

The Chesapeake Paddler



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CPA Piracies Gears Up for 2023 Season

What Piracy do you paddle with? The heart and soul of paddling in the Chesapeake Paddlers Association are the **Piracies**. "Piracy" is the quaint moniker for regional chapters that paddle on one weeknight each week. It derives from the "Mother" Piracy, the Pirates of Pier 7, when we paddled out of Ron Casterline's sea kayak shop at the Pier 7 Marina on South River, Annapolis, for many years.

There are 9 CPA Piracies operating mostly on week nights during the warmer months (see below for the nearest to you). You get a lot of benefits from joining in to Piracy activities: A core group of paddlers you know well and are comfortable paddling with, a wealth of local knowledge to draw on as you progress your paddling skills, a chance to get out each week and work the kinks out of your life on familiar home waters, and a subsidized year-end activity to wrap up the season. Most Piracies have a year-end meal or activity that is subsidized to the tune of \$35 for each regularly attending member. You must meet all CPA equipment requirements (PFD, pump, paddle float, bulkheads fore and aft or float bags) and complete one CPA waiver at the start of the season that is good all year long.

Below are the names, leaders, locations, dates and other info for each of the CPA Piracies operating this season. Click on the contact links to get in touch with the Piracy leaders. More details, pictures and phone numbers are on the CPA website at <https://www.cpakayaker.com/paddling-pirates/>. If you don't see a Piracy near you and are willing to lead, you can start your own Piracy. Just contact Coordinator [Paula Hubbard](#).

PIRATES OF ARUNDELL—The "Mother Piracy", the Pirates of Pier 7 evolved into a roving piracy using launches throughout Anne Arundel County near Annapolis when our lease at the Pier 7 Marina expired. Pirates of Arundell are led by King and Queen **Rich and Sue Stevens**, ably assisted by **Greg Welker** and **Bela Mariassy**. POA is the only Piracy that does not go out as one group. Most launch Wednesday evenings at 5-6:00 First launch aim for 4-4:30 PM with later arrivals departing around 5 PM to return by 7-7:30 PM. Volunteer to cook or bring snacks! Post-paddling snacks, cookies and appetizer fare fit for Pirates are mightily appreciated. Occasional group suppers may pop up on our calendar depending on our launch location. Some typical launch sites



Pirates of Arundell at Andrew's Beach photo by Shae Metcalf

are Galesville Wharf, Beverly-Triton Beach Park, Jonas Green Park, Homeport Farm Park, Spriggs Farm Park, Shady Side Park, and some private launches members have access to. Weekly launch locations will change! Visit the [CPA Meetup site](#) for schedule, and the [website](#) for complete details.

Who: [Sue Stevens](#), [Rich Stevens](#), [Bela Mariassy](#), [Greg Welker](#)

When: Wednesday Evenings—4-4:30 and 5-6:00

Where: Anne Arundel County, MD near Annapolis. See [CPA Meetup](#) for launch details and weather advisories.

PIRATES OF BALTIMORE—The Baltimore Pirates are led by Pirate Captains **Jean Wunder**, **Suzanne Farace**, **Sophie Troy**, **Lisa Giguère**, and **Bob Shakeshaft** (who does double duty as the Pirate Captain of the North). They meet every Tuesday evening, launching from various sites around the greater Baltimore area, which include sites in Baltimore County, Baltimore City, southern Harford County, and northern Anne Arundel County. Some favorites include Dundee Creek, Rocky Point State Park, Wilson Point, Mariner Point State Park, Canton Waterfront, Solley's Cove, and Flying

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From the CPA Coordinator

Trip Leading and Leadership

You don't need to be the fastest paddler to lead a trip. You don't need to roll to lead a trip. You don't need to paddle in big conditions to lead a trip. You don't need to be the best paddler to lead a trip. What you do need is the willingness to plan paddles, share places where you like to paddle, and be willing to work with your paddling group to have a day on the water that is enjoyable for everyone. Not needing to manage incidents is evidence of success (but of course you should be able to manage incidents if needed).

You should lead trips within your comfort zone. Lead trips where you like to paddle and where you have local knowledge, or lead trips where you want to go and research the area, scout, or have someone with you who has local knowledge. Have a backup plan and don't be afraid to change plans or cancel. I have been on several paddles that turned into a nice brunch at a local restaurant, or a hike along nearby trails.



What is Leadership?

Leadership requires the ability to look at the big picture, look ahead for potential risks or hazards and plan to avoid them, and the ability to communicate effectively with your group. Remember the hierarchy of responsibility. You are responsible for yourself first. You can't lead a group if you are uncomfortable for any reason. If the conditions are such that you feel uncomfortable, don't go, or turn back. Make sure that you have adequate food and water. If you are hypoglycemic or dehydrated, you can't be an effective leader. Manage your own equipment and make sure that your boat is in good repair.



These are things that you should be doing whether you are leading or just being a part of a paddle group. As a leader, you can remind people to eat drink, and take care of their own comfort.

The second priority is that of the group as a whole. For larger groups it is good to have a lead paddler and a sweep paddler. These are your assistants and you should communicate your navigation plan and discuss communications with them prior to starting out. Think **CLAP**.

C = Communication

L = Line of Sight

A = Awareness

P = Position of Maximum Usefulness

There are variations of this acronym, but this is one that I use. **Communication** is essential. Before starting out on the water, communicate with the group to make sure that everyone understands how you plan to communicate on the water. This might include VHF radio protocols and the channel you will monitor. Establish paddle or whistle signals that you might use.

Line of Sight means that you have visual contact with your group. When going around a point, group up before going around. Posi-
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tion yourself so that you can see the group as they go past. Points are typically an area where water can become more dynamic and where currents may be stronger so be aware of hazards.

Awareness means watching the environment. Watch the sky for evidence of weather changes, be aware of changes in wind strength or direction. It also means being aware of how paddlers are doing. If a paddler who is normally chatty and tends to be in the lead becomes quiet and lags behind, something may be wrong. You should also be able to identify safe zones in case something goes wrong.

Position of maximum usefulness means that you are in a place in the group where you can be effective. The leader of the group should not be the lead paddler, you cannot see the group or be aware of what is happening towards the back. This is a position that you delegate to someone you trust and who knows the navigation plan, the pace you want to maintain, and can communicate during the paddle. When crossing a busy channel, the position of maximum usefulness may be towards the middle of the group, making sure that people line up and cross the channel together. When rounding a point, you might position yourself near the point between the paddlers and any hazards (rocks, pilings, etc.) so that paddlers go around you and avoid the hazard.

The last priority is any other individual in the group who needs assistance. If someone capsizes and wet exits, there is a tendency to focus on the swimmer. It is the leader's responsibility to make sure that the group is in a safe position, not drifting into a channel, or out an inlet. The leader should not be doing the rescue, but should delegate someone else to perform a rescue. If you are in a hazardous area, someone else may assist you in leading the group to a safer area where you can then make sure that the rescue is proceeding safely and effectively and the rest of the paddlers are safe. If a paddler needs to be towed, delegate this to one of the stronger paddlers in the group.

Evaluate Your Group

Leading trips doesn't mean that you need to do everything yourself. Invite people you know to help with lead and sweep, or on water safety. Identify stronger paddlers in your group who can assist when needed, and identify newer paddlers who may need assistance.

Finally, don't be afraid to tell someone if their boat is not adequate for the paddle you are planning. For example a rec boat when you have planned an open water crossing. Don't be afraid to tell someone if they are not dressed for the water and you are paddling in cold water conditions. You do not need to take responsibility for someone who is not prepared for the paddle you have planned. It can be hard to turn someone away, but having an incident with serious consequences could be much harder.

So go out, paddle, lead paddles, and share your love of the water. CPA depends on people who are willing to lead trips and most members are willing to assist new trip leaders get started.

Paula Hubbard
CPA Coordinator



Beverly Triton Nature Park Update

By Lisa Arrasmith

WE DID IT! The ribbon cutting for the 38 years overdue public swimming beach and other improvements at Beverly Triton Nature Park is at 11 am on Friday, May 5, 2023.

Please RSVP for the ribbon cutting celebration @ [Beverly Triton Nature Park Grand Reopening](#)

If you are bringing a kayak or SUP or canoe please try and get there early and unload by 10 am. Bill Smith is organizing a CPA paddle for the ribbon cutting on Meetup: [Beverly-Triton ribbon cutting paddle, Fri, May 5, 2023, 10:00 AM | Meetup](#)

Other paddling groups also are planning paddles for the ribbon cutting. If the Beverly Triton parking lot fills up, plan on getting a day permit for Mayo Beach Park, a mile away from Beverly Triton by water, and paddling in to Beverly Triton for the ribbon cutting. Beverly Triton Nature Park address: 1202 Triton Beach Road, Edgewater MD 21037



We've been working hard on Beverly Triton since June 2013 when I couldn't find an open park gate at Beverly Triton because there wasn't one. Eight of us launched the next Saturday from SERC to paddle 4 miles to Beverly Triton and see what was there. We found a mile of sandy beach and a 344 acre "public park" that had been closed to the general public since 1985. By October 2013 we persuaded the county to open the park gate. Planning for improvements began. Beverly Triton was set to go to construction in early 2019 and then the county slow rolled it in 2019, 2020 and 2021. Getting the park across the finish line (again) (again) (again) three times in three years makes me wary of declaring victory before the bathrooms open - BUT there's the ribbon cutting invite in the link above. I'm cautiously optimistic that after 38 years the promised public swimming beach at Beverly Triton will open in 2023.

See you on the water!

Some historic background on Beverly Triton:

- Beverly Triton 1998 Baltimore Sun article: <https://www.baltimoresun.com/news/bs-xpm-1998-07-11-1998192071-story.html>
- 2019 stop construction article: <https://www.capitalgazette.com/politics/ac-cn-beverly-triton-0530-story.html>
- Dollar beach scandal article: <https://www.capitalgazette.com/environment/ac-cn-beverly-beach-20190824-20190825-w32qfw2iwr3tbuxambintzace-story.html>

Gas Prices Got You Stuck at Home?



The Thousand Islands Trailer photo by Ralph Heimlich

With the summer months, the price of gas is on the rise again, making trips to favorite paddling destinations a greater cost burden. *Paddling Magazine* just [featured](#) a few tips to reduce the cost of your paddling trips. The shape and size of your boat, tie-down method, road conditions and terrain, as well as wind direction and speed are all variables that will also affect your mileage. They also suggest reducing the windage of your boat by using cockpit covers, inflating air bags for canoes, and using fairings.

Some other tricks involve that old standby: Sharing the ride. Check to see who else is attending a trip and call up to see if you can put two boats on one car, cutting your gas consumption in HALF. For the ultimate in boat pooling, consider a trailer (see [Thousand Island: The Trailer](#)).

Of course, as all experienced kayakers will tell you, eventually your car-buying decisions hinge on kayaking. Consider a hybrid, plug-in hybrid or EV for your next kayak hauler. While there are certainly trade-offs (you don't want to get stuck at a put-in with no juice to get back out to a charger!), developments in power and battery life are now making more rugged, off-road vehicles and their off-road destinations more of a reality.

The 120° Rule

A rule to live by or die from?

By Rich Stevens

This supposed rule, formerly the 100° rule, says that cold water gear, such as a wet suit or dry suit, is not necessary if the sum of the air and water temperature adds up to 120° or higher. This “rule” has absolutely no scientific basis but has long been promulgated by the [American Canoe Association \(ACA\)](#). The ACA was founded in 1880 in Lake George, NY, and for many years has been considered the leading authority for information regarding safety for canoeing, kayaking, and the operation of other manually propelled small craft. Until a few years ago the 120° rule could be found throughout their web site and in many brochures and other publications regarding safety on the water that they made available.

Unfortunately, this rule and others like it have been widely adopted by many other organizations including the [United States Coast Guard \(USCG\)](#). When I queried the USCG on this issue, they cited ACA as the source and said that they are starting to review their publications. Trying to get the USCG to modernize their publications is like trying to do a U-turn with a supertanker and the same can be said for the information that is available on the web from many other government and state agencies, not to mention outfitters and other well-meaning sources. It’s a zombie rule that seemingly won’t die.

I spent a fair amount of time trying to research the origins of



Swimming your gear at a CPA Cold Water Workshop photo by Rich Stevens

the 120° rule without success, thinking that there must be some sort of study that formed its basis. But the earliest mentions seem to come from ACA. I contacted ACA and a number of people there looked into it. Robin Pope, the immediate past president, eventually got back to me and said it may have started with rafting companies on the Nantahala River in North Carolina. The Nantahala River, one of the most popular

rafted rivers in the US is a dam-controlled river. The water is being pulled from the bottom of Lake Nantahala about 250 feet below the surface. The temperature is about 48°-52° year around. This rule must be used only by the guides because none of the outfitters that I looked into make any mention of the water temperature or suggest that their clients dress for it. This origin story is anecdotal at best and if anyone else has another possible origin for the 120° rule I’d like to hear it.

Finally, this is starting to change and ACA has pretty much removed all mention of the rule from their website and hopefully all of their current publications. The ACA, having moved their headquarters in 2008 to Fredericksburg, Virginia and not far from the Chesapeake Bay, should have known better sooner than they did. Every year there are a number of deaths resulting from people subjected to sudden immersion in cold water on the Bay, surrounding rivers, and beyond.

The leading contributing causes of death for kayakers, canoeists, paddleboarders, and other small craft operators are the failure to wear a lifejacket (PFD) and cold-water immersion, often in combination. The Chesapeake Bay, especially in the Spring, is infamous for having water temperatures on the 40°s or 50°s while the air temperatures can be in the 80°s or higher. Once you are in the water, the air temperature is completely irrelevant.

This so-called rule would have you believe that if the air temperature is 80° and the water temperature is 45° it’s perfectly safe to go out on the Bay or other bodies of water wearing shorts and a t-shirt. Unfortunately, many people do. If they capsize or otherwise fall in the water, the results can be tragic. At the [Chesapeake Paddlers Association](#) cold water gear is mandatory for water temperatures below 60° in most cases and may be required for higher water temperatures depending on location and conditions.

There are several causes of death from sudden cold-water immersion. The first is the “gasp reflex”. When suddenly immersed in cold water with no protective gear there is a totally involuntary reaction by the body that causes one to take a sudden and very deep breath. If this happens while the head is under water, that’s it, the person is essentially dead unless immediately rescued and resuscitated. This is the cause of what is known as “sudden disappearance syndrome” where a perfectly healthy person is seen to fall in the water and never resurfaces. If one survives this, it is generally followed by a period of uncontrollable and severe hyperventilation, which can be prolonged. This can take away valuable time that a person could use to attempt to rescue themselves.

The next cause of death is from what is known as “swim failure”. When a person is immersed in cold water the peripheral blood vessels in the hands, arms, and legs immediately begin

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With the luck of the Irish as far as the weather

From [Paul Spadaro](#)—President [MRA Organization](#)

The St. Paddy's Day reef ball drop capped off 3 years of planning and began the first phase of a 6 year effort to expand oyster and fish habitat in the Magothy River. Unprecedented collaboration between the Coastal Conservation Association Maryland, Magothy River Association, Maguire Marine Construction, Cypress Creek Marina, Anne Arundel and Carroll Co Students, Eagle Scouts and Cape St. Claire Community members came together to grow the existing reef off of Dobbins Island, now affectionately known as Noah's Reef, in honor of a much loved Broadneck High School student who passed away. With the help of Nick Garrott of Sonar Kings, Maguire's crew was even able to position several reef balls in a 'N' for Noah. The contribution of each and



every one of these groups was absolutely essential, making it possible to pull off a complex and multi-faceted project. The Magothy River Association sends out a big THANK YOU to all who were involved!

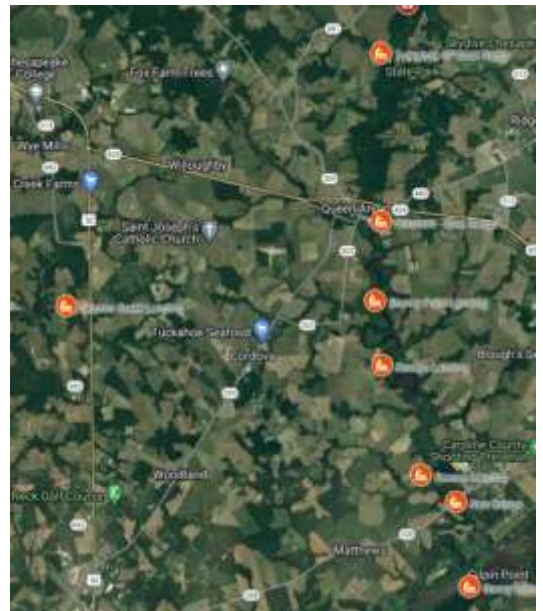


Editors Note: The Magothy River Association (MRA) is dedicated to the preservation and improvement of the water quality, plants, and wildlife of the Magothy River and its watershed. Founded in 1946, the MRA is an all-volunteer group, incorporated as a non-profit 501 (c) (3) charitable organization representing over 300 individual members and 30 community associations within the Magothy River Watershed. The organization designs and executes projects that restore and protect the welfare of the river and its watershed.

Launch of the Month—Tuckahoe Creek, MD

Seven Launches on the Tuckahoe Creek, Maryland--The Tuckahoe is a tributary of the Choptank. These launches can take you anywhere you want to go on the Tuckahoe. The last is actually on the Choptank River, but makes a nice endpoint for paddles if you want to do the whole creek. While you're at it, you can camp at either Tuckahoe State Park or [Martinak State Park](#). Starting farthest upriver:

1. [Tuckahoe SP Boat Ramp](#)—38.9686013N 75.9446574W **Address**-821 Crouse Mill Rd, Centerville, MD 21617 **Type**-ramp **Parking**-Moderate **Restroom**-No Fee-No Ownership-Tuckahoe SP County-Caroline Comments-<https://dnr.maryland.gov/publiclands/Pages/eastern/Tuckahoe/Fishing-Boating.aspx>
2. [Hillsboro - Boat Ramp/Kayak Launch](#)—38°55'02.0"N 75°56'40.3"W **Address**—Across street from 21936 Main St Denton- MD 21629 **Type**- ramp- Shoreline **Parking**- Yes **Restroom**- No Fee- No Ownership- Caroline County - Recreation and Parks County- Caroline Comments— Site #4 [Frederick Douglas Tour](#)
3. [Stoney Point Landing](#) 38°53'33.6"N 75°56'49.5"W **Address**- End of Stoney Point Road Denton- MD 21629 **Type**- natural shoreline **Parking**- Limited **Restroom**- No Fee- No Ownership- Caroline County - Recreation and Parks County- Caroline Comments- isolated
4. [Coveys Landing](#) 38°52'21.9"N 75°56'39.2"W **Address**-32528 Coveys Landing Rd Cordova, MD 21625 **Type**-ramp and dock **Parking**-Small **Restroom**-No Fee-No Ownership-Talbot County - Department of Parks and Recreation County-Talbot Comments— Site [#1 Frederick Douglas Tour](#) #1



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Pirates (Continued from page 1)

Point Park. On the water by 6 PM sharp, with arrival to unload at 5:30 PM. We paddle until dusk, then usually go grab a bite to eat at a local restaurant. The schedule of events with exact locations and dates can be found on the [CPA Meetup](#). We will begin the season on May 9th and paddle into September.

Who: [Sophie Troy](#), [Suzanne Farace](#), [Bob Shakeshaft](#), Lisa Giguère, Jean Wunder

When: Tuesday unload 5:30 on water 6:00 PM

Where: Baltimore City and County, Launch details on [CPA Meetup](#)

PIRATES OF GEORGETOWN—POG paddles the urban waters of Washington, DC. Current leaders are the Three Kings: **Tom Heneghan, Jesse Aronson, and Rob Pearlman**. They paddle from the [Columbia Island Marina](#) on Thursday evenings launching promptly at 6:30 pm, and will typically stay on the water for about an hour-and-a-half. They meet regardless of weather and make a safety-oriented decision whether to paddle based on real-time weather conditions (any exceptions will be posted on the forum). In the summer the marina sometimes has food and live music on Thursday nights, which they take advantage of after paddling. In the warm weather they generally have snacks at the marina after returning from paddling. Check details at the [CPA Meetup site](#).

Who: [Tom Heneghan](#), [Jesse Aronson](#), [Rob Pearlman](#)

When: Thursday evenings launching promptly at 6:30 PM

Where: Columbia Island Marina

PIRATES OF THE NORTH—You are invited to join the PON on weekly Thursday evening paddles. They have some of the best paddling in the Chesapeake. Their home base is Havre de Grace (HdG), MD, where we have multiple interesting paddle trips to include the Susquehanna River, Garrett Island, the Fishing Battery, Furnace Bay and more. They also launch from other sites to include the Elk River, Charlestown and the Northeast River. In 2023 they are getting their home base, [Roberts Park](#), back after an extensive upgrade to include a new sandy soft launch and a new boat ramp. Their regular launch time is 6:00 PM. The launch location will be announced on the [CPA Meetup](#). Their first paddle in 2023 will be May 11, 2023.

Who: [Bob Shakeshaft](#), [Joan Sweet](#), [Jerry Sweet](#)

When: Meet at 5:30, launch at 6:00 PM Thursdays

Where: Home base is Roberts Park – At the junction of Otsego St, Union Ave N, and Water St. below the Amtrak bridge. Other launch locations as identified in the CPA Meetup

PIRATES OF OCCOQUAN—A group of dedicated paddlers from Northern Virginia meet weekly to paddle the **Potomac** from various Northern Virginia Regional Parks during the evenings. Led by **Jim Zawlocki**, they will launch at 6:00 PM every other Wednesday evening at [Fountainhead Regional Park](#). On alternate weeks sub-groups of the Pirates will set up peer paddles at other locations in Fairfax County along the Occoquan Water Trail. Other locations will include Bull Run Marina, Pohick Bay Regional Park, and Mason Neck State Park. The POTO schedule is posted at the [Pirates of the Occoquan Discussion Forum](#) for weekly paddling plans. Decisions on locations will be made Sunday night and posted in the Forum and via the Pirates of the Occoquan mailing list.

Who: [Jim Zawlocki](#) — (703) 376-8268

When: Meet at 6:00 PM Wednesdays

Where: **Fairfax, Northern VA**, Launch Location on [Pirates of the Occoquan Discussion Forum](#)

PIRATES OF ALGONKIAN—The Pirates of Algonkian meet at [Algonkian Regional Park in Sterling, VA](#), and are captained by **James Higgins**. They congregate Thursday at 5:00 pm at the Algonkian Regional Park boat ramp. As a group they paddle up-stream to the third Potomac Island called Van Deventer, about 2 miles from the launch. Often, they take a break or paddle either farther upstream before returning with the river current. Paddlers must be off the water at or near Sunset due to Park Regulations! Daily and seasonal usage fees for the Algonkian Park shore launch are provided on the [Algonkian park boat launch web page](#).

Who: James Higgins — (517)-659-3319

When: Thursday Nights at 5 pm starting May 11th

Where: Algonkian Regional Park in Sterling

PIRATES OF PATUXENT—The Patuxent Pirates will be home based this paddling season at Hallowing Point Waterfront Park, the location of our fall 2022 trips. The park is located approximately 21 miles upriver of the Patuxent River's confluence with the Chesapeake Bay and five miles west of Prince Frederick, Calvert County. Meet at 5:30 PM for a 6:00 PM launch. The park is on the east side of the river, south of MD 231, just south of the Hallowing Point Bridge. We usually gather at the grassy waterfront area at the park's southeastern shore. There are many places to paddle from the sandy beach, north to Caney, Hunting, and Swanson Creeks, across to Indian or Trent Hall Creeks, or south to Buzzard Island Creek, Sandy Point or Sheridan Point. Access/launching is free.

The Patuxent Pirates are led by Pirate Queen **Jenny Plummer-Welker** and Pirate King **Don Polakovics**. We welcome paddlers of all skill levels and tailor our evening paddles to
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match. We'll start the season with a few easy paddles to work out the kinks before progressing to our usual six-to-eight-mile evening cruises. Cold water gear will be required for the first few paddles, but at least the water will still be clear. Come join us!

We may occasionally roam to a different location, so please check the "Pirates of the Patuxent" forum or the CPA Meetup for the latest news of upcoming adventures. Typically, each June we hold a skills session covering self and group rescues and towing. Many of our crew built their own boats, so we hold a fair bit of skin-on-frame, plywood, and cedar strip experience if you want to combine boat building conversation with a leisurely paddle.

Who: Jenny Plummer-Welker Pirate Captain 410-570-2631 or Don Polakovics 301-247-8133.

When: Thursdays, arrive by 5:30 PM for a 6:00 PM launch

Where: [CPA MeetUp](#) for paddle details

PIRATES OF POTOMAC — POP paddles from Belle Haven Marina, Alexandria, Virginia. Led by **Bob Maynes** and **John Gibbs**, They are a small group and are all retired so they go out during the day. Some go out to eat afterwards nearby at Pirmo's. Their season begins when the water temp reaches about 70 deg (sometime in May) and they paddle into October until the water temp gets below 70 degrees. In the spring and fall, they go out at 3:00 PM. During the summer, they go out by 10:00 AM. They go up river or down river on either side of the river with distance, destination and pace set by desires of the participants, tides and weather. The pace is fairly leisurely as they look for eagles, turtles and other wildlife in places like Dyke Marsh nature preserve. Launch fee is \$10 but the seasonal pass of \$100 is much better.

These times do change as the group avoids bad weath-



Pirates of Sugarloaf on Tridelphia Reservoir photo by Rich

er. They are a small group and can more easily use email rather than the forum or the club email. **Please contact them** at the email and/or phone numbers below if you are interested to join the email list for a weekly notice and other

info.

Who: Bob Maynes, Pirate Co-Captain at 703-527-5299 or John Gibbs at 703-922-7686

When: Spring and fall at 3:00 PM, summer at 10:00 AM

Where: Various, Contact by email for paddle time and locations. <pirates_potomac@cpakayaker.com>.

PIRATES OF SUGARLOAF— POS paddles from Montgomery and Howard County, Maryland launches. The Pirates of Sugarloaf has two Queens, **Marilyn Cooper** and **Laurie Collins**. They most often will be meeting on Tuesdays between 5:00 and 6:00 PM at one of several spots in either Montgomery or Howard County. Montgomery county locations include: Riley's Lock , Seneca Lake in Black Hills Regional Park, Tridelphia Reservoir (while it's still open for paddling) or Brown's Bridge launch. In Howard County, they paddle out of Scotts Cove on the Rocky Gorge Reservoir (Laurel). Even with longer days, they may be returning close to dusk so bring lights for you and for your kayak! Some launch spots require a put in fee or permit; they will post this information along with the location and confirmed time for the paddle on the [CPA Meetup page](#). Because their paddles take place on beautiful but calm water, they like to spice things up with skills practice, silly kayak games, a wee bit of competition, and they almost always gather for post-paddle refreshments.

Who: [Laurie Collins](#) 440-472-2134; [Marilyn Cooper](#) 440-413-1662

When: Meet Tuesdays between 5:00 and 6:00 PM

Where: One of several locations in Montgomery or Howard Counties. Check CPA Meetup page for confirmed time and locations.

Wanted: More Paddler Profiles

Paddler Profiles are a newsletter feature designed to feature...YOU! We'd like to know more about CPA members and this is your chance to tell us more about your paddling experience, what draws you to the water and what else is going on in your life.

Just fill out the few simple questions [here](#) and [send us](#) a recent photo of you in paddling mode. We'll do the rest, and soon all your CPA paddling buddies will know more about you.

For a complete roster of past Paddler Profiles, see the CPA Website [here](#).

120 degree rule (Continued from page 5)

to constrict as the body shunts blood to the core to protect the brain, heart, lungs, and other vital organs. The result of this is the person loses strength and coordination in the hands, arms, and legs. This can quickly interfere with a person's ability to rescue themselves by reentering their boat, swimming to shore, or even holding onto their boat. If they are not wearing a PFD as they lose the ability to tread water or hold onto their boat, they soon drown. Even if wearing a PFD, if they are unable to keep their head out of the water and waves, they will drown. In 45° water, swim failure can start to occur in as little as ten minutes.

A third factor is "cold shock". The sudden constriction of the peripheral blood vessels due to cold water immersion is accompanied by a dangerous spike in blood pressure and heart rate. This can cause heart failure or stroke in some susceptible people.

Many people have at least heard of hypothermia; however, it is a less common cause of death in small craft incidents. It takes a while for the body to fall to dangerous core body temperatures, generally below 95°. It can take an hour or more even in fairly cold water. If in the water and you are not wearing a PFD, other effects of cold-water immersion generally cause death first.

It still can be a factor if you manage to get back in the boat or to shore and do not have access to dry clothing and a way to warm back up. As the core cools, mental confusion is common, further complicating things. Hypothermia is not limited to very cold water, although water can cause a loss of heat up to twenty-five times faster than air. It can occur at any water or air temperature where it is below body temperature and the cooling effect exceeds the body's ability to warm itself. It's often a factor of time. Serious hypothermia almost always requires medical intervention as treatment is complicated. Rubbing the extremities or placing a person in a hot shower are not advised. The sudden return of chilled blood from the extremities to the core can cause a dangerous drop in blood pressure and heart failure. This is often called circum-rescue collapse. This phenomenon is complex and not completely understood.

A dry suit by itself in most cases is not enough. It has the insulating properties of a shower curtain. It requires that proper insulating layers be worn underneath it, generally a wicking fabric, wool, or fleece. Never cotton.

For a wetsuit, these work best when you are actually in the water. It must fit snugly to prevent water from flushing in and out. It is suggested that nothing more than a bathing suit or a rashguard be worn under a wet suit. The thickness of the neoprene is important to consider with a wetsuit to keep you warm enough. Be aware that a wetsuit can be too warm when paddling vigorously but not warm enough when not paddling or taking a break on the beach. Having windbreaker or fleece top available is recommended with a wetsuit.

When out on cold water always dress for immersion and dress for the water temperature, not the air temperature. It is

recommended that you swim test your gear before setting out to determine if what you are wearing is suitable for the conditions. Just wading out into the water can tell you if you will be warm enough and that there are no problems with your gear. Think about how long you might be in the water if things go wrong. Rescue can take a lot longer than you might think unless you get lucky.



CPA Cold Water Workshop 2015 photo by Catriona Miller

Solo cold water paddling on big open water is not really recommended.

For a comprehensive resource on the dangers of cold water I highly recommend checking out the [National Center for Cold Water Safety](#).

Launch of the Month (Continued from page 6)

5. [Reeses Landing](#) 38.8393811N 75.9286925W **Address**– End of Reese Landing Road Near 10591 Tuckahoe Bow Dr Cordova- MD 21625 **Type**- soft launch **Parking**- Small Restroom - No Fee– No Ownership- Talbot County - Department of Parks and Recreation County- Talbot **Comments**-
6. [New Bridge Landing](#) 38.8309922N 75.9145536W **Address**- 10300 Tuckahoe Landing Rd Easton, MD 21601 **Type**-ramp **Parking**-Moderate **Restroom**-No Fee-No Ownership-Talbot County - Department of Parks and Recreation County-Talbot **Comments**-
7. [Ganey's Wharf](#) 38.8051311N 75.9091369W **Address**– End of Ganey's Wharf Road, near 7139 Ganey's Wharf Road Preston, MD 21655 **Type**-ramp **Parking**-Yes **Restroom**-Yes Fee-No Ownership-Caroline County - Recreation and Parks County-Caroline **Comments**– Choptank River

The Chesapeake Paddlers Association, Inc.

The mission of the Chesapeake Paddlers Association is to provide a way for people to enjoy sea kayaking within the Chesapeake Bay area and to promote safe sea kayaking practices through educating the local sea kayaking community and the interested public.

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The Chesapeake Paddler

The *Chesapeake Paddler* is published 10 times a year, with combination issues in Nov/Dec and Jan/Feb. The deadline for submitting copy is the 15th of the preceding month. Articles and illustrations (graphics, photos) should be submitted as separate attachments to: news_editor@cpakayaker.com

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