

The Chesapeake Paddler



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CPA hosts largest event since COVID crisis began



New and veteran paddlers got a chance to get together in person at the CPA Potluck Picnic and Fall Out of Your Boat Day at Truxtun Park in Annapolis. Above, Robert Tolley and Deborah Bell do a wet exit supervised by Denise Parisi (in red shirt) while Laurie Collins (in purple shirt) instructs Cathy Smith. (Photo: Ralph Heimlich)

By Ralph Heimlich

Thirty-nine paddlers convened on a beautiful summer day Sunday, July 18, for a CPA Potluck Picnic and Fall Out of Your Boat Day at Truxtun Park in Annapolis.

This event, which is usually held early in June, was postponed a little, but through the efforts of Sue and Rich Stevens, Bill Smith, and Dave Isbell, was held later in the summer and has been the largest gathering of CPA members since COVID began.

While the Truxtun Park boat ramp and beach were rife with paddlers of all sorts, including an ACA Level 2 class and numerous paddle craft pushers (what WAS that thing powered by a jogging paddle-footed guy? A waterborne rickshaw?), CPA members and guests quickly

outnumbered all others on the water.

A crack staff of instructors helped new paddlers master the dreaded wet exit and even taught some paddle-float reentries, cowboy (girl) reentries, and the heel hook. Kudos to instructors Bill Smith, Laurie Collins, Marilyn Cooper, Denise Parisi and Jean Wunder.

At noon, a great variety of salads, desserts, and side dishes complemented the hamburgers and hot dogs expertly prepared by Rich. Marla Aron manned the CPA Logo Gear table selling shirts in person for one of the first times since COVID locked us down.

Others had gear to sell or swap and several people went

[See Event on page three](#)

From the CPA Coordinator

Paddling the Mississippi River

Greetings paddlers!

Well, if you are like me, you read anything paddler related so I started following the story of Traci Lynn Martin, a nurse and kayaker from Missouri. Traci was diagnosed with rheumatoid arthritis back in 2010 and Scleroderma this year so she suffers from chronic pain.



Bill Smith

To raise awareness of chronic pain she decided to solo paddle the Mississippi River from source to sea. A mere 2,552 miles from its source in Minnesota to the Gulf of Mexico below New Orleans. Her plan was to not only paddle the length of the Mississippi but to shatter the current female record of 61 days by finishing it in 45 days on the 4th of July, 2021.

As it turned out Traci finished it in 52 days but not from a lack of trying. She did have to skip a few bad weather days but also paddled some 70-plus mile days to make up for it. When was the last time you paddled over 70 miles in one day.

I am sure she also had to deal with some critical downtime just to deal with her health. The fact that a person was able to carry out this feat is amazing but factor in her condition that makes her a superhero.

Traci did have a good friend who chased her down the river to provide logistical support and a place to sleep each night. She also had a huge following on a Facebook page 'just around the point'. Traci's boat of choice was a Stellar Racer, which is 19'2" by 18.75".

The Stellar Racer is a modified surf ski. Reading her tracks, she was sometimes reaching 10 miles per hour. Traci also had groups meet her along the way to give her moral support and encouragement to finish the task. The river also has 29 locks and dams.

The Mississippi River also had another team this year to beat the record for paddling. This was a team of four men including a Marylander, in a 23-foot Wenonah canoe. This canoe had a modified shelter in the middle of the canoe so two could sleep while two paddled so they could keep moving down the river. The new record was set at 18 days and 10 hours. Back in 1983, famed canoer Verlon Krueger with Valerie Fons paddled it in 23 days.

I have read as much as I could find on Verlon Krueger and know that Verlon's advantage was he hardly ever slept so he would paddle 18-19 hours a day.

I read a story about him when he paddled up the Mississippi and then up the Missouri Rivers. One of his paddle companions was his son-in-law who had to fly home mid trip to finalize his divorce from Verlan's daughter. He then flew back and finished the trip with his ex-father-in-law.

Happy paddling -Bill Smith

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. We look forward to sharing your story.

[Event, from page one](#)

away better equipped than when they arrived. After the meal and much visiting among folks who had not seen each other in person in a long while, people reconvened on the beach for more instruction and an impromptu paddle down to Ego Alley.

What our boaters lacked in net worth, they made up for in enthusiasm as the various paddlers took in the waterfront sights.

A great time was had by all.



Clockwise from top right:

1.) Steve Jarvis does a paddle-float reentry under Bill Smith's tutelage.

2.) Marla Aron (in green shirt) selling CPA Logo Gear.

3.) The CPA banner flies again at the Truxton Park Pavilion.

4.) Laurie Collins instructs Tim Updegrove while Denise Parisi (in white hat) supervises a paddle-float reentry.

(Photos: Ralph Heimlich)

Help needed for Beverly Triton final funding push

By Lisa Arrasmith

[Public Water Access Committee](#)

Please help get final funding for more public water access at [Beverly Triton Park](#). If you live in Anne Arundel County, please email your County Councilmember (link below) today AND set a reminder for Thursday, September 2, 2021 to email your County Councilmember AGAIN and ask them to vote yes on Bill 69-21, the supplemental funding bill for the public swimming beach and increased parking at Beverly Triton Park.

Remember to include your first and last names and snail mail address so they know you are a real person. Find your County Councilmember's email address here:

<https://www.aacounty.org/departments/council/councilmembers/who-is-my-councilmember/index.html>

Construction delay equals increased construction cost. The construction of the public swimming beach and parking lot improvements at Beverly Triton was deliberately delayed twice since January 2019.

The project finally went out for bid in late spring 2021. The bid period ended on June 1, 2021. Predictably, the construction delays caused increased project



Projects at Beverly Triton Park include a public swimming beach and parking lot improvements. (Photo: Anne Arundel County)



Public support for a proposed funding bill is needed to finish public water access improvements to Beverly Triton Park. (Photo: Anne Arundel County)

construction cost. The bids came in over the estimate.

Bill 69-21, a supplemental funding bill for the extra cost for the construction of the public swimming beach and increased parking at Beverly Triton, was introduced to the County Council on Monday, July 19, 2021. The timing is unfortunate because the Council does not meet again until Tuesday, September 7, 2021.

Water access advocates will be on the water for the Labor Day weekend and the "due date" for the Beverly Triton supplemental funding bill may get lost in the holiday celebration.

Meanwhile, the park obstructionists will be out in force lobbying the Council against this funding. Please set a reminder to send that second email to your Councilmember before enjoying the Labor Day weekend.

Bill 69-21: <https://www.aacounty.org/departments/council/legislation/bills-and-resolutions/69-21>

Again, if you live in Anne Arundel County, please email your County Councilmember today AND set a reminder for Thursday, September 2, 2021 to email your County Councilmember a second time and ask them to vote yes on Bill 69-21, the supplemental funding for the public swimming beach and increased parking at Beverly Triton Park.

AA County FY22 Budget fails on new public water access

By Lisa Arrasmith

[Public Water Access Committee](#)

The only funding for new public water access in the Anne Arundel County FY22 budget is \$75,000 for a feasibility study of Valentine Creek Park on the Severn River. As I said in my [June 2021 guest column](#) in *The Capital Gazette* newspaper, “That’s not crumbs, that’s dust.”

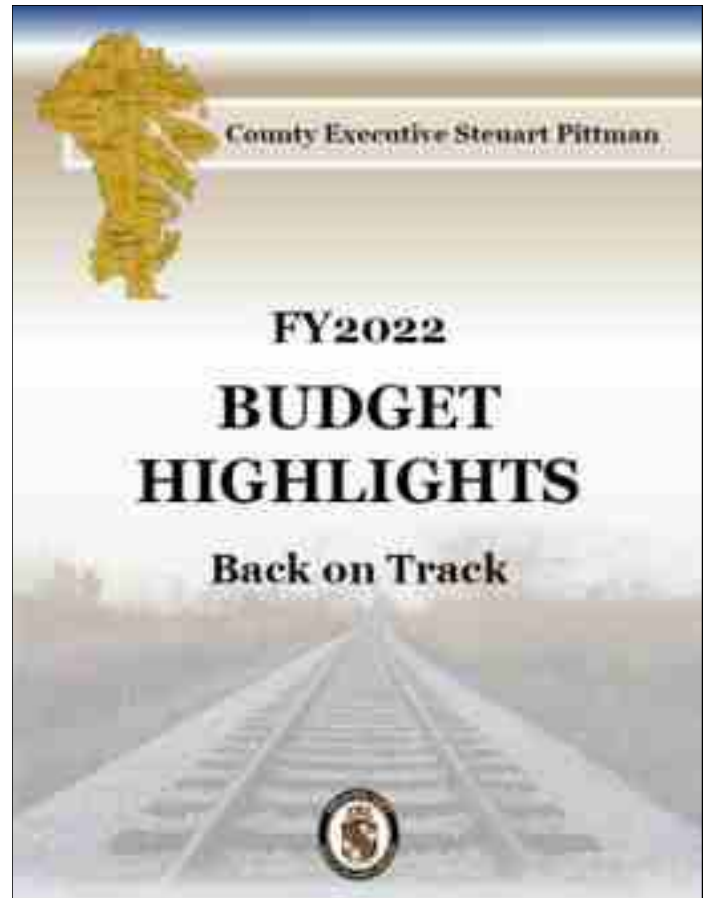
The wave of public water access accomplishments that started in 2013 under then-County Executive Laura Neuman and continued through the administration of now-former County Executive Steve Schuh is fizzling out in [County Executive Stuart Pittman’s FY22 budget](#).

Water access advocates participated vigorously in the FY22 county budget process. We testified at six of the seven Budget Town Halls held by County Executive Stuart Pittman. We submitted a formal Budget Request to the County Executive. We organized email drives to the County Executive and County Councilmembers. We submitted a Supplemental Budget request to the County Council. No one can say we didn’t speak up. The administration simply did not listen.

Early claims by the administration that there was a record amount of funding for new public water access in the FY22 budget spurred digging into the proposed budget. It turned out that there is a lot of money in the new public water access account because expensive renovations of two existing county wharves (Green Haven and Galesville) were crammed into the new public water access account.

Wharf renovations are customarily budgeted as separate capital projects, as was done with the recent renovation of Carrs Wharf. Take out the renovations of the existing wharves from the new public water access account and what’s left is the \$75,000 for Valentine Creek Park. Dust.

We’ll strive this year to make sure the county completes the water access projects that were funded in prior years and are still in progress, including Spriggs



Farm Park and Beverly Triton Park, and look to FY23 for reinvigorated new public water access funding.

In-person meetings of The Public Water Access Committee are tentatively scheduled to resume in October 2021. For now, my thanks to all of you who stepped up and told the county that you wanted more public water access funding in the FY22 budget.

The *Capital's* “Our Say” editorial and my guest column on public water access and the FY22 county budget are linked below.

[“Our Say” editorial](#) from *The Capital* June 4, 2021 paywall link.

[“Our Say” editorial](#) from *The Capital* June 4, 2021 no paywall link.

My [guest column](#) in *The Capital* June 13 2021.

New effort to save Maryland waterbirds

We are all used to seeing Osprey platforms and nesting boxes in our kayaking trips, but now you can add a new twist in efforts to help endangered birds—[artificial islands](#).

Maryland's nesting pairs of colonial waterbirds, the common tern, royal tern and black skimmer, have plummeted by an astounding 90 to 95% since the 1980s.

The birds' preferred nesting habitat is in small colonies on barren beaches of small islands. These islands have been disappearing with sea level rise and coastal erosion.

A new joint project by the [Maryland Department of Natural Resources](#) (DNR), [Audubon Mid-Atlantic](#), and [Maryland Coastal Bays Program](#) will share research and monitoring efforts to help preserve and restore these endangered species.

This year the group has undertaken a pilot project to create an artificial island that mimics the ideal beach



If you see an unusual island this summer, it's part of a new project to restore pilot project to help restore nesting habitat for endangered Maryland waterbirds. (Photo: [Dave Brinker, Maryland DNR](#))

nesting habitat. Local artisans helped design and build the wooden platform that was filled with crushed clam shells. Other community groups made chick shelters and decoys to attract the terns and skimmers.

Similar platforms and techniques have been used successfully in other parts of the U.S., Canada and Europe, including restoration of the puffin population in the Gulf of Maine.

The project can't come too soon. Since the 1980s, the number of Maryland's nesting pairs of common terns has dropped from 3,000 to 500 and black skimmer pairs have dropped from 300 to less than five.

The initial platform is anchored in an undisclosed bay. If successful, others will follow in the future. So, if you happen on an unusual platform in your paddling trips, be on the lookout for the terns and skimmers that might be nesting there.

Click [here](#) for more information.



There are less than five nesting pairs of black skimmers left in Maryland. (Photo: [Maryland DNR/Terry Foote](#))

Father-Son duo paddles the Bay for charity

A father-son duo from Elk Ridge, MD paddled the Chesapeake Bay to raise awareness and support for the [Adventist Development Relief Agency 's](#) (ADRA) COVID-19 hunger response campaign.

Hearly Mayr and his 13-year-old son Andreas launched from Elk River Park on July 17 and completed a 15day trip along the eastern side of the Bay, ending at Smith Island Virginia where the Bay meets the Atlantic ocean.

Andreas is one of, if not the, youngest persons to make the 200-mile journey. The duo came up with the idea as a way to help others in need and at the same time spend more time together.

“That’s why we decided to use our vacation to get people to pay attention to the fact that while the pandemic is easing in the U.S., people in other countries are still facing very serious COVID-19 related challenges each day, especially hunger,” [Hearly told the Cape Charles Mirror](#).

The pair posted regular updates at <https://www.facebook.com/hashtag/bay200challenge> and the ADRA surpassed its fundraising goal to fight hunger.



Hearly Mayr, left, and his son Andreas stand at the Elk River boat launch at the start of their 200-mile journey down the Bay for charity. (Photo: [Matt Button / Baltimore Sun Media/Baltimore Sun Media](#))

Drinking ice-cold water on a hot day

By Marla Aron

Living in the Chesapeake Bay region, we are no strangers to dealing with high heat and humidity and staying hydrated while outside.

But lately, Facebook posts and articles are making the rounds with the title “Why You Should Never Drink Ice-Cold Water on a Hot Day.” The claim is that drinking ice-cold water can cause the body to go into shock.

We’re kayakers, hikers, and campers. A drink of ice-cold water on a hot day sounds pretty nice. So, what’s the real story? The online fact-checker Snopes.com [researched this question](#) and reports that while it is possible that drinking ice-cold water in very hot weather could send the body into a state of shock, such events are extremely rare and are more likely caused by

underlying medical conditions like dehydration, heat exhaustion, or low blood sugar.

The Mayo Clinic told Snopes.com researchers that if someone is extremely dehydrated it’s possible that a body could react to cool water hitting the stomach by constricting the blood vessels surrounding the stomach sending blood towards the vital organs, so the brain does not receive enough blood which could result in temporary loss of consciousness.

The bottom line seems to be it’s possible that ice-cold water could contribute to causing shock or fainting, but that doesn’t necessarily mean that it should be avoided when it is hot. Consider your other medical conditions and keep hydrated.

Paddler Profile

Meet Ed Johnson

Editor's Note: Ed is a well-kept secret in CPA, he has been a member since 2000, but a busy life meant he hasn't paddled as much as he liked.

Lives in: Harwood, Maryland (southern Anne Arundel County).

Real job: Scientist with NOAA's Ocean Service (retired May 2021).

Do you regularly attend a CPA Piracy?

No. Now that I'm retired I plan to paddle with Pirates of Arundell.

Number of years paddling? Kayaks since 1999. Canoes since I was a kid growing up in the Finger Lakes region of NY.

How did you get involved in sea kayaking? I bought my son (7yo at the time) a 9ft kayak, a child-size paddle, and a dip-net, in an attempt to get him interested in canoeing. At the same time, I got myself a Wilderness Systems Pamlico. I was hooked; he wasn't.

What boat(s) do you paddle? 1. Multiday excursions: CD Nomad GTS (rudder), 2. Playboat: Tiderace Xcite (skeg), 3. All-round: CD Gulfstream (skeg). Retired boats: Necky Elaho (2000), P&H Sirius (1992).

Rudder or skeg? Both.

Type of paddle used? Aleut, Greenland, Euro.

Do you do any other paddling than sea kayaking? I love canoeing, especially wilderness canoe camping in the Adirondacks, Boundary Waters, and Canadian Parks of Ontario and Quebec.

Do you regularly do any other outdoor activities? Skiing (alpine mostly, but getting back into XC), sailing J22s.

How often do you paddle between May and October? Once a week. Soon to be more, now that I'm retired.

Do any winter paddling? Yes, usually several times each season.



Favorite local paddling location?

Patuxent River, West River (Galesville/Shady Side), Kent Island/Eastern Neck.

Favorite CPA trip you've ever been on and why?

KIPP – Kent Island Practice Paddles and the final 34-mile circumnavigation. Great fellowship.

Coolest paddling trip you've ever been on anywhere and why?

Cold water: Day trips in coastal Maine where tides and fog are cool. A few days of solo exploration of Kutka Bay and other parts of Kachemak Bay, Alaska where beauty, wilderness, and thrilling whale and other wildlife

encounters abound. Warm water: 100 miles of the Everglades– Flamingo to Everglades City

Scariest/most dangerous paddling trip/incident and why?

[Tidal reversing falls Hancock, Maine](#) – yes a bit scary during the tide race but thrilling. Not really dangerous with a skilled guide, e.g. Nate Hanson of Pinniped Kayaking.

Bucket list trips? Apostle Islands, Isle Royale, San Juan Islands, Deception Pass, Gulf of California, Glacier Bay-Alaska.

Three things you like most about paddling? Can be done solo or groups. Great way to explore and leave no trace. Basic skills are easy to master; artfully executed advanced skills if there's a desire.

What do you like about CPA? The people. Great opportunities to paddle, build skills, and good fellowship.

What other paddling clubs/groups do you belong to?

WatersEdge, Downtown Sailing Center, Potomac Appalachian Trail Club- Ski Touring Section, Club Crabtowne.

One unusual non-paddling thing we'd be surprised to know about you?

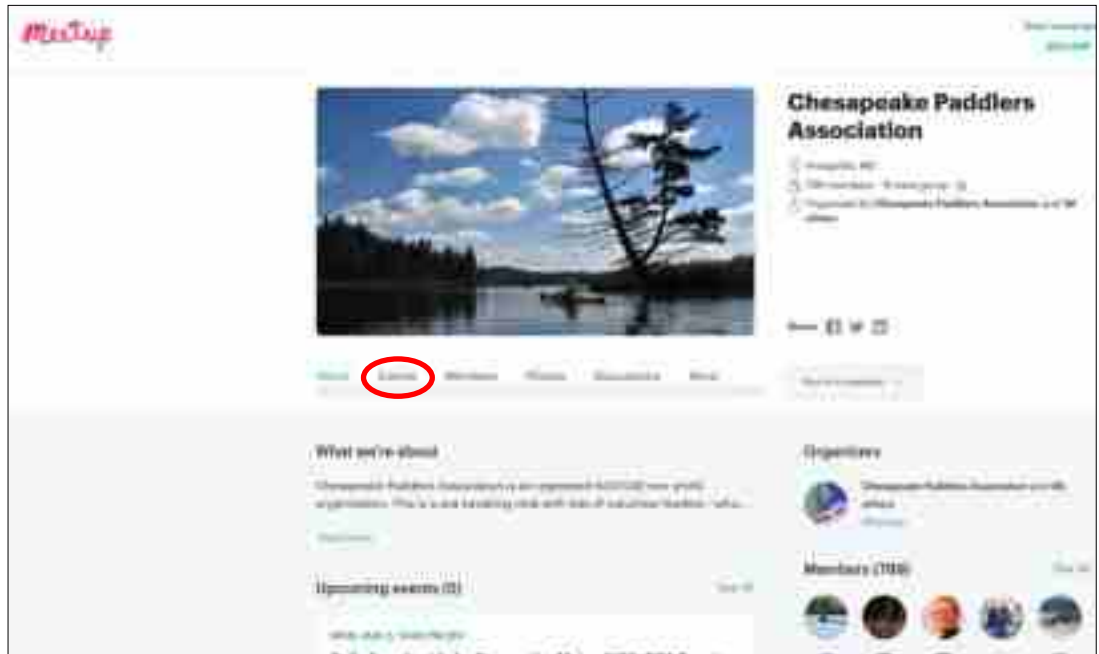
Dived all of the Great Lakes and the Detroit and Niagara Rivers as part of my former work for NOAA.

Upcoming CPA events

Trips and Piracy paddles are being scheduled, stay up-to-date by visiting the [CPA Meetup page](#).

Check back often, events are subject to change because of COVID-19.

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



Sherman, set the Wayback Machine to ...

Did you know that *The Chesapeake Paddler*, CPA's Newsletter has been published for more than 30 years? Read something in the newsletter and want to see it again? Want to see what sea kayaking was like in the "dark ages"?

Take a trip on the CPA Wayback Machine at <http://cpakayaker.wpengine.com/about-cpa/community-newsletter/chesapeake-paddler-archives/> to wander through back issues of the *Paddler* (digitally archived issues go back to 2002).

The [CPA Website](#), there's more than you think!

The Chesapeake Paddlers Association, Inc.

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

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

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If your CPA membership has expired, or will expire soon, please send in your dues to: CPA, P.O. Box 341, Greenbelt, MD 20768-0341 or use the [Online Membership](#) option to use PayPal or find more information about membership.

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

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The Chesapeake Paddler

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