

# The Chesapeake Paddler



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Editors Note: The below trip report was originally published in the June 2012 *Chesapeake Paddler*. This and more *Chesapeake Paddler* Archives can be found on the CPA website at [Community Newsletter-Archives - CPA Kayakers \(wpengine.com\)](http://Community Newsletter-Archives - CPA Kayakers (wpengine.com)). In anticipation of our Spring Trip Planning meeting, I thought that this would be a good example to challenge some of our more recent members to explore and learn about the waters in our backyards. Fortunately, with the deep history of the CPA club (and Captain John Smith) we do not have to rediscover the Chesapeake region. A library of past CPA trips reports is available on the CPA web Page [Community, Newsletter-Trip Reports - CPA Kayakers](http://Community, Newsletter-Trip Reports - CPA Kayakers). The 2023 **Springtime Trip Planning** meeting will be held on **Sunday March 12 th from 12-3PM** at the **Cult Classic Brewery** in Stevensville, MD. All CPA members are welcome and encouraged to attend. Meeting details can be found on the [CPA Meetup Page](http://CPA Meetup Page). For new and less experienced members this will be good opportunity to meet other members and see how the club works, and old hands can tell war stories. We encourage more members to lead and co-lead paddles for the 2023 paddling season. Hope you can join us.

## Queen Anne to Solomons Island on the Patuxent

By Ralph Heimlich



The Patuxent River is my back yard, literally and figuratively. I live in Howard County near where the Little, Middle and main channel of the Patuxent come together, but my heart's backyard is the stretch from the once-bustling town of Queen Anne (just below Route 214) and the mouth of Maryland's longest self-contained river at Solomons Island. A decade ago, I took my first sea kayaking trip with the Alliance for the Chesapeake Bay on a week-long sojourn and first met some CPA members (Dick Rock and Mike Hamilton, safety boating for Atlantic Kayak). With the development of the Patuxent Water Trail's many paddle-in campsites, I've spent many weekends paddling and camping along the Pax's shores.

The fourth weekend in June was another chance to experience John Smith's fifth "faire river" (See Robert De Gast, *Five Fair Rivers: Sailing the James, York, Rappahannock, Potomac, and Patuxent*. Johns Hopkins University Press, 1995). Unless you have enough time to paddle back UP the river (easily done if you pay attention to the tides), you have to set up a shuttle to do the 50 miles of the navigable lower river. We had a complicated plan for cars coming from Virginia and Maryland to drop boats and gear at the launch site, travel down the peninsula that is Calvert County and park cars at the takeout, picking up one of our members on the way, all before our intended launch time of 9 AM. Friday traffic and other travails put us off our schedule, but eventually we had three vehicles at the public beach lot opposite the Star of the Sea church, had picked up Dan Wells at his home in Calvert County and were

squeezed into Dick's car heading back to the launch.

Queen Anne Canoe Launch (at river mile 53 counting up from the mouth) is an adjunct of the Patuxent River Park operated by the Prince George's County Department of Parks and Recreation out of their HQ at Jug Bay. Access is gated and you can get permission (and the combination) by calling the Park. When we arrived, the other participants (Sue and Rich Stevens, Suzanne Farace, Jim Allen, Jen Bine, Yvonne Thayer) were packed and waiting. Dick Rock, Dan Wells, Bela Mariassy, Al Larsen and I finished loading our boats and by 10



Heading down the Pax from Queen Anne Canoe Launch photo by Ralph Heimlich

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# Roll, Roll, Roll Your Boat

## From the CPA Coordinator

Almost everyone wants to learn to roll their kayak. It looks cool, it's fun, and it's a way to cool off in the summer. It's the fastest self-rescue but it's not the only self-rescue that you should be doing. Rolling is not an essential skill required to kayak safely. (Note that being able to wet exit and keeping control of your boat and paddle is.) No one has a truly bomb proof roll. The best paddlers I know have at times missed their roll and had to wet exit.

Spend the time learning a controlled wet exit, consistent self-rescue, and effective assisted rescues. And then, you may still want to learn to roll. The best way to learn is to take one or more rolling classes. It's not something that is easily learned by watching YouTube videos. While the actual process of rolling is fairly easy, it can be hard to learn. People tend to be disoriented when upside down under water and the movements may seem counterintuitive.



There are many ways to prepare yourself so that you can take full advantage of rolling classes. First, learn to slow your wet exit. To roll, you need to become comfortable upside down under water. If you start to remove your spray skirt before you are even upside down, you will not be able to set up to roll. After you capsize, practice tucking forward, orient your paddle to be parallel with the boat, slowly release the skirt, and then slowly slide out of your boat. This process actually minimizes the chances of injury during the wet exit and gives you better control of the boat and paddle.

Another technique that incorporates many of the pieces of a roll is the bow rescue. After you capsize, tuck forward, reach up to bang on the bottom of your boat to get the attention of your paddling partner and to let them know that you want help. Reach both hands towards the air (same direction as the bottom of your boat since you are upside down) with one hand on each side of the kayak. Keep your hands perpendicular to the side of your boat and move them forward and back. Your partner will bring the bow of their boat in reach of your hands. When you feel

the bow of your partner's boat, bring both hands to that side. At this point, it's OK to pause, get a breath and orient your hands so that the palms are on the bow of your partner's boat and pointing toward the bow of your boat.

The next steps are very similar to what you do when rolling. Use your legs and core muscles to draw the boat under you by putting pressure on the knee on the side towards your rescuer and relaxing the knee on the side that is away. Keep your head low, as close to your hands as possible until you are upright.

The bow rescue helps you relax under water, you need to think a little, you are using the same basic move to get your boat upright, and you don't need to worry about coordinating all of the parts of the roll at one time. Here is a link to an article on how to do a [bow rescue](#).

The next skill that will make it easier to learn to roll is the sculling brace. This skill lets you discover how to use your paddle to provide support. When you are ready to learn to roll, the paddle will replace the bow of the boat that you used in the bow rescue. To do a sculling brace, start by keeping your blade angle low and the paddle as close to horizontal as possible. Keep the blade near the surface of the water, sweeping it back and forth, with a climbing angle on the blade; that is, with the forward edge of the blade slightly elevated so that you're continually pushing down on the water. As you get more comfortable, lean your weight over farther and farther to the side so that your paddle blade actually needs to supply bracing support. Eventually, you will learn to scull so that you are almost capsized.

As you begin to learn to roll, sculling can actually be a tool to use when you are almost up, but in a position to continue to scull to finish your roll.

Between the bow rescue and the sculling brace, you now have all of the parts of a roll. Now it's time to work with a rolling coach to put everything together. Of course, you can always have a coach earlier to learn the moves, but practicing these skills on your own will give you a head start. If you have sessions available in an indoor pool, go and take advantage of these opportunities to practice. The Chesapeake Bay area has many instructors who have pool sessions available for just practice or the opportunity for instruction.

So to summarize, learning to roll can be fun, it's a really cool skill, and is the best self-rescue to have. It's not an essential skill for most environments and does not replace having multiple rescue techniques. You can learn many of the concepts and skills required for a roll, but eventually you will probably need some coaching. We are fortunate in that we have many skilled coaches in the Chesapeake Bay area. Rolling is a skill that comes and goes. Practice



*(Continued on page 4)*

## Another Florida Paddle Adventure

Bill Smith 2023

I recently made a January trip to Florida so I decided to take a kayak along for the ride. As it turned out, I only had one day to paddle so I recruited my brother Phil and brother in law Jim to paddle Rock Springs Run which is classified as a wild river. Both Jim and Phil recently bought homes near Orlando but neither had paddled in Florida yet. I am not sure if Jim ever paddled before but Phil owns a fleet of Pungo kayaks since he spends his summer living on a lake in Michigan. Rock Springs Run is just north of Orlando and was one of my favorite local paddles when I lived in Florida. Rock Springs Run is a beautiful river with gin clear water, a decent current and plenty of wildlife considering it is only ten miles from one of the largest tourist attractions in the world. It was common to see black bears, alligators, deer and several species of wild birds. The river is not very wide and with the vegetation in the water the paddle path is limited. The river also follows a windy path so plenty of maneuvering is required. This river meets the Wekiva River about one mile below its headwater at Wekiva Springs State Park.



### Campgrounds to Wekiva River Juncture

water which really got him going. We reached the takeout shortly after without any more incidents. During this trip we did pass with an arm's length of an eight point buck, several Limpkins and herons. Jim told me after that now that it is over he had a fun trip and may consider doing it again.

If you ever find yourself in that area I highly recommend this paddle. You can launch from Kings Landing and take out at Wekiva Island on the Wekiva River. This is an eight-and-a-half mile trip.

Kings Landing, 5722 Baptist Camp Road, Apopka, FL 407-886-0859  
 Wekiva Island, 1014 Miami Springs Dr, Longwood, FL 407-862-1500  
 Wekiva Springs State Park, 1800 Wekiva Circle, Apopka, FL

My first hint that Jim was petrified of alligators was during the ride to the put in. He started by asking if I thought we would see any gators. I told him I expect to see up to a dozen but that he had nothing to worry about since hostile gators are extremely rare-not sure that was reassuring to him. Jim grew up in the city of Detroit and I observed over the years that people from an urban environment have a stronger fear of wild animals. After launching from Kings Landing we proceeded to travel down the river. We covered about three miles before seeing our first alligator but then the flood gates opened and we were in constant view of them so Jim's anxiety level was increasing. As it turned out we passed a minimum of forty and maybe as many as fifty gators. Most of the alligators were in the three foot to six foot range with a few over eight feet. I didn't have the heart to tell Jim that the most dangerous alligators are in the five to six foot range which we passed plenty of. About two thirds of the way to the take out we stopped at a campsite along the river. Jim was so careful to avoid stepping in the river that he flipped his boat, this really stirred up his fear. After getting underway again we passed through a narrow passage created by a downed tree which also had a seven foot alligator resting on top and within an arm's length of the passage. Jim was so careful to avoid the gator that he bumped the log and the gator jumped in the

## Share your paddling adventures!

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.



# Galesville Wharf Rehabilitation Project

By Gary Trotter

Anne Arundel County Department of Recreation and Parks announced that Galesville Wharf was closed for a capital improvement project beginning Monday, January 16, 2023. The Galesville Wharf car top launch at 4847 Riverside Drive, Galesville 20765 provides kayak and small boat access to West River in Galesville MD. The construction is expected to take approx. four (4) months. The Department expects the Wharf to re-open to the public in April/May of 2023.



The following project [Design Goals and Objectives](#) for Wharf and Pier Rehabilitation work were presented at public meeting on September 30, 2021

- Replace the existing failing two level pier with a new “in kind” structure that will extend the lifetime of the Pier for another 30 years
- Raise upper level of the pier and approach pathway and bulk-head to address future sea level rise
- Provide ADA accessible route from the Parking lot to the Pier



and Cartop soft launch area in compliance with current codes and regulations

- Replace the sand at the Cartop Launch and provide a stone containment groin to resist further erosion
- Resurface and restripe parking lot to provide improved ADA accessibility and access to the Park

More information about the Galesville Wharf improvement project can be found at [Galesville Wharf | Anne Arundel County, MD \(aacounty.org\)](https://www.aacounty.org/galesville-wharf)

*Roll, Roll (Continued from page 2)*

is essential. And remember that learning to roll is a choice. As long as you have good self and assisted rescue skills, you can participate in our sea kayaking trips.

All members are encouraged to attend the 2023 **Springtime Trip Planning** meeting on **Sunday March 12th from 12-3PM** at the **Cult Classic Brewery** in Stevensville, MD. Meeting details can be found on the [CPA Meetup Page](#). New and less experienced members can meet other members and see how the club works, and old hands can tell the same old war stories! We encourage ALL members to lead and co-lead paddles for the 2023 paddling season. Hope you can join us.

Paula Hubbard  
Coordinator



# Public Water Access to Magothy River at Beachwood Park

By Gary Trotter



Anne Arundel County Department of Recreation and Parks held a virtual information session on January 18th to provide a preliminary update on a feasibility study for enhanced public water access to Magothy River at Beachwood Park.

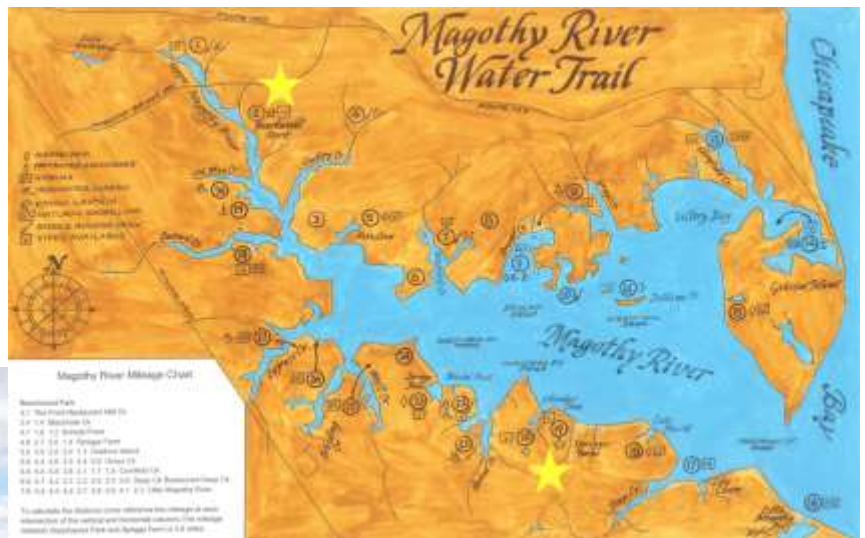
Two alternative concept plans were presented. Option A, includes boat ramp access, trailer parking, and an adjacent pier in addition to a canoe/kayak “soft launch”, visitor parking, accessible spaces and a comfort station.

CPA is recommending Option A - boat ramp plus kayak beach - 25 car parking spots is more than we have now at Beachwood and the trailered boat option provides water access to a larger community. A public boat ramp at Beachwood would make the park usable for people who cannot pull their kayak down and back up that steep Beachwood hill. If more car parking is needed in the future there is room to expand parking. Being able to drive down to the water and drop off our kayaks opens the park up to everyone.

Your support is important. Stay informed and provide your input during the project design development stages. Email the elected officials who represent Beachwood Park and tell them you want a public boat ramp at Beachwood Park. Tell them how it would make getting to the water easier, tell them what it means to you to reach the Magothy River! Remember to include your first and last names and postal address so they know you are a real person.

Study will continue through Spring 2023 and if feasibility proves favorable, project will follow Anne Arundel county standard development process. Additional study, design plans and community comment sessions will be required before construction begins. If approved, project would be in fiscal budget 2025 for possible 2026 start construction and Dec 2026 completion.

Copies of presentation and additional information can be found on [Beachwood Park | Anne Arundel County, MD \(aacounty.org\)](https://www.aacounty.org/).



Beachwood Park Pier

**Looking for a Boat or Gear?**  
 Check out the Forum want ads on our website's Gear Swap at <https://www.cpakayaker.com/forum/s/forum/cpa-kayaker/gear-swap/>

# Charles County Seeks Public Input on New Waterfront Park at Pope's Creek on the Potomac River

By Ralph Heimlich

Pope's Creek on the Potomac is a site of some historic significance. Lincoln's assassin John Wilkes Booth attempted to flee to Virginia from here in a rowboat and got lost in the fog, landing at Nanjemoy Creek, back in Maryland before finally crossing the river. More recently, it was the site of Gilligan's Pier Bar and Restaurant, alongside the more famous Captain Billy's Crab House. Now, the 18-acre waterfront on the river and creek, and an adjacent 179-acre upland parcel are owned by the county and a waterfront park is being planned. The county needs YOUR input and reaction to their preliminary design concepts.



Existing Gilligan's Pier Restaurant at Pope's Creek

The proposed park will include improvements to the waterfront area, including a floating kayak launch, a raised bridge overlook, realigned parking, a boardwalk trail and observation deck, a treehouse and kayak rental area, a restored beach, a canopy walk to the upland area, a boardwalk connection to a bike trail, a reconstructed pier and fishing pier, and shoreline restoration work. All elements are handicapped accessible. CPA members have already raised potential issues with the floating kayak launch and county officials seem open to discussing alternative designs and methods.

Equally exciting is the potential of the additional 179 upland acres along the creek. Concepts here include a visitor/nature center, a campground with bath house, primitive campsites, a ropes course, a solar power meadow, and an events lawn and stage area. CPA members pointed out how easy it would be to make a connection between the creek (separate from the floating kayak launch) and the primitive campsites for a paddle-in camping opportunity. We made the connection to the greater John Smith Historic Water Trail and to existing paddle-in camping at Widewater, Caledon, and Westmoreland State Parks in Virginia, and Mallows Bay, Friendship Landing on Nanjemoy Creek, Chapel Point State Park on the Port Tobacco River, and Newtown Neck State Park farther down the river.



Waterfront at Pope's Creek Park

While the plan is being carried out by Charles County Parks and Recreation with a focus on county resident's needs and

desires, the planners realize that such an important water access site serves a far greater public. They welcome and need input from a variety of water users in the larger Potomac River community, so it is important that paddlers from all over the region, including the Virginia side, respond. See the full proposed plans at [14577 \(charlescountyparks.com\)](https://www.charlescountyparks.com) and share your comments and thoughts on this site as well.

The structured responses are a little restrictive, so don't be afraid to expand on your thoughts in the comments sections and directly by email or letter as well to:

[Charles County Recreation, Parks & Tourism](https://www.charlescountyparks.com)

8190 Port Tobacco Rd.  
Port Tobacco, MD 20677  
301-932-3470

<https://www.charlescountyparks.com/about-us/development>



### KEY ELEMENTS

- 1. HISTORICAL CONNECTION TO BOAT TRAIL
  - 2. RAISED BRIDGE WITH WALKING OVERLOOK DECK
  - 3. REALIGNED PARKING
  - 4. BOARDWALK AND WETLAND OBSERVATION
  - 5. FLOATING KAYAK LAUNCH
  - 6. PLAZA WITH SEATING
  - 7. DECK AND TREE HOUSE
  - 8. CANOPY WALK
  - 9. RESTORED BEACH
  - 10. PIER RECONSTRUCTION
  - 11. SHORELINE HABITAT RESTORATION
  - 12. ACCESSIBLE WATER ACCESS
  - 13. FISHING PIER
- EXISTING: +/- 25,000 S.F. Impervious Surface
- PROPOSED: +/- 80,000 S.F. Impervious Surface
- Walk, Stroll and Stage Deck and Seating, Seating, Overlook and Connection to Canopy Walk, Platform

# CPA 2023 Kent Island Paddle Series (KIP)

By Jim Zawlocki



If you have thought about joining an unusual and challenging paddle series, we will be starting KIP April 15<sup>th</sup>, 2023. This paddle series, it is not for everyone. It is a significant paddle series for committed intermediate paddlers dedicated to developing their paddling skills. It will change you as a paddler by developing the tools to do any kind of paddle you want to do, well almost! You will build up confidence in yourself and your skills as the sessions progress. KIP meets every month from April to September (4/15, 5/13, 6/10, 7/22, 8/12, 9/9, and 9/16/2023) to paddle a section of Kent Island developing skills with the final target to paddle around the island in one day.

The Kent Island Paddle, KIP, is not meant for just a distance paddle but for paddlers who want to build their skills and knowledge of all facets of paddling the Chesapeake Bay. KIP provides paddling goals, skills, leadership, and gear knowledge to be successful in your kayaking journey. KIP helps develop paddling disciplines by providing teaching aids, gentle pushes into unfamiliar conditions, group dynamics development, and caring leadership with many fun new experiences. It is a big commitment once a month but something to look forward to.

Your speed and distance are up to you; however, we all launch at the same put-in and time dividing into fast, medium, and scenic groups depending on size. The KIP paddle will have six practice paddles, Kent Island Practice Paddles (KIPP), once a month, from April thru Sept., culminating in a final paddle in September. After the paddles, we visit the local establishments to eat, share stories, and discuss the day's paddling event. If you miss two paddles it breaks up the group and self-development needed to successfully complete this event.

Kent Island is located just after the Bay Bridge or before, depending where you live, surrounded by the Chesapeake Bay and the Chester River. The distance comes in increments as we progress throughout the season. Your personal paddling goal, in distance may be 15, 20, 25 miles, or circumnavigate the entire Island of 34 miles.

The first two sessions are where we "get to know each other" with different exercises working together to develop our skills while increasing our mileage. Each paddler will be expected to have the minimum requirements of PFD, spray skirt, bilge pump, whistle, paddle float, spare paddle, water, food, and appropriate clothes for weather and water temperatures. This is a BIG commitment, not easy to do. It is worth it, ask any KIPer! Sign up on meetup or post questions.

**KIP-18 2023**

## Classifieds

### Dry Suit Repairs; Professional and Local

By Cragg Howard

Do you have a dry suit in need of repair? Broken Zipper, torn or worn out gaskets, punctures? Contact Patrick Donovan. "Pat", a First Responder in the DMV, former Deep Sea Diver and owner of Donovan's Diving Services in Centreville, MD, is professionally trained, as well as licensed and insured, in dry suit/wet suit repairs. Pat offers reasonable rates and quick turn around times from someone who knows first hand the importance of staying warm, and/or dry, when immersed in cold water.

Give him a call at (410) 490-4400 or email him at [DonovansDivingServices@gmail.com](mailto:DonovansDivingServices@gmail.com).

Paddle Safe!

Editors Note: There are many other online or mail-in gasket and leak repair services for dry suits and tops. In particular, if you have a Gore-Tex™ Kokatat dry suit, you can send it back to the factory for evaluation and leak repair for about \$50 (not including gasket repair). If the fabric has delaminated, you may be eligible for a replacement suit free of charge. This does not apply to non-Gore-Tex™ materials and may not be similar on other brands. See <https://kokatat.com/support/warranty-repairs>

## CPA's 25<sup>th</sup> Annual SK102 Skills Clinic



By Catriona Miller

**April 28th-30th, 2023**

**Lake Anna, VA**

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

**Registration Period:** Feb 6th-March 18th, 2023

**To Register:** <https://sk102.eventbrite.com>

SK102 offers on-the-water skills classes for novice 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 novice 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 1 year of CPA membership, two days of all volunteer instruction, camping on-site, all day coffee, Saturday evening BBQ, and porta-potties.

**Required:** CPA membership is required and included in the event cost. You are required to bring a sea or light touring kayak, spray skirt, life jacket, paddle, pump, and paddle float. You will be required to sign a release of liability.

Saturday dinner will be catered and included in event costs.

**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 80% of the students as a normal year to social distancing. Please be up to date on your COVID-19 vaccination and boosters as appropriate for your age group. Additional hand sanitization stations will have been pur-

chased for the event. Maintenance of social distancing will be expected. Attendees should only share tents with those of the same household.

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

**Introduction to paddling “Starting to Explore”:** If you are new to paddling and/or have not had kayaking lessons:

- Boats and paddles
- PFD design and fit
- Spray skirts
- Wet Exits
- Strokes
- Self and Assisted Rescues
- Basic trip planning

**Intermediate Paddling “Moving into the Bay”:**

- Stroke refinement
- More maneuvering strokes
- Rescue refinement
- Trip Leadership.

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

For more information, please contact Catriona M., Maxine M., and Jeff W. at [SK102@cpakayaker.com](mailto:SK102@cpakayaker.com)

For more information about CPA, please go to <http://www.cpakayaker.com/> or <https://www.facebook.com/CPAKayaker>



# What's Replacing PFAS in Outdoor Gear and Dry Suits?

By Ralph Heimlich

One of the ironic things about being an outdoors person lately is that much of the clothing and outdoor gear we use harbors a long-term environmental problem. The so-called “forever” chemicals in the group known as perfluoroalkyl and polyfluoroalkyl substances, or PFAS, are found in cookware, packaging, cosmetics, carpet, electronics, firefighting foam and outdoor clothing.

The chemicals, which do not naturally break down, are so widespread that they're found in the blood of 97% of Americans. Research shows that some PFAS compounds may decrease fertility, cause metabolic disorders, damage the immune system, and increase the risk of cancer.

While it is unlikely that your outdoor gear will give you cancer or cause you illness directly, it is a virtual certainty that when you finally wear it out and discard it, it will leach PFAS from the landfill into surface and ground waters that you may drink, swim in or otherwise come into contact with, and that could cause you health concerns.

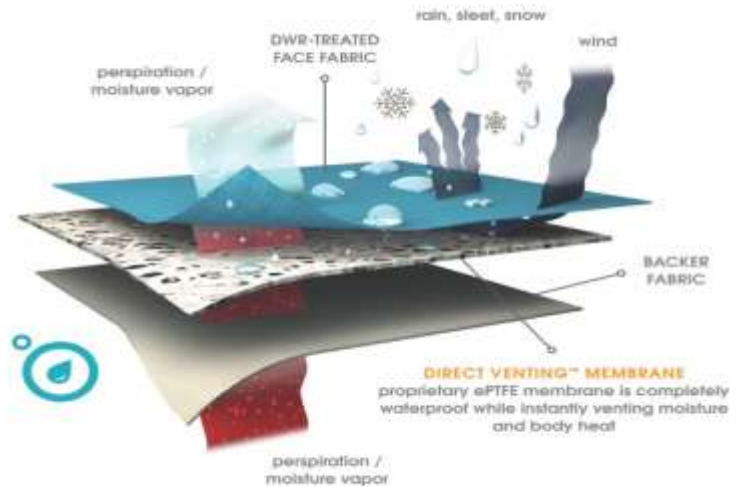
So, what are the “green” manufacturers in the outdoor sports gear industry doing to address this issue? Actually, quite a bit. After decades of providing waterproof outdoor materials using PFAS chemicals, Gore, the maker of GORE-TEX®, in September of 2021 announced a step away from these chemicals. Gore will offer a new option for the key membrane that provides waterproofing in its consumer outdoor clothing products. The new membrane is made without PFAS (per- and polyfluoroalkyl substances), but GORE-TEX® items generally have a second waterproofing treatment, a surface coating known as durable water repellent (DWR) made of PFAS. The first products using this new PFAS-free membrane will be available for purchase in late 2022. The new membrane technology, called ePE by Gore, is an alternative to the company's ePTFE membrane, which is made with PFAS, also known as “forever chemicals.” Gore has not yet publicly committed to eliminating all PFAS from manufacturing GORE-TEX® or in DWR treatments used on GORE-TEX products.

In 2016 Gore announced its intention to deliver a new DWR offering. This DWR is free of PFCs of Environmental Concern and is designed for the general outdoor consumer and for end-uses where the high performance and durability of short-chain PFC-based solutions are not fully exploited, e.g. day hiking or lift served skiing. These products were introduced to retail in the Autumn /Winter 2018 season. Gore still uses shorter-chain PFCs for some higher-end applications where they feel the performance justifies their use.

Gore bases their changes on eliminating “PFCs of Environmental Concern”, meaning those that are certified under two third-party standards: bluesign® system and OEKO-TEX®. Whether these standard-setters are strict enough to eliminate environmental concerns remains a question of perspectives. Environmentalism is often a balancing act between performance, technology, cost and impact.

PFAS Central, an advocacy group for eliminating the chemicals from products, lists other brands that have pledged to eliminate PFAS in full or in part from their products. See <https://pfascentral.org/pfas-free-products/>. Noticeably, Gore, Kokatat, and other big-name dealers and suppliers are NOT on the list.

What's an environmentally-aware outdoors person to do? Well, immediately junking your perfectly serviceable drysuit/rain jacket to chase the most up-to-date DWR and membrane technology is probably a fool's errand. You are more likely to cause MORE environmental damage by prematurely discarding a serviceable garment than continuing to use it until it is truly worn out. That still leaves the decision as to what to buy next. I can only suggest researching the issues and options and checking out the latest offerings as they arrive on the marketplace. Stay dry!!



*Queen Anne to Solomons(Continued from page 1)*

AM, we were launched from the floating dock and headed down the green tunnel of the river.

The Patuxent is narrow and the current can be swift at the launch. It is very difficult to believe that Queen Anne was the official port of embarkation for the Pax in 1706, with ocean going ships making their way this far up the river. As the interior was settled and forests were cut for farm fields, silt clogged the once clear waters of the Patuxent and Queen Anne was gradually abandoned as a port. The last ocean-going ship left Queen Anne in 1790.

The Lower Patuxent is a tidal river, and the tides begin to be felt just below the launch at Queen Anne. We arranged our paddle for a time of year when high tides occur at about 8 AM (daylight saving time). This allowed us to catch the falling tide, and with the addition of the downstream current, we made good time along the green, forested banks. We passed Spyglass Island, Scorpion Creek, and the Back Channel (which was formerly the main channel of the Pax), all important sites in Commodore Barney's gunboat resistance to the British invasion of the river exactly 198 years ago ([http://en.wikipedia.org/wiki/Joshua\\_Barney](http://en.wikipedia.org/wiki/Joshua_Barney)). The Patuxent was thrust into prominence because the British fleet dared not risk the heated shot fired from Fort Washington on the Potomac. The Pax offered them an end run, landing troops along the river that marched overland to Washington.

We saw few boats of any kind until we reached the Route 4 (Hills) bridge. The Friday commuters were gone by now, and nobody was fishing off the platform beneath the bridge except the occasional Great Blue Heron. We passed Pig Point ([http://archaeologynewsnetwork.blogspot.com/2011/04/amazing-artifacts-unearthed-at-pig.html#.T\\_OBmvWDI8F](http://archaeologynewsnetwork.blogspot.com/2011/04/amazing-artifacts-unearthed-at-pig.html#.T_OBmvWDI8F)), a site continuously inhabited for at least 10,000 years, with carbon dated artifacts from 8500 B.C., and longhouse postholes dating from the 3<sup>rd</sup> century. As little remains of their civilization as will likely remain of ours in 10,000 years.

We pulled into another formidable and long-occupied site for lunch at Mount Calvert (river mile 44), just up the mouth of Western Branch (further up which is another paddle-in campsite). Mount Calvert is all that remains of another bustling colonial town established in 1684 (see [Mount Calvert Historical and Archaeological Park | MNCPPC, MD](http://mountcalvert.org/)). The house, built originally in the 1780s and added to in the 19<sup>th</sup> century, was substantially damaged in last year's earthquake and is undergoing extensive renovations. We lunched in the shade of large old trees down at the floating dock, then packed up and headed downriver again.

In the heat of the day, with the tide slackening, we paddled across the bronze-hot waters as the Pax spread out into mud and marsh. Past Jackson Landing (Jug Bay), Selby Landing, and the mouth of Mattaponi Creek (river mile 40.5) up which is located another paddle-in campsite). We paddled along what was once the waterfront of yet another Patuxent town abandoned as the river silted in. Nottingham (river mile 37) is one of the forgotten towns in Donald Shomette's book (see [http://www.amazon.com/Towns-Tidewater-Maryland-Donald-Shomette/dp/0870335278/ref=pd\\_sim\\_b\\_2](http://www.amazon.com/Towns-Tidewater-Maryland-Donald-Shomette/dp/0870335278/ref=pd_sim_b_2)). As we rounded a bend at Ferry Landing on the Calvert County side, we left all development behind and gratefully paddled into the mouth of Spice Creek for our nights campsite.

Spice Creek (at river mile 35) is the least developed of all the paddle-in sites, with no development visible from the campsite at all. You might as well be 1,000 miles from anywhere, instead of nearly at the heart of the Washington metro area. Paddle-in campsites are clearly marked with a large metal sign indicating their name and location in river miles. They are generally equipped with a fire ring, picnic table and often a porta-potty. There is limited space for tents in some sites, so keep the numbers in your party down (10 or less). We put up a group tarp over the table in view of the forecast thunderstorm, quickly pitched our camp, took a quick refreshing dip in the creek, and started on the evening meal.

CPA teaches kayak safety and rescues, and we've even had a wilderness first aid course, but little did we realize that boiling water would be the main hazard on this trip. Al Larsen suffered 2<sup>nd</sup> degree burns in a very sensitive location as someone else's (guilty party unnamed, pursuant to the "witless" protection program) pot of boiling water slid off the stove and table and nearly landed in his lap. Some say it was justice for the quality of puns Al subjected us to, but most of us thought there must have been a Native American village torched near the site and a



Lunch stop at Mount Calvert photo by Dan Wells



Campsite at Spice Creek photo by Suzanne Farace

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*Queen Anne to Solomons(Continued from page 10)*

vengeful *poltergeist* because the same stove had a second boiling water melt down shortly after the first. Thanks to the Wilderness First Aid class, Jen had her Red Cross kit and quickly administered ice (giving up cooling our white wine, no less!) and first aid. We ate and had a brief, refreshing shower accompanied by rumbles of thunder and flashes of lightening in the distance. The storm, such as it was, only served to leach the humidity from the air and cool us down. The temperatures moderated, but the chorus of frogs and cicadas tuned up as we settled in for a restful night.

Dawn came early and we were up and packing to catch the outgoing tide for our second day. We breakfasted quickly (taking care NOT to sit near the boiling pots), and were packed up and on the water by 7:30 AM. The weather was clear, but cooler than Friday as we paddled away from Spice Creek, rounded Sneaking Point and Sycamore Landing and passed the last official port of entry on the Pax at Lower Marlboro (river mile 32). This town was more substantial and longer-lasting than its predecessors upriver, and has many historic buildings on display (see <http://calvert-county.com/communities/lowermarlboro/lowermarlboro.html>). We cruised by on the onrushing tide, passed Magruder landing and the Clyde Watson boat ramp (a good launch and shuttle point), and the Milltown Landing paddle-in site at river mile 30. We pulled into Kings Landing Park on the Calvert side (river mile 29) to top up our water supplies, giving the early Saturday fishermen a show as 10 boats cruised up to the beach.

As we pulled out of Kings Landing, we could clearly see the tall stacks of the Chalk Point power plant 6 miles downriver, marking our day's destination. The Pax broadens out to a true estuary below Kings Landing. With the tide, we made good time, as the stacks grew larger and larger in our sight. We pulled into Swanson Creek and called up Rich Stevens, our scout, who always seems to paddle ahead of the group. He'd located the Maxwell Hall campsite and we zeroed in on his boat and waving signal. In previous years trips, we had camped at "unofficial" sites along the creek since the map has the campsite incorrectly located. The "official" site is a locust-shaded point 0.6 miles west of Chalk Point (N38 32.352 W76 41.645) with a loop of the equestrian trail circling it and many small tent sites cut out like *cul-de sacs*. This site is maintained by the Charles County Parks and Recreation and lacks a porta-potty, but is spacious, breezy and very attractive. It is also directly across from the Chalk Point power plant, but the steady drone of the plant soon drops into the background (except for random PA outbursts in the early morning shift changes).

Some (Rich, Al, Dan) wanted to explore up Swanson Creek while others opted to go "hippo" in the creek waters. Later, we hiked up the equestrian trail and up and over some very strenuous hills and valleys (the horses must get their exercise). After dinner (no additional boiling over), we settled in for another peaceful night on the river.

We were up early again and got our act sufficiently together to be on the water by a little after 8 AM. Today would be our longest leg (20 miles) on the biggest waters of the trip, so we needed an early start. We passed the second of three bridges across the Pax at Benedict and Hallowing Point (Rt. 231, river mile 21) and crossed to the Calvert County (east) side of the river to ride the current down. As we passed the mouth of Battle Creek (where Commodore Barney's battle with the British DID NOT take place) we did a little cut off at Jack Bay Marsh to avoid going around, then veered west to round the out jutting tip of Broomes Island, where MD Senator Bernie Fowler formerly did his annual "white sneaker" water quality test (see [Bernie Fowler, tireless Maryland advocate for clean water, dies | People & Society | bayjournal.com](http://www.bayjournal.com)). Boat traffic on

this Sunday morning was picking up, and we kept our eyes peeled and tried to group up to present a more united front for the boaters.

Our lunch stop was at Jefferson Patterson Park's new kayak beach, behind the turtle breakwaters at river mile 10. This park, located at the mouth of Saint Leonard Creek (where Commodore Barney's battle DID take place) has good facilities, lots of interesting programs, an excellent museum, and houses the Maryland Archaeological Conservation laboratory, a world-class marine conservation facility (see <http://www.jefpat.org/>). Pressed for time on our long paddling day, we ate and used the porta potty, but didn't have time for the considerable hike to the museum, and so launched again.

We steered for the middle of the river, despite the now larger number of boats out on this sunny Sunday. We were aiming to hit the beach at the Solomons Naval Recreation Center on Point Patience a little south of the fishing pier to set up for rounding the point. John Smith noted that

*"The fifth river is called Patuxent, of a less proportion than the rest but the channel is 16 fathoms deep in some places. Here are infinite skulls [schools] of divers kinds of fish more than elsewhere"*



On the equestrian trail at Maxwell Hall photo by Ralph Heimlich  
Captain John Smith, 1612

But he was a little off—the river is as much as 104 feet deep off Point Patience. Navigation is a bit tricky because the deep water is less than 20 yards off the end of the point, so you can have one paddle resting on a sandy beach and the other nearly touching large cabin cruisers rounding the red channel marker. If two or more are in train rounding the point, their wakes can create 3 foot rollers that can carry you up on the beach. A good place to stay alert and paddle with purpose.

Once around Point Patience, we approached the third bridge of our trip, the Governor Thomas Johnson (Rt. 4/2) Bridge soars 135 feet over the channel to admit Navy ships. There is a public boat ramp under the bridge at the Calvert (north) end, so kayakers need to keep watch for power boats entering and leaving across the channel. Just as we were passing under the bridge, the historic oyster buy boat Wm. B. Tennison, built in 1899 did her turn taking passengers from the Calvert Marine Museum out to Drum Point and along the Solomons Island waterfront (see [Wm. B. Tennison | Calvert Marine Museum, MD - Official Website](http://www.calvertmarinemuseum.org/)). We took pictures of the

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*Queen Anne to Solomons(Continued from page 11)*

Tennison, and her passengers snapped pics of kayakers paddling with “sticks”.

We pulled up to a busy beach, packed with waders, paddle boarders, and one lady landing a sea kayak (turned out, she was a CPA member, too). Sue Stevens was there (as were our three parked cars), and Dan called on his wife and kids to come down. Soon we had all the gear out of the boats, boats loaded, and even sluiced down from the Sun shower stowed in my pickup bed to warm (thanks for the tip Greg W.). Car shuttles packed up and headed up the long drive back to Queen Anne to retrieve our cars. Fifty miles on the road was a lot less eventful (and less fun) than 50 miles on the Patuxent, from Queen Anne to Solomons Island.

If you go, consult the excellent [Patuxent River Water Trail Guide](http://www.patuxentwatertrail.org/) compiled by CPA member David Linthicum. See [http://bayweekly.com/old-site/year10/issue\\_25/lead\\_1.html](http://bayweekly.com/old-site/year10/issue_25/lead_1.html) . Also, check the Patuxent Water Trail website at <http://www.patuxentwatertrail.org/>



Wm. B. Tennison under the Governor Thomas Johnson Bridge, Solomons Island *photo by Dan Wells*



Patuxent GPS track, days 1 (green 17.9 statute miles), 2 (yellow 13.9 miles) and 3 (pale yellow 22.6 miles) *GPS track by Rich Stevens*

## This Month's Paddler Profile: Kathy Reiner Martin

**Lives in:** Perry Hall. I kayak mainly in the Gunpowder and Bird Rivers including Dundee Creek.

**Real job:** retired from University of Maryland, School of Dentistry. Currently a wanderer, poet and outdoors advocate.

**Do you regularly attend a CPA Piracy?** Planning to when the weather warms up.

**Number of years paddling?** All my life. I grew up on the Gunpowder River, swimming, rowing, canoeing and motor boating. Started sailing in the 1970s. Started paddling in the late 1990's when we won some kayaks at a local kayaking event. So, decades of river and creek paddling.

**How did you get involved in sea kayaking?** I had to call my friend to understand what sea kayaking actually meant, as I didn't know the difference or designation but I just enjoyed paddling the river and back to the creeks I remember rowing to as a child.

**What boat(s) do you paddle?** My family, who lives in Oliver Beach on the Gunpowder River below the Amtrak bridge, has 1-Wilderness tandem that converts to a single, 1-12' Perception, 1-16' Ocean. Also a 10' kids sit on, another 12' kayak that is hard to keep on track and 1 old leaky fiberglass boat we can't seem to part with. I have a friend with 5 other kayaks when I host friends and church youth group for paddling. When you live on the water, you collect things and use what you have.

**Rudder or skeg?** neither

**Type of paddle used?** Lots of them. Not sure what type.

**Do you do any other paddling than sea kayaking?** I paddle in rivers and creeks. No white water.

**Do you regularly do any other outdoor activities?** We host weekly gatherings at our waterfront shore. When everyone else is hiding in the AC, I'm outside looking for things to do, year round. Hiking, gardening, birding. Fishing, minnow seining and crabbing when the grandkids are in town. I'm on the board of [Neighbor Space](#), a urban land trust in Baltimore County, so I'm outdoors a lot at their parks.

**How often do you paddle between May and October?** Now I'm retired, 2-5 times per week.

**Do any winter paddling?** Not yet.

**Favorite local paddling location?** Day's Cove (Gunpowder) and Dundee Creek.

**Favorite CPA trip you've ever been on and why?** Anxiously awaiting my first CPA outing.

**Coolest paddling trip you've ever been on anywhere and why?** This is a hard one, as I've had a few great experiences. But I think my favorite was the day I finally took my phone. I fully intended to leave it in the case but every few yards, more photos called to be taken. Coming into Day's Cove, rounding the bend, I spy an egret and he spies me. Very quietly and slowly I glided by while he kept watching and fishing. My hubby who is a plein air painter decided [this experience that needed to be caught on canvas](#). An amazing day full of egret, turtle and eagle sightings.

**Scariest/most dangerous paddling trip/incident and why?** Paddling the Dundee on a day when the wind and waves picked up, between the Dundee and Saltpeter split and the mouth. I was too far out when the chop got too much to just turn and head to shore, so I paddled on to get behind the land at Battery Point. I mostly hugged the shore to return to calmer waters. I can't say I thought I would fall out or was scared but it was late September so not as much boat traffic, so I knew I needed to make it back on my own. Yeah, I kayak too much on my own. This was probably the paddle that convinced me to take my phone the next time, but how one makes a phone call while in the midst of waves and wind, escapes me. Another paddle a few years prior, the thunderstorm was not due for another 3 hours. When it hit, I was pretty far into the Gunpowder, past Days' Cove, when the downpour started. Not much cover and luckily not much wind and wave action. The creepy part was seeing about 20 wings-up cormorants on a tree snag at the marsh entrance. That sight helped me paddle a bit faster.

**Bucket list trips?** Hmm. I've traveled a lot but nothing as beautiful and fulfilling as the Dundee and Day's Cove when the eagles and osprey are flying, kingfisher calling and the heron's fishing. That said, I think I joined CPA to learn about more places to go with a group and learn to be better prepared. I walked 50 miles raising money for MS, when I turned 50. I paddled 60 creeks over the summer before I turned 60. I'd like to find another kayak challenge for that next decade opening in a few years.

**Three things you like most about paddling?** Sometimes it's the challenge. Most times it's the peacefulness and beauty, and always 'just messing about in boats'.

**What do you like about CPA?** The opportunity to meet new people and kayak in new places with knowledgeable folks.

**What other paddling clubs/groups do you belong to?** Just joined Watersedge but no trips yet.

**One unusual non-paddling thing we'd be surprised to know about you?** I'm a computer geek who writes poetry. I can share on request.



## 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](#)

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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)

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