever been on and why?** Favorite trip was two-day Leave-no-trace camper to the two Newtown Neck State Park paddle-in campsites. This trip pushed my limits, expanded my horizon, increased my Primitive Survival Rating. I am a city kid, never thought I would like this, now I have new reason to sea kayak.

**Coollest paddling trip you've ever been on anywhere and why?** Probably road/camping/kayaking trip to Grand Marais, MI., located on Lake Superior in Upper Peninsula, for the Great Lakes Sea Kayaking Symposium. For me it's about the people you meet Michelle and I were able to meet and paddle with likeminded members of a different sea kayaking community. We were able to camp during Covid pandemic, practiced cold weather timed rescues, paddled rocks and caves at Pictured Rocks National Lakeshore, and experienced Upper Peninsula Pasties.

**Scariest/most dangerous paddling trip/incident and why?** What started as a beginner paddling trip to Hart Miller Island in Chesapeake, turned into an intermediate paddle on return trip as storm conditions were encountered. Luckily there were several trained and experienced paddlers on the trip however we ended with at least 3 beginner kayakers capsized. As I recall 2-3 ft waves and 10-15 mph winds were blowing rescue kayaks off course, upside down kayaks were rapidly floating away from swimmers. Ultimately, coast guard and police boats pulled boats and swimmers out of water. Ironically, before boats capsized and in hindsight, afterwards, this may also be one of my favorite paddles. Being pushed by 2 ft waves was fun until it wasn't. Outcome for me was a new respect for the power and variability of the seas, recognition of importance for focus on safety and skills development training, and excitement for paddling in appropriately challenging conditions.

**Bucket list trips?** Coast of Maine; Florida Mangroves; various multiday self-supported kayak camp trips.

**Three things you like most about paddling?** Kayaking community; Outdoor activities; Physical activity.

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## All Are Welcome to the CPA Holiday Party

### By Ralph Heimlich

The Annual holiday party will take place Saturday, December 10th 6:30 PM at the Heimlichs' DIGS at 3873 Paul Mill Road, Ellicott City, MD.

Share your favorite dish, toss back a few, share the year in review through projected photos and get a nifty present in a white elephant gift exchange.

We have a large heated sunroom with plenty of ventilation, outdoor seating areas, and a firepit, so you can choose which environment you are comfortable with in terms of COVID exposure. Masks are required unless we are actually eating. If you are exhibiting COVID symptoms, please refrain from attending.

Here are the driving directions and crucial details, including your pot-luck assignment.

If your last name begins with:

If your last name begins with:

**A-K** bring a dessert (cake, pie, cobbler, your honey, etc.)

**L-S** bring a casserole or entrée (nothing ALIVE please!)

**T-Z** bring a salad (green, fruit, Jell-O, pasta, squid, etc.) and some bread.

To feed 4 people (trust me—we'll have plenty)

I will supply a spiral sliced ham and turkey and non-alcoholic beverages, but you should bring your own beer, wine, or other beverage of choice (supplying booze to you lot would even break a pirate!!).

We'll have a white elephant gift exchange for those wishing to participate. Bring a wrapped, kayakrelated treasure of modest value, worth less than \$10 if possible. Re-gifting is an art form!

If you plan to attend, please RSVP at <https://www.meetup.com/the-chesapeake-paddlers-association/events/288588189/>

for planning purposes.

### Driving Directions:

From I-95 between Washington and Baltimore:

Take exit 43B west towards Ellicott City on Route 100.

Continue to left exit for Rt 29 South toward Washington. Immediately cross three lanes of southbound traffic to exit 21 B Rt 108 west (Clarksville Pike), then take first right on Columbia Road at the light.

Continue 1 mile on Columbia Road to left turn at Greyrock Drive. Continue 1 mile to left on Paul Mill Road.

Continue .3 mile to 3873 Paul Mill Road at streetlight on right and look for the parking problem.

**Or put this in your GPS:** 3873 Paul Mill Road, Ellicott City, MD 21042 Phone: 240-472-8825 (cell)



Shoreline planting photo by Underwood Associates

### West River Center Gets Shoreline Revamp

For those of you who remember the West River Center Methodist Camp, site of several SK101 courses over the years, this video brought to our attention by Marla Aron shows the dramatic revamp of their shoreline. Quite an improvement!

<https://www.youtube.com/watch?v=CMisde-jucs>

## Paddler Profile: Meet Astrid Rapp

**Lives in:** Arlington

**Real job:** Energy Analyst moonlighting as Ski Instructor

**Do you regularly attend a CPA Piracy?** Not yet

**Number of years paddling?** I grew up in a lake town and have been paddling something (canoe, kayak, Dragon Boat, SUP) on and off for many years.

**How did you get involved in sea kayaking?** My friends Gary and Michelle Trotter are trying to recruit me. I took a Basic Skills course with Paula Hubbard last June.

**What boat(s) do you paddle?** I borrowed a Necky last May and may borrow the same this season. Hopefully will learn more as I go before I buy first boat.

**Rudder or skeg?** Never used a rudder; not sure what a skeg is

**Type of paddle used?** Whatever available

**Do you do any other paddling than sea kayaking?** I have tried canoe, kayak, Dragon Boat, SUP

**Do you regularly do any other outdoor activities?** Skiing. Biking.

**How often do you paddle between May and October?** Right now, a handful of times but hope to go more with CPA.

**Do any winter paddling?** No.

**Favorite local paddling location?** Turner's Creek/Sassafras Area with the lotus blossoms in bloom or Mallows Bay. I love seeing wildlife or learning history. Most frequent has been Pohick Bay, which has been wonderful for exploring frequently and seeing diverse wildlife. Have also paddled Mattawoman Creek, Georgetown Waterfront, Mason Neck, Fountainhead, and Dismal Swap Canal.

**Favorite CPA trip you've ever been on and why?** Only been to Basic Skills at Truxtun Park with CPA. Awesome to try wet exits and learn assisted rescue.

**Coollest paddling trip you've ever been on anywhere and why?** Fond memories of a canoe trip in Harriman State Park in New York. Not sure we paddled all seven lakes, but we camped overnight (supported) and the trip included a one mile portage. At that age I was young and fit and didn't mind carrying the canoe and our day gear.

**Scariest/most dangerous paddling trip/incident and why?** None yet but it is important to be prepared and not go alone.

**Bucket list trips?** Up for as many adventures as my schedule and budget allows.

**Three things you like most about paddling?** Exercise, fresh air, nature.

**What do you like about CPA?** Community of continuous learning

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

**One unusual non-paddling thing we'd be surprised to know about you?** I listen to audiobooks while I garden.



### If you would like to complete a Paddler Profile...

Email us at [news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com) or just answer the questions above, include a full-face picture of yourself in paddling mode, and email that. CPA members are eager to find out more about YOU!

(Continued from page 8)

**What do you like about CPA?** Knowledge of local paddling areas, membership community, safety first focus, organization experience, fundamental environmental awareness...

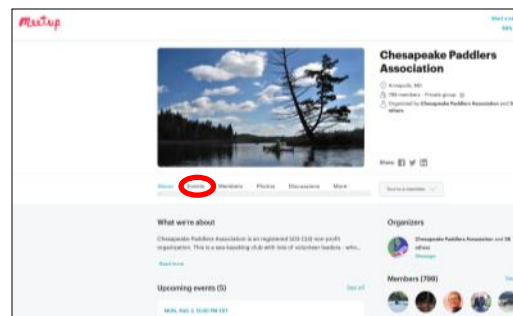
**What other paddling clubs/groups do you belong to?** The Waters Edge Kayak Club, Qajaq USA, Cross Currents Sea Kayaking.

**One unusual non-paddling thing we'd be surprised to know about you?** Michelle is a professional, certified, part-time ski instructor for over 10 years. Gary cycled over 1,500 miles this year.

## Share Your Story

Do you enjoy reading about the paddling adventures, local and distant, of other members? Do you like getting new ideas for paddling trips? Are you advocating for paddling access or amenities in your area? Have you pondered questions relating to kayak gear? Variety is the spice of life, and of newsletters. Please write an article reflecting your thoughts, experiences, and discoveries to share with our paddling community. We all become a bit wiser and excited to be on the water again. We need your input to make *The Chesapeake Paddler* the best it can be.

Submit stories or ideas to [news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com). We look forward to sharing your story.



## Upcoming CPA Events

### Upcoming events

- Dec 10— Holiday Party: hosted by Ralph and Beth Heimlich
- Spring 23 CPA TRIP PLANNING MEETING - Coordinator Paula Hubbard
- March 18—SK101 Basics of Sea Kayaking workshop: Marilyn Cooper, Laurie Collins, Gary Trotter and instructors
- April 20-31—SK102 Sea Kayak on the Water -Basic training: Catriona Miller and Jeff Walaszek
- June 6—Fall out Your Boat Day /Skills Practice: Bill Smith and Sue Stevens

Participants should download the [updated CPA Waiver](#) and read the [CPA COVID-19 event guidelines](#) before participating.

## Classifieds

# Eddyline Wind Dancer kayak for sale

Eddyline Wind Dancer kayak and assorted gear for sale, \$1,000. Gear for sale includes:

1. Yakama cartop carrier (2 rollers)
2. Voyage Wooden Paddle (w. flex safety strap)
3. Snap Dragon spray skirt
4. 3 PFDs (life jackets): Lotus PFD (male); Lotus PFD (female); Aqua-Mate PFD (old)
5. Voyageur water pump
6. Dry Sack Seattle Inlet Pack
7. DG gloves
8. Maps/safety tips/contacts

Contact Nick at 410-266-5411



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

### Officers

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Ralph Heimlich — Associate Editor  
Sue Stevens — Digital Distribution

### 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](mailto:news_editor@cpakayaker.com)

The newsletter may be reprinted whole or in part if credit is given to this newsletter and any identified author (unless an article is specifically copyrighted), and a courtesy copy is sent to the Editor. The download link or file for the electronic version of this newsletter may not be posted or forwarded to non-members without the express consent of the Coordinator or Editor.

### 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](mailto: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](mailto: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.

### Pirate Groups

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VACANT — Please consider volunteering

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