

# The Chesapeake Paddler



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## Sharing the sport of kayaking at SK101

**S**o you want to learn more about this kayaking thing, but don't know where to begin? How about CPA's annual *SK101 Introduction to Sea Kayaking*, a day-long workshop for everything you need to know to get started?

More than 45 participants made the trek to the Cult Classic Brewery on Kent Island on March 1 for this year's edition which was led Shelly Wiechelt.

Together with Shelly's fellow SK101 committee members Laurie Collins, Rick Leader and Denise Parisi and several other CPA members, participants spent the day learning about the types of kayaks, paddles, gear, safety equipment, transporting your new toys and planning trips.

After a quick jolt of coffee and snacks and a welcome by Shelly and CPA Coordinator Bill Smith, participants divided up into groups and spent time with four instructors who described different types of kayaks, their parts and conditions they were designed for.

Denise Parisi talked about her composite Current Designs boat,



*Bee Dawson talks about the parts and features of her kit-built sea kayak at the popular SK101 workshop.*

Rick Leader a roto-molded Romany, Laurie Collins a recreational boat and Bee Dawson a wooden kit-built boat.

With the basic functions and designs of kayaks out of the way, it was back to a one-group session and on to paddles. Brian Blankenship discussed the types of paddles such as Euro, Greenland and wing, blade types and the type of stroke each paddle is designed for.

Denise Parisi led a kayak fashion show of kayaking gear for each season, Ralph Heimlich and Bee Dawson discussed requirements for going on a CPA trip and places to paddle, Shelly Wiechelt talked about factors to consider to go or not to go on a trip and Rich and Sue Stevens rounded out the day with a demonstration of the gear needed to get that kayak to the launch site.

But most of all, it was a chance to share the love of a sport that keeps you fit mentally and physically and gets you close to nature like no other.

Thanks to all the CPA organizers, presenters and participants for another great SK101. ♦

### SK102 Cancelled

We have been following the COVID-19 outbreak closely over the last few weeks wrestling with its impact and ramifications for our spring training events.

After much discussion, we have unfortunately decided to cancel several of our spring training events, including SK102. We hope that as the situation evolves, there will be opportunities for CPA to offer alternative training events, and we have every intention of holding spring 2021 events.

This decision breaks our hearts as much as it probably disappoints you. Please keep yourselves safe both on the water and off this year and we hope we'll see you out on the water this season.

See page 8 for the CPA Covid-19 policy. - *Bill Smith*

# Photos from SK101



## From the CPA Coordinator

# Are you prepared for emergencies?

As a trip leader and event coordinator I lead several people on trips every year, so it is not unusual to be leading a group 1-2 miles offshore. I know CPA is a safety conscious group as most paddle clubs are, but I wonder if we are really prepared if something goes wrong.

Like most trip leaders, I carry a first aid kit. But I seldom look at it to see if it is adequate and I know it certainly does not carry everything that should be in it.

Last year I opened my first aid kit and noticed I had an eye wash solution that was turning black. I looked at the date and realized it had expired in 2002. I then started going through my kit and realized it should have been thrown out a long time ago, so I now carry a new one. Having a new first aid kit does not solve all the issues that could arise, however.

I can't imagine the nightmare it would be if someone in your group suddenly became incapacitated and needed immediate medical help; simply calling 911 or an ambulance still means an extended period from the notification until help arrives which in some cases could be too late.

### **Unexpected emergencies**

The first CPA trip I led resulted in a paddler in our group needing a tow back to the launch site and transported to the emergency room. The trip started out like any other trip with the group of 7-8 paddlers paddling at a pace of about three knots in calm waters.

The paddler was someone I had never met and who did not sign up ahead of time, but he was a ball of energy at the launch and seemed like he would be no problem.

After paddling two miles the paddler announced he was getting sick and asked us to proceed without him. We refused his request and stayed with him until he told us he was ready to proceed. After another mile of paddling he again announced he was getting sick.

A few moments later it became apparent that he needed to get out of his boat. We towed him to a nearby dock where we helped him out of his boat and onto a dock where he rested.

We told him we would call an ambulance, but he flatly refused



Bill Smith

so we allowed him to rest some more and then towed him back to the launch site where he was transported to the emergency room against his wishes.

This was a multi-person tow since we used a shepherd to balance his boat. It did turn out he was having some sort of heart episode, so the emergency room was a good call.

### **Lessons learned**

I decided that if I ever have this situation come up again an ambulance would be called ASAP. I reviewed his waiver when we returned and realized that he left his emergency contact off, another lesson learned.

I now review waivers carefully before stowing them for the trip. On this trip I learned a few valuable lessons and felt that luck was on our side, but you can't rely on luck. I am just glad that his ailment was not much more serious.

The point I am trying to make is whether you are the trip leader or a participant it is your duty to be prepared for an emergency. You should know your location and have a means for alerting others to your emergency.

A radio or cell phone are only partially effective if you are not sure where you are, emergency personnel can waste a large amount of time trying to locate you.

Having a chart or map of the area you are paddling along with a GPS or compass to guesstimate your location is extremely helpful. The CPA steering committee has had discussions on offering a wilderness medicine clinic which I think would be extremely helpful and may save a life someday.

Happy paddling, spring is here!

## **Reporting Accidents and Incidents**

While CPA seldom experiences accidents or incidents, any that occur should be reported as soon as possible and in detail to the Coordinator and the Steering Committee.

The Coordinator or Treasurer will forward these documents to our insurance agents. Fillable .pdf forms for reporting incidents are online [here](#).

The first page contains the complete procedure for completing the report.



## Your sea kayaking resource

# CPA Forums are back online

By Rich Stevens

**W**ant to sell that boat or other kayak gear, find out how someone else did a trip you always dreamed of or interact with other kayakers? The CPA Forums are the place to visit. They act as a virtual library for almost twenty years of CPA sea kayaking knowledge.

Due to problems bringing the forums up to current standards, they were offline for several months last year. I'm glad to report they are back and ready for use.

Some of the most popular forums are the "Trip Reports" section where members post information on kayak trips they've taken, "Gear Swap" for buying and selling boats and gear and others for general kayaking info, event notices, boat reviews and Piracy information.

The forums are kind of a web site embedded within the CPA website and posed some unique challenges to bring up to date. The forums were set up in early 2002 by Barbara Foley and Dave Biss, our former webmeister and coordinator respectively. They were cobbled together using some now ancient software and a lot of undocumented custom coding.

### Getting up-to-date

The forums worked well at the time and continued to do so for quite a while. Unfortunately, in October 2017 we started having problems and Barbara and Dave were long gone. We started having crashes and hacks.

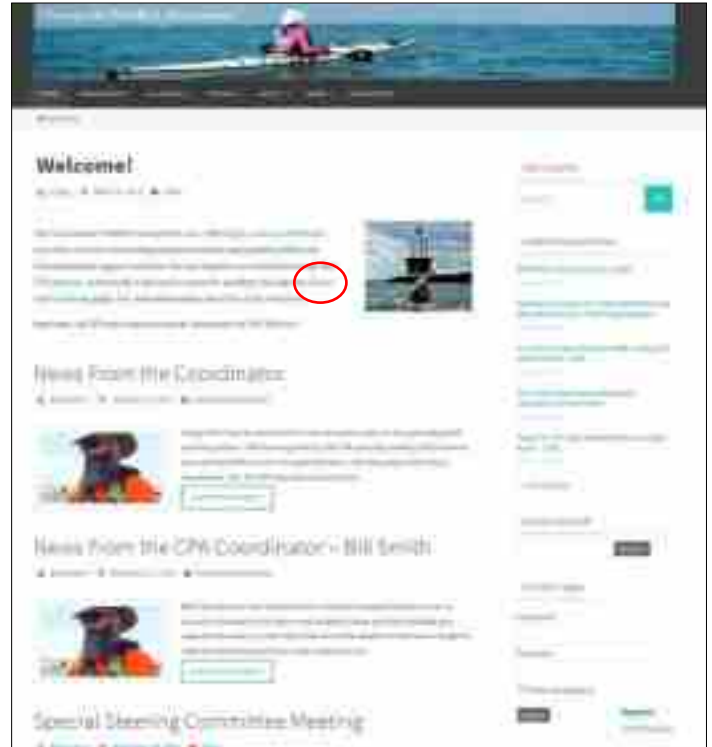
The software was insecure and was becoming more and more incompatible with modern web standards. It was so old and customized that an easy update was impossible.

In late 2018 we began to have the same problems with the main website and we were forced to shut down the forums to concentrate on revamping the website. This required a total redesign to bring it up to modern and secure standards and took several months.

This effort was led by Gregg Banse with the help of the web team and steering committee. An interim website was created and the final version went live last May. The website is now on a secure platform and updated on a regular basis.

Once the website was taken care of Gregg turned his magic talents to the forums. The main challenge was how to save all of the historic posts and keep them searchable.

This was a major endeavor and several people had declined to



*To get to the CPA Forums look for the "Forum" link on the CPA home page.*

attempt this in the past. It took a long time, digging into custom code and translating it into something that the current software could use. Eventually, Gregg succeeded and the forums were back after being down for about seven months.

### Back online

Due to the long outage, a lot of people have forgotten about the forums. I would suggest that you look at them again. They offer a way to interact with other paddlers in a way that is not possible with our website and Meetup.

You can ask questions, search topics that may have been covered in the past, buy and sell boats and gear, post reviews, look for paddling partners, look for kayak related events, and much more. Many of the posts are old, but hopefully this will change as people start to use them again.

On the right side of the [CPA home page](#) you will see a listing of the five most recent forum posts. You do not need to sign in to read the forums, but you must sign in to post. This is to minimize hacking and spam. Even if you had a login for the

**See Forums on page 5**

## Forums from page 4

forums in the past you will likely need to reregister.

You can probably start a new account using your old user name and password or your Meetup login for simplicity. Check out [Getting Started](#) to begin and also review our [Web Posting Policies](#). Often using the “Forgotten Password” link will help. If you still have problems logging in please contact [us](#).

At the top right of each forum is an option to subscribe to that forum. That should send an email to you any time a new post or reply appears in that topic.

If your email client supports RSS feeds, you can subscribe to all of the public forums using this link:  
<https://www.cpakayaker.com/forums/feed/>.

The first time you log in and post a topic your post will be held for moderation. It will be reviewed and typically approved often on the same day. After your first post is approved your future posts will not be held for moderation.

**Bear in mind when posting pictures that that these are limited to 512K each.** Most photo editing software will allow you to reduce the file size. There are also online options for resizing pictures.

Although we appreciate it if you become a CPA member, unlike with our newsletter, you do not need to be a member to use the forums.

Hope to see more of you there! ♦



## Get ready for spring with some new gear



If you've attended SK101 and are ready to get a boat or an old hand who needs to sell or buy some gear, the CPA Gear Swap is your online classified ad service.

First go to the CPA home page and look for the “Forum” link. Then look for “Gear Swap” in the main menu.

There will be posts for people selling and wanting to buy gear. If you are looking to post an ad to buy or sell, you use the “Register” tab to create a log in for the forum if you don't already have one.

Once you create a log in, you can send and receive private messages about gear you are selling or are interested in.

You can post photos of gear you are trying to sell, just be sure the file size is no larger than 512K each.

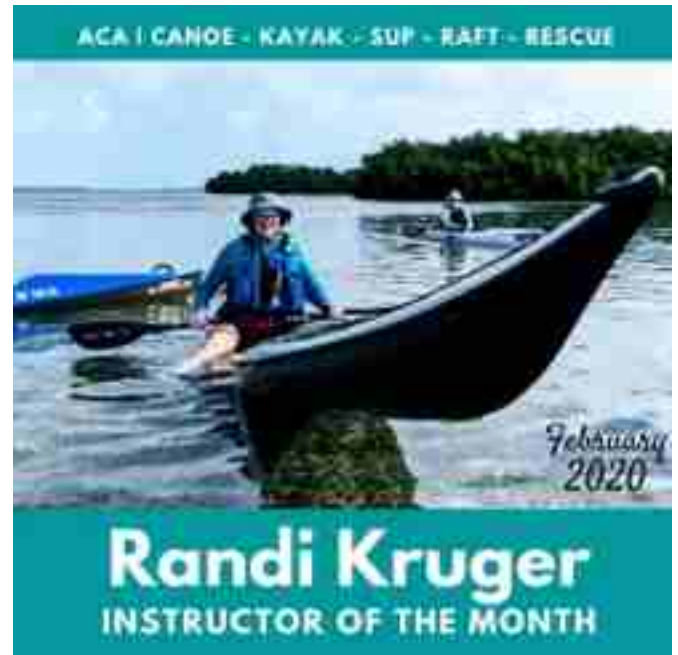
Finally, start going through that garage for spring cleaning!

# HEALTH BENEFITS OF KAYAKING

Kayaking is an excellent low-impact activity that increases strength, improves aerobic fitness, and adds to your flexibility. See the health benefits of kayaking.

by kayakbase.com

- 1 WEIGHT LOSS AND BETTER STAMINA**  
Participating in regular short sessions of paddling can help to increase and improve your stamina.
- 2 SOLID CORE AND TONED MUSCLES**  
Improvement of the posture (kayakers sometimes suffer from upper back/neck pain) involving the chest, shoulders, etc., and legs. As you work your legs through water, all these muscles are exercised as well, leaving them fit and continuously improving the overall strength of your core.
- 3 GREAT FOR ABS**  
Following you from the elbow, when the paddling stroke enters the water, the paddle being continuously moved from one side to the other. The end result of this action is an effective stroke being performed which works on your abs and also strengthens and tones them in the process.
- 4 REDUCED STRESS**  
Clear, calm waters can be especially beneficial to those who are stressed. Besides the relaxing sound of the water, the fresh air and natural surroundings can also help you to relax.
- 5 INTERNAL CARDIOVASCULAR BENEFITS**  
Besides the muscles, heart, and lungs, kayaking is also highly effective at improving your heart health and cardiovascular system.
- 6 IMPROVED MENTAL HEALTH**  
Kayaking can improve your mood, helping you to feel more relaxed and less stressed. It can also help you to feel more confident and more in control of your life.
- 7 IMPROVED OVERALL STRENGTH**  
Kayaking is considered a full-body exercise that tones the abs, buttocks, and thighs.
- 8 EMOTIONAL BENEFITS**  
For many, kayaking provides a mental break and peaceful solitude where they can escape stress and distractions for a while. For people who find it hard to relax, kayaking can be a great way to do so.
- 9 IMPROVED OVERALL HEALTH**  
Kayaking provides excellent aerobic workouts, which might be a fun component of your fitness regimen.
- 10 A FITTER YOU**  
If you can afford to invest in a good kayak, a good paddle, and a good life jacket, this activity can play a considerable role in your efforts to lose weight and maintain a fit and healthy lifestyle.



## Randi Kruger wins ACA instructor award

CPA member Randi Kruger was recognized as [Instructor of the Month](#) by the American Canoe Association (ACA). The ACA Instructor of the Month Award program seeks to bring attention to ACA certified instructors who are making a big difference in their communities.

On receiving the award, Randi told the ACA:

*"I am a small business owner, combining coastal and river instruction with kayak and gear sales. I paddle full-time. I left my desk job and career behind in 2015 to pursue my passion for water sports, with an overarching goal to have a positive impact on others.*

*"I am also a working artist; I collect elements and ideas for my art while I'm paddling on my home river, the Potomac, and the other locations where I find myself.*

*"As educators and guides, ACA instructors have the opportunity to help people experience the natural world in a safe and low-impact manner.*

*"Being on the water helps people enjoy their lives. I can't think of a more positive way I can make an impact on the future, than by spreading happiness now."*

Congratulations Randi!



# CPA making plans in uncertain times

## Planning and Steering Committee meetings set 2020 agenda

Amid the nationwide uncertainty of the COVID-19 pandemic the members of the CPA Steering Committee and attendees at the annual Planning Meeting set a tentative course for the year ahead.

The Steering Committee considered some housekeeping items for CPA bank accounts and proposals to update the bylaws, which Treasurer Rich Stevens will cover in more detail in a future article.

The Steering Committee also discussed ideas for the 2020 season, including possible trip leader training to encourage more outings and more events geared to attract younger members.

After the Steering Committee meeting and a break for Ralph Heimlich's homemade seafood chowder the annual Planning Meeting convened that resulted in many CPA events including day trips, camping weekends and other activities all the way through the Annual Meeting in November. The Holiday Party is set for December 12, start shopping!

Piracies that are scheduled to start in early May and other



*Ralph Heimlich, left, and Rick Leader make CPA history with the first social distancing paddle on a trip around Eastern Neck Island.*

CPA activities will all be subject to developments in the COVID-19 pandemic. Be sure to check the [CPA Meetup](#) site for the latest on scheduling.

## Outdoor Foundation issues Paddlesports Report



The Outdoor Foundation, in partnership with other paddlesport groups, has issued a comprehensive report on paddlesports in the United States.

If you like statistics on who's doing what and where about everything paddling related, this 53-page report is for you.

From the Executive Summary:

"In 2018, 22.9 million Americans, or 7.6 percent of the U.S. population, took to rivers, streams, lakes, and oceans to participate in at least one paddling activity. This participation rate is a slight decrease from 7.7 percent in 2017 and 7.8 percent in 2016.

"In terms of specific paddlesports, recreational kayaking continues to grow in popularity and seems to be replacing many Americans' desires to canoe. Stand up paddling, on the other hand, doesn't have nearly as high a participation rate as either canoeing or recreational kayaking, but its popularity has soared in recent years, gaining 1.5 million participants since 2013."

Click [here](#) for the full report.

## CPA Policy on Corona Virus (COVID-19) March 13, 2020

*This is a rapidly evolving situation and CPA will provide updates as they become available.*

**General Policy Statement:** Chesapeake Paddlers Association, Inc. generally recognizes the value of social distancing in preventing the spread of COVID-19.

Event and trip leaders are cautioned to consider the state of emergency with regard to the virus and cancel or postpone planned events or trips until such time as the pandemic is deemed under control.

Small groups can still meet safely if participants observe the prevention measures outlined in the full policy, and choose to self-isolate if they a) have been tested and diagnosed with the disease, b) show any of the symptoms outlined in the full policy c) have recently traveled to any of the domestic or international virus "hot spots", or d) been in contact with people who meet a) through c).

Participants should practice the prevention measures outlined in the full policy during the event and event leaders should



emphasize the need for self-isolation and following preventative measures.

For the complete policy, go to:

<https://www.cpakayaker.com/cpa/chesapeake-paddlers-association-inc-policy-on-corona-virus-covid-19-march-13-2020/>

## Upcoming CPA events

*(subject to change due to COVID-19, for details and registration, visit the [CPA Meetup Calendar](#))*

Date	Event	Summary
Sat, April 4	Pax River Cleanup	9:00 a.m. - 3:00 p.m., Pax Riverkeeper, 17412 Nottingham Rd, Upper Marlboro, MD, 20772,
Sun, April 12	Build Your Own Spray Skirt, #1	8:00 a.m. - 3:00 p.m., 3873 Paul Mill Rd, Ellicott City, MD
Sat, April 18	Kent Island Paddle (KIP) #1	Time and location TBA
Mon, April 20	Wye Island Paddle	10:00 a.m. - 4:00 p.m., Wye Landing launch, Wye Mills Easton Rd, Wye Mills
Fri, Apr 24 - Sun, 26	SK 102 Skills Clinic	cancelled
Sun, April 26	Build Your Own Spray Skirt, #2	8:00 a.m. - 3:00 p.m., 3873 Paul Mill Rd, Ellicott City, MD
Fri, May 1 - Sun, 10	Sails Angels Spring Gathering (non-CPA event)	Tall Pines Harbor Campground, 8107 Tall Pines Ln Temperanceville, VA 23442
Fri, May 15	Pax River, Snow Hill Park	9:00 a.m. - 2:00 p.m. 26590 S Sandgates Rd, Mechanicsville, MD 20659
Sat, May 16	Kent Island Paddle (KIP) #2	Time and location TBA
Fri, May 29 - Sun, 31	Camper, Tuckahoe State Park	13070 Crouse Mill Rd, Queen Anne, MD 21657



# 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.*

[www.cpakayaker.com](http://www.cpakayaker.com)

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We accept display advertising that relates to the interest of our readers.  
Monthly rates are as follows:

size	cost	dimensions (col)
1/8 page	\$20	2.4" x 3.5" (1)
1/4 page	\$32	4.9" x 4.7" (2)
1/2 page	\$50	7.5" x 4.7" (3)
Full page	\$80	7.5" x 9.75" (3)

A 5% discount will be given for ads supplied as electronic files in acceptable formats (i.e., .tif, .gif, .jpeg, bit-map). Email [news\\_editor@cpakayaker.com](mailto:news_editor@cpakayaker.com) for more information and for a 10-month discount.

Public service announcements and personal ads to sell kayaks/ accessories are printed at no charge; non-members pay \$10 for three months. Ads dated three months before the date of this issue will be pulled unless a new request is received by the 15th of the month prior to the next issue. And if it has sold... please tell us!

## 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)

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## It's spring, time to catch up on some bird calls

One of the joys of kayaking is getting close to birds and other wildlife.

Get ready for the spring migration by learning to identify birds by their calls.

Click [here](#) for a short 50 bird species page.

For a more comprehensive list, visit the Smithsonian Migratory Bird Center's identification guide:

<https://nationalzoo.si.edu/scbi/migratorybirds/education/nasongsexpl.cfm>

And Cornell's "All About Birds" page:

<https://www.allaboutbirds.org/news/how-to-learn-bird-songs-and-calls/>

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