

The Chesapeake Paddler



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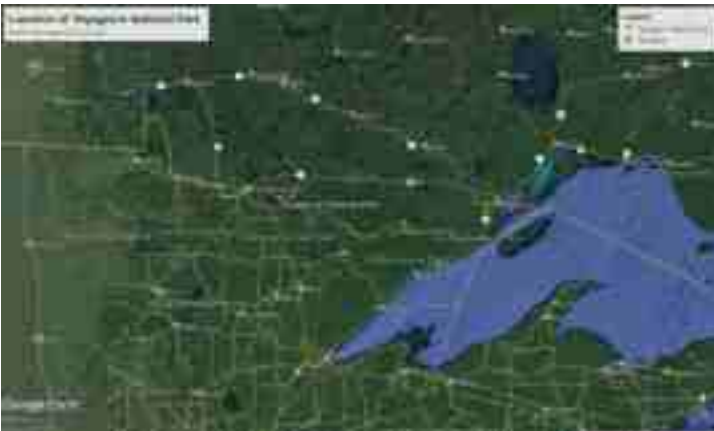
Jan/Feb 2024

Voyageurs, a visit to a National Park

By Robert Moore

Voyageurs National Park is at the western edge of the Boundary Waters Canoe Area Wilderness. Often associated with canoeing and wilderness excursions involving long treks and portages, it is a wilderness park requiring immersion to actually understand it. I visited the park with my wife in September. Bugs are less voracious that time of year and the water temperature gets up to about 62F. Boat traffic is pretty much gone for the season.

Windy conditions are common. While recreational boats and canoes get knocked around by wind, it is less of an issue for long boats.

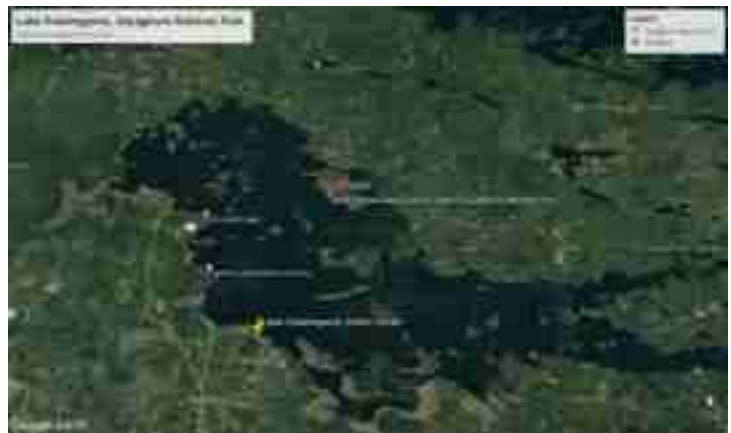


Loading at the Visitors Center

Lake Kabetogama and Ash River are the southern entrances to the park. Rainy Lake, at the north entrance is part of the traditional 18th century French-Canadian Voyageurs trade route. It is possible to paddle a roughly 80-mile canoe trail around Kabetogama Lake, but my wife and I decided to make this a pleasure trip. In planning, we picked three campsites at random, centrally located and planned our route. We would spend our time exploring the islands and learning about the park at a slow pace rather than putting miles under the keel to circumnavigate the lake.

The weight of the gear should be evenly distributed for good boat handling. A fully loaded boat well-trimmed, will track well albeit a bit more sluggish than empty.

The park recommends that canoes follow the shoreline.



Our trip began at the Lake Kabetogama Visitor center. We
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Coordinator's Column – Navigating NOAA

By Paula Hubbard

What is NOAA?

NOAA is the National Oceanic and Atmospheric Administration, a federal agency dedicated to environmental science. This includes climate, localized weather, oceans and coastal areas, navigation, etc. Its website is huge and can be very intimidating. If you have some time to spend on a cold day when paddling is not an option, it can be fun and informative to go through the [NOAA web site](#) and look at the variety of resources that are available to us.



As paddlers we depend on NOAA to provide information about marine weather, tides and currents, charts and navigation tools, and other resources. NOAA maintains the database for all of the tidal data that is gathered across the nation's waterways. While there are many web sites that provide tide and current information, all of the raw data is actually provided by NOAA.

Learn about Tides and Currents

The NOAA website is an excellent source of information for anyone wanting to learn about tides and currents. You can go as deep into these topics as you want. There are multiple links on the site to educational resources on many different topics. Check the page on [Tides and Water Levels](#) for information on tides. In addition to learning what causes tides and how data is collected, and the history of monitoring the tides, you can also find real time, historic, and predictive tidal data.

Using NOAA for Tidal Data

Sometimes navigating the NOAA web site is like paddling through a marsh without a chart. There are multiple menus and some seem to take you in circles. For convenience I am providing several direct links to the pages that are most useful to us as paddlers. The first is the [Tides and Currents](#)

[Products](#) Page. This page includes links to help look up information on tides and currents as well as a link to the tidal prediction page. Anyone who is interested in the science around tides and tidal currents can learn an incredible amount from the information available here.

If you are just looking for the tides at a specific location for example when you are planning a trip. Follow the link to the [NOAA Tide Predictions](#) page. This will give you the options of looking up a tidal station from a Map interface, search for a station if you know its name, or scroll through the stations by



state. Clicking '[About NOAA Tide Predictions](#)' will take you to a detailed user guide on how to get the information you want and additional links to a FAQ page.

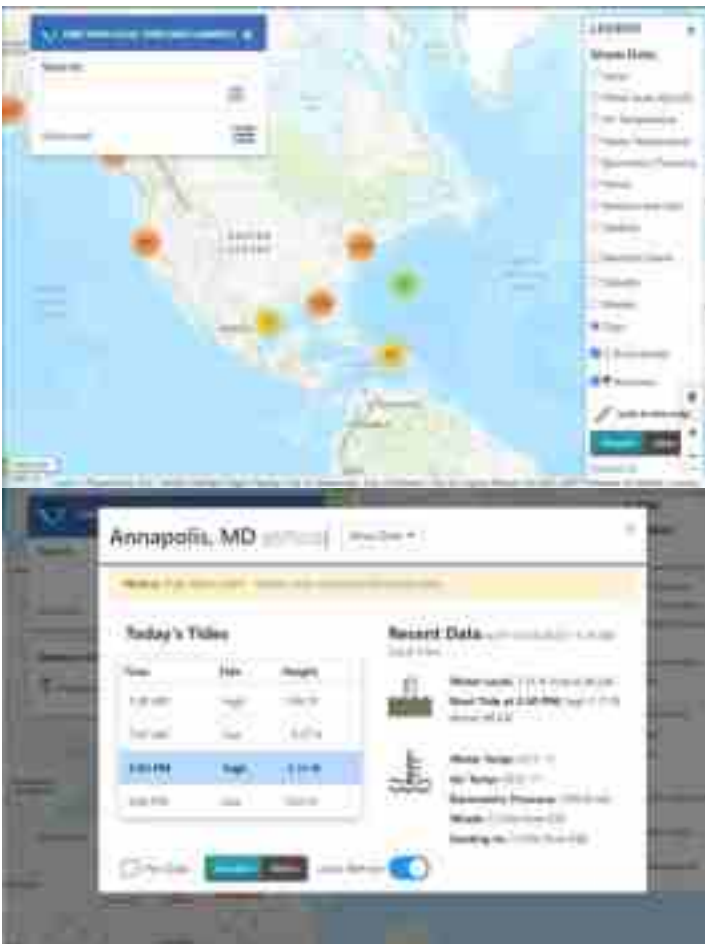
Let's decide that it's going to be a beautiful day to paddle on New Year's Day, at least from where I'm sitting. The temperatures will be unseasonably warm, and you have all of

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your cold water gear tested and ready. You want to paddle in Annapolis and you want the tidal information. You have a choice to search using the map interface or locating the station. Let's choose the Map interface. This first takes you to a map of the entire US. To narrow it down, you can either search by station ID, city, state or zip code, or adjust the zoom until you see the area of interest.

Since we know we want to paddle in Annapolis we decide to search by city. As soon as you type the first three letters, partial matches will be listed. Keep typing to narrow the list. We found Annapolis Station listed. When you select the station, the first thing that comes up are the current conditions at that station. This includes any current notifications, current water level, tidal predictions for the day, weather conditions, water temperature, etc.

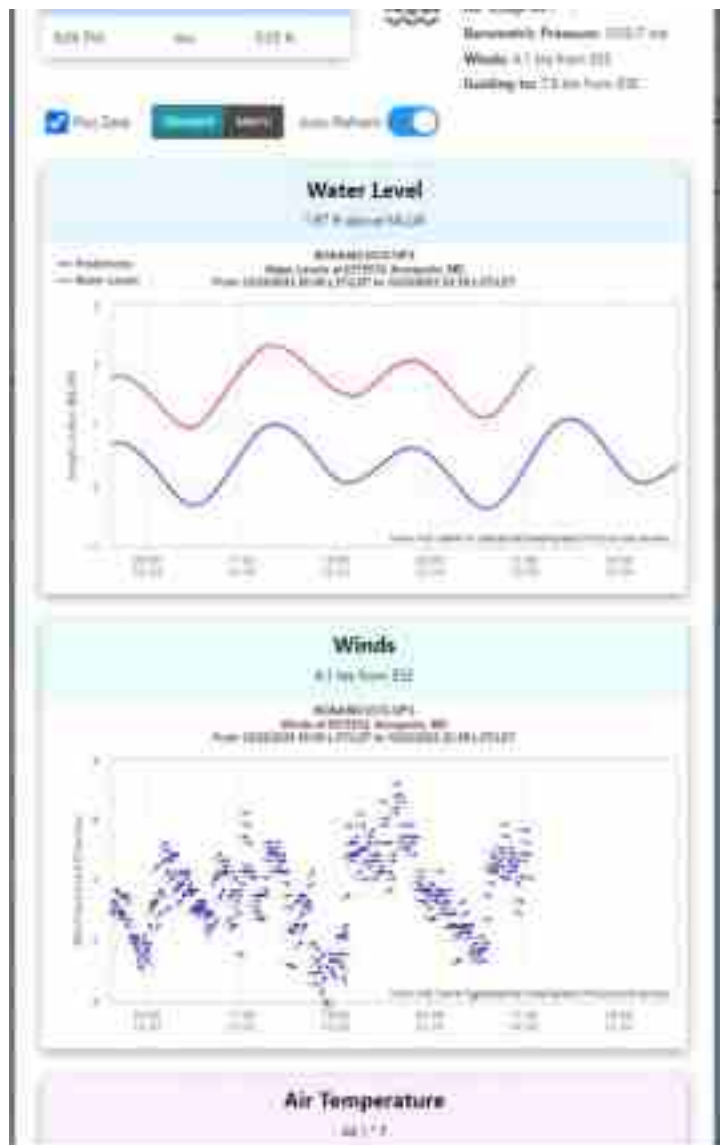


Then it gets more fun if you click the box to plot data, you get a graph of the recent past and current day predictions of water level, wind, temperatures, etc. The 'More Data' menu gives a list of additional information regarding the station. It can be fascinating, at least for a tidal nerd like me to look at the amount of data that is collected from one station.

All this information about today's tides is great to know, but my paddle isn't going to happen until next week. How do I get to the tidal predictions from here?

First we can go to the More Data menu, then select Tide Predictions. This will bring up the tidal prediction page that defaults to the current day. Select the desired dates, then click plot daily to get the predictions for the selected date. You will get the graph as well as the text version of the tidal predictions.

So we see that the day of our paddle, High tide is at 8:25 am and low tide is at 2:39 pm.



There are multiple ways to get to the tidal predictions page. I have only outlined one method. The best way to learn more about the resources available on the NOAA site is to take time to explore the links. Another way to learn is to sign up for

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Circumnavigating the Delmarva Peninsula

By Laura M. Scharle

I remember the exact moment I first considered paddling around the entire Delmarva peninsula. We were coming home from a camping trip in southern Virginia, across the Chesapeake Bay Bridge Tunnel, and I was enamored by Fisherman and Smith Islands. It was 2012, and at the time, I hadn't paddled out to any of Virginia's barrier islands. I had paddled tiny sections all across the peninsula, but I was inspired to paddle it all.



[Hyperlink to Interactive Map of Paddle Segments](#)

People asked me why I wanted to do this, or how I came up with the idea, and I never really had a good answer. It was just something my gut was telling me to do.

So I set out to paddle whenever I had the time, and whenever the weather cooperated, to add another line to my map. I even created a blog which never got a big following; it was more of my personal paddling journal.

There were lots of memorable moments and incredible places I got to see. Paddling by a herd of cows wading in the water behind Wallops Island, being surrounded by a small pod of dolphins outside of Harborton, running into the Choptank Riverkeeper as I kayaked into Cambridge, fighting the current under the Lewes drawbridge, camping on Mockhorn Island, and sharing my blog with a random waterman in the middle of Fishing Bay.



I also learned a lot along the way. When I think back to my paddling skills and knowledge of safety at the beginning of this journey, the me today would NOT have let that girl go paddle alone so much! But I've refined my techniques,

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Take Five for Your Paddle to Thrive

By Cathy Smith,

Photo Model: Andrea Dorsey

Before launching your boat on your next kayaking trip, take five minutes to practice a little dynamic mobility stretching. You can perform dynamic stretches in full gear, standing right next to your boat, with no equipment needed. Dynamic mobility stretching is “active” and moves your muscles and joints through a full range of motion. Dynamic stretches warm up and activate your muscles, helping to prepare your body for physical activity; taking the time to complete dynamic stretches can help you move better and easier. Dynamic stretching also helps your brain and body connect for healthy movement patterns that are activity specific. Practicing kayak-specific dynamic stretches can serve several crucial purposes and can enhance your overall kayak performance and endurance. Adding this routine to your pre-launch checklist will increase your overall flexibility and perhaps even your kayaking longevity.

Dynamic mobility stretches increase blood flow and oxygen delivery to muscles and elevates your heart rate. The result is improved circulation, which ensures that both heart and muscles receive a steady supply of oxygen and nutrients, reducing the likelihood of early fatigue. Depending on water and wind conditions, the physiological demands of kayaking can require high levels of both aerobic power and anaerobic capacity. Taking the time to warm up your circulatory and cardiovascular systems is beneficial for the short and long-term kayaking experience.

Kayaking involves repetitive movement patterns. Kayak-specific dynamic stretches activate and engage those muscles and muscle groups that are most utilized. This activation helps “prep” or prepare your muscles for the demands of kayaking, reducing the risk of muscle strains or fatigue. Practicing dynamic stretches can help decrease muscle imbalances and promote better muscle alignment. Specifically warming up the hips, torso, shoulders, and upper back muscles will help get those “kinks” out before launching. As a result of this routine, it will also feel easier to focus on proper posture and form while in your cockpit.

Kayaking involves utilizing a wide range of motion, from torso rotation to repetitive arm movements. Dynamic mobility is the key to increased flexibility, whether kayaking or during daily functional life. Dynamic mobility stretches reduce muscle stiffness and enhance joint range of motion, thus allowing for more efficient and powerful strokes. This increases flexibility and reduces the risk of overuse injuries. It can also improve your overall endurance. Performing kayak-specific dynamic stretches before you start can help you feel more confident taking on those longer paddle sessions or facing more challenging water conditions.

I recommend nine dynamic mobility stretches to practice before you launch your boat. Once you get the rhythm of the stretches, the routine should take five minutes. They are simple to complete, effective, and do not require any special equipment or accommodations. These dynamic mobility stretches activate muscles that are kayak-specific. They can be done in any order; however, I always recommend warming

up the lower back and core muscles first. Complete these active stretches at a consistent and steady pace, and at a range of motion that feels comfortable in the moment. Breathe normally. Notice if you feel one side has greater range of motion than the other. If you experience differences in range of motion, you could have muscle imbalances, and if left unaddressed, could lead to future mobility issues. Do not overextend a joint, or over stretch a muscle. Stop if something feels painful. Check in with your doctor if you are experiencing persistent muscle pain and discomfort.

Exercises

- Forward Flex Cat Cow
- Hula Hoop Circles – both directions
- Elbow Pec Openers
- Backstroke Arms
- Thoracic Spine Rotation & Dip
- Baby Gate Hip Opener
- Shoo the Chickens
- Squats
- Sumo Squats

Exercise: Supported Forward-flexed Cat-Cow



Primary muscles activated: Lower back, abs (core)

Directions: Stand with your feet shoulder width apart. Bend forward at the waist and place your hands on your thighs for support. Arch your spine, tucking your chin to your chest and drawing your pelvis in towards your belly button. (THIS IS CAT POSITION.) Pause for 2-3 seconds. Move into the opposite direction by lifting your chin and looking up and pressing your belly button down. Pause for 2-3 seconds. (THIS IS COW POSITION.)

Number of repetitions: 5x each direction

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Exercise: Hula Hoop Circles



Primary muscles activated: Lower back, abs with emphasis on rotational movement

Directions: Stand with your feet shoulder width apart. Place hands on hips. Gently rotate hips and pelvis in one direction, simulating moving a hula hoop around your waist. Repeat the other direction.

Number of repetitions: 8-10x right, 8-10x left

Exercise: Elbow Pec Openers



Primary muscles activated: Chest, posterior deltoids (shoulders)

Directions: Stand tall with your feet shoulder width apart. Place your hands behind your head with arms and elbows wide. Press your elbows together, then separate them. Try to pull your shoulder blades together when opening your arms and elbows wide.

Number of repetitions: 8-10x

Exercise: Backstroke Arms



Primary muscles activated: Chest, posterior deltoid (shoulders), obliques (abs) with emphasis on rotational movement

Directions: Stand tall with your feet shoulder width apart. Lift one arm up over your head, rotate your torso and reach behind, simulating a swimmer's backstroke, bring the arm back to start. Repeat with the other arm. It's OK to keep your elbow slightly bent when reaching behind.

Number of repetitions: alternate 8-10x each arm

Exercise: Thoracic Spine Rotation & Dip



Primary muscles activated: Chest, posterior deltoids (shoulders), obliques (abs) with emphasis on rotational movement, latissimus dorsi (lats)

Directions: Stand tall with your feet shoulder width apart. Place your hands behind your head with arms and elbows wide. Rotate your torso to the right. Dip you right elbow towards the ground. Release the dip and rotate back to center. Repeat the movement to the left.

Number of repetitions: alternate 5x each direction

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Exercise: Baby Gate (Hip Opener)



Primary muscles activated: hips, glutes

Directions: Stand tall with your feet under your hips. Lift your right knee up towards your chest and slightly rotate your torso to the right. Lower your knee and place your foot back on the ground. Lift your right knee up, rotating your torso back to center. Repeat same side 10x. Switch legs. Note: this exercise is similar to stepping up and over a baby gate. This exercise is good for practicing balance, too.

Number of repetitions: 8-10x right, 8-10x left

Exercise: Shoo the Chickens



Primary muscles activated: glutes, hamstrings, calf

Directions: Stand tall with your feet shoulder width apart. Extend your right leg forward, heel on the ground, toes flexed towards your ankle. Sit your hips and glutes back. Lean your chest forward towards your ankle. Reach your hand forward in a sweeping motion like you are "shooing" away chickens. Stand up tall bringing your feet next to each other. Be sure to keep your knee soft, not locked out. Switch legs.

Number of repetitions: alternate 8-10x each leg

Exercise: Squats (YES YOU CAN!)

Primary muscles activated: glutes, hamstrings, quads, core

Directions: Stand with your feet a little wider than shoulder



width apart. Reach your arms forward and at the same time, sit your hips back like you are going to sit on a chair. Try to keep your head and chest lifted. Your weight is in your glutes, not your knees. Do not let your knees extend beyond your toes. Lower your hands back to your sides as you stand back up.

Number of repetitions: 8-10x

Exercise: Sumo Squats



Primary muscles activated: glutes, hamstrings, adductors (inner thighs), core

Directions: Stand with your feet wider than you would for a squat. Slightly rotate your toes and feet outwards. Reach your arms forward and at the same time, sit your hips back like you are going to sit on a chair. Try to keep your head and chest lifted. Keep your weight in your glutes, not your knees. Do not let your knees extend beyond your toes. Lower your hands back to your sides as you stand back up. You may need to adjust and separate your feet a little wider.

Number of repetitions: 8-10x

Cathy Smith – Personal Trainer / Fitness Consultant



Cathy Smith is a full-time personal trainer and fitness instructor in Ellicott City, Maryland. She has 29 years of experience sharing her passion for fitness with clients ranging in age from 5 to 95. Specializing in functional training techniques, Cathy teaches her clients how to move better through improved muscle and core strength, flexibility, and balance. She trains both individuals and small groups focusing on proper movement patterns and form. Her goal is to

enable clients to be functionally fit for daily living. Cathy is also a fitness consultant with the Howard County Public School System. Her professional fitness certifications include: AFAA Certified Personal Trainer; REEBOCK Certified Cycle Instructor; AFAA Aerobics Instructor; Resist-A-Ball CORE Instructor. She attended Kings College, University of London and graduated from Washington College in Chestertown, MD.

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Campsite on Cutover Island

paddled across the lake to Cutover Island and set up camp. Weather was favorable at the onset of the trip.

There are three types of campsites and they are all on the water. Tent sites are set up for paddlers and fishing boats. They have two tent pads, picnic table, bear box, open air privy and beach landing. The other sites are set up for houseboats. Camp sites are spaced so that the neighboring sites may be ½ mile or more away. Voyageurs is a dark sky park, and the Milky Way is visible. Viewing an aurora is possible on clear nights depending on solar activity. And it is known for viewing the Aurora Borealis, but we missed out on that.

After setting up camp, I went exploring. This is an incredibly peaceful area. There are inlets and islands to explore. Walleye and bass are biting if you prefer fishing. Bald Eagles, loons and other water fowl are abundant.

The next day, we broke camp early and paddled around



Exploring near Cutover Island

Cutover Island to the Ellsworth Rock Gardens. Jack Ellsworth was a Chicago carpenter who made Kabetogama Lake his vacation home. He built his vacation home and sculpted the gardens as his pastime. The remains of the rock gardens became property of the park service in 1978 and the park began limited restoration in 1996. We enjoyed the time at the gardens, had lunch and paddled north along the shoreline.



Windy weather between campsites

I had hoped to loop around the north end of Kabetogama Lake and possibly get as far north as the Locator Lake Trail (leads to one of the back country lakes), but weather set in. Rain was steady and wind began picking up. We turned into K20 (a boat-in site), made a hot bowl of soup for second lunch and pondered the course. We decided to take a route through the islands that was about as sheltered from the wind as could be expected. We hoped to set up camp before the rain got any heavier. We headed through the



View from one of the islands

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islands to our next campsite on Grassy Island.

Grassy Island has a nice sheltered beach, but the tent pads were exposed to the winds out of the north. We put up our tarp to provide a dry place to cook and serve as a windbreak. It is possible to set up a tent in the woods, but if everybody does that then the whole island will look trampled. This area has a short growing season for recovery.

The following day we paddled among the islands as much as possible and along shore to avoid the wind. We got out of the wind where we could and dealt with it the rest of the way. After a hot lunch on shore, we set a course for Sugarbush Island. Sugarbush was our final destination and base camp for the next two nights.

The next day I got up early, had breakfast and went exploring. I paddled the shoreline southwest to explore the shore and to scout the campsites for future visits.

I returned for lunch and then went out for the afternoon paddle to explore the inlets around Sugarbush Island.

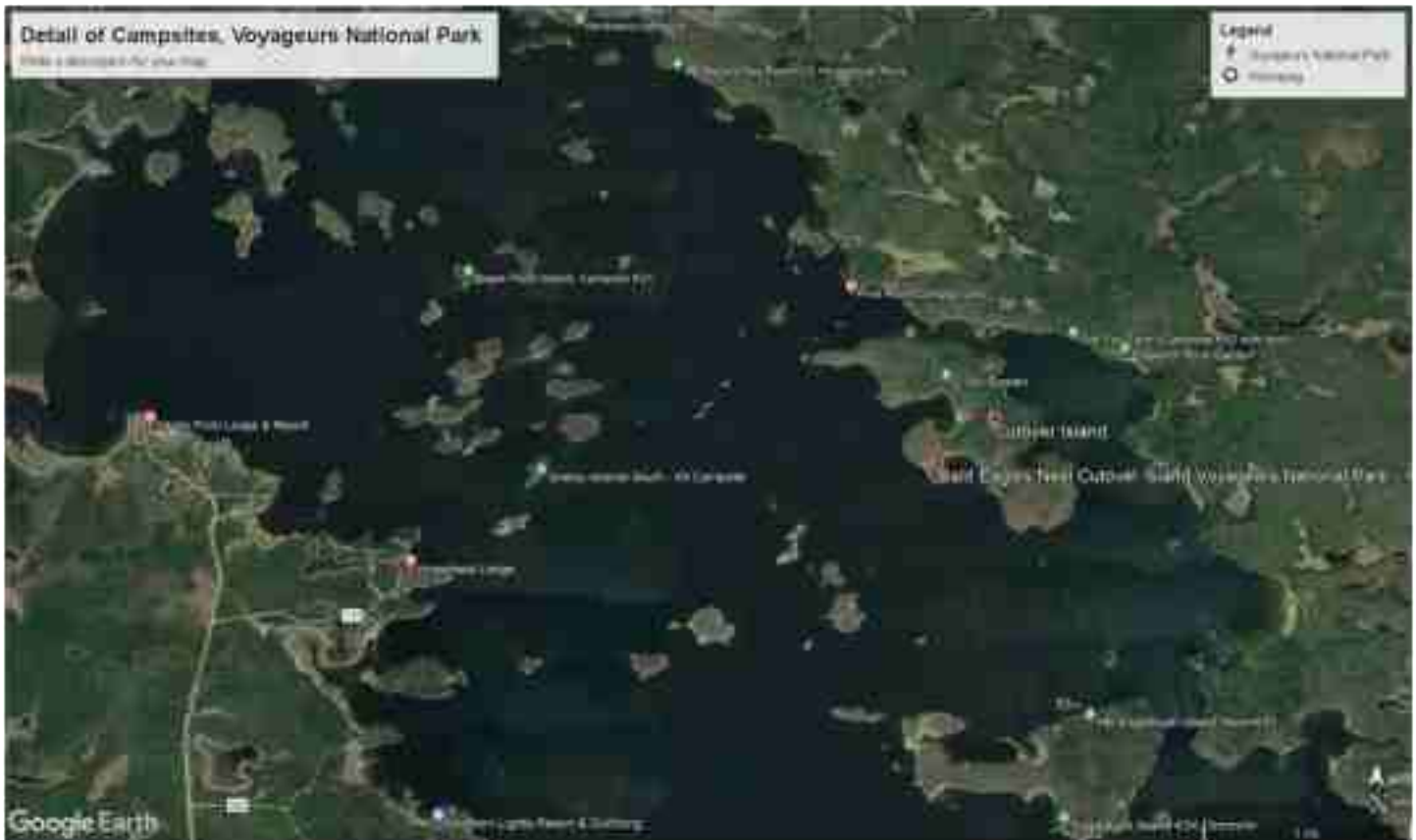
The stay at Sugarbush came to an end. We took the long route past islands to get back to the launch site. We had only seen a few scattered fishing boats on the north side of the lake, but encountered a few canoes and recreational paddlers around Moxie and Sphlunge islands.



Bald Eagle on a snag

I am going to return to Voyageurs. The next trip will be to a different area and I will pack my fishing rod next time.

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Rounding Sand Island in the Apostles with Jill

The Great Lakes region is full of kayak opportunities. Sea kayakers tend to overlook Voyageurs in lieu of the Apostles Islands. Years ago, my wife and I made several trips to the Apostles. We paddled to the sea caves and nearby islands (Sand, York and Long). From the Little Sand Bay campground, we could pick our paddling route.

I later returned to the Apostles with Hoosier Canoe Club for a 6-day touring trip to the outer islands. Paddling Lake Superior among the islands requires intermediate level paddling and rescue skills. August water temperature gets up to the low 50s(F). An island-hopping itinerary requires adjusting course and paddling times according to conditions. The lake is the boss.

Editors Note: Robert Moore is a CPA Member from Indiana, and a member of the Hoosier Canoe Club. All photo credits are Robert Moore. He is currently investigating trip possibilities for the HCC on the Chesapeake Bay.

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](#).

(Con't from NOAA page 3)



[CPA's Navigation Class](#). This class is free to CPA members. If you are not a member, you can join CPA here: <https://www.cpakayaker.com/membership/>. While you are there, take advantage of the information provided on the website.

What differentiates CPA from other paddling clubs is the range of educational opportunities available at low or no cost.

Happy Paddling.

Paula Hubbard
CPA Coordinator.



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practiced rescues, and learned the basics of navigation since then. I also learned to never skip reading the tide chart after I got stuck in thigh-high mud behind Metompkin Island (when I was 7 weeks pregnant - yikes!). I learned that the tidal currents along the Delaware Bay are no joke. I learned that when winds are dead calm, the green head flies are very much alive. I learned that there are spillways behind the Prime Hook area that prevent you from paddling straight through. And I learned to not roll up my long sleeves if I didn't put sunscreen on my arms!

Whenever possible, I would paddle one-way stretches instead of out-and-backs. And the logistics of paddling one-way stretches got super tricky at times, leaving me scrambling to find a friend to shuttle me, finding an Uber, or bringing my bike so I could ride back to my car when I was finished. The first time I brought my bike, I had to draw a flow chart of where and when to lock my bike, where to lock my kayak, and notes on remembering to pack my sneakers and bike helmet in my kayak.



I completed the last stretch this past October under the bay bridge between Matapeake and Terrapin Nature Park. The grand mileage total turned out to be exactly 600 miles. Yes, it

took me 11 years to complete, and I realize some people could finish it in a month, but I'm just glad I stuck to it. I honestly can't think of another goal that I stuck to for that long.

Looking back to when I first set out on this journey, I didn't know why I was doing it, but something in me was telling me it was important. Fast forward 11 years and it makes a lot of sense to me now. Between switching jobs, getting married, buying a house, and becoming a mom, learning to raise a child with special needs, and losing my mom (my biggest cheerleader), paddling was seriously the only thing I did for ME. Paddling also gave my life stability when life got rocky. It was seriously the best form of selfcare.



And believe it or not, paddling also helped me professionally. This kayaking goal led me to start my own business and leave my 17-year career with the state. In 2021, I landed my first bit of contract work doing marketing for VirginiaWaterTrails.org - they PAID me to go kayaking and write about it! Through that gig I made more professional contacts, leading to even more ecotourism marketing projects. My kayaking even inspired me to create the "Airbnb of kayak launches" when I needed to paddle in areas with no public access. I am now working with a startup called Dockshare where the dream of expanding access to waterways is starting to become a reality. To learn

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more about my business, check out my website [Scharle Outdoor Recreation](#).

It's quite clear to me now, why my gut was telling me to paddle around the peninsula back in 2012. Don't ever ignore that little voice, that gut feeling, or that tiny idea that you just can't stop thinking about - it'll likely make sense eventually, even if it's decades later!

If you'd like to read more about my journey, check out [my blog](#) or my [interactive Progress map](#). Each leg of the map links to the corresponding blog post. My next goal is to paddle the rivers of Delmarva, so if anyone wants to join in, let me know!

Laura has been paddling for 17 years and is an ACA L1 instructor. She has led kayak tours for the Talbot County YMCA, Delaware State Parks, and even Fergs Kayaks in Wellington, New Zealand. She currently lives in Ocean Pines, MD with her husband (an avid kayak fisherman!) and their 7-year-old son.



Upcoming Events

See [CPA Meetup Page](#) for Details and be sure to RSVP for all events

| | | | |
|---|--|--|---|
| Intro to Navigation | January 20, 2024 | Cult Classic Brewing 1169 Shopping Center Rd, Stevensville, MD | Paula Hubbard |
| Annual Steering Committee and Planning Meeting | Sunday, January 21, 2024, 12:00 PM to 2:00 PM | Cult Classic Brewing 1169 Shopping Center Rd, Stevensville, MD | Paula Hubbard |
| CPA Culture Crawl - Rubell Museum | January 25th, 2024, 11AM | Rubell Museum - 65 I Street SW, Washington, DC | Marla Aron |
| Build Your Own Spray Skirt Workshop #1 (1 of 2) | January 27, 2024 9:00 AM | Ralph's House—3873 Paul Mill Rd · Ellicott City, MD | Ralph Heimlich |
| Get Your Body Kayak Ready! (4-session, no fee course) | 7PM on Tuesday February 20th &, 27th, March 5th & 12th | Zoom Online event | Cathy Smith |
| Cold Water Workshop | Sunday February 18, 2024 (12:00 -4:00) | Cult Classic Brewing 1169 Shopping Center Rd, Stevensville, MD | Catriona Miller |
| SK 101 | Saturday, April 13, 9 am to 3 pm | Cult Classic Brewing 1169 Shopping Center Rd, Stevensville, MD | Laurie Collins , Marilyn Cooper |

Get Your Body Kayak Ready

With Cathy Smith

This is a free, four-week course designed to get your body ready for kayaking season. Join Cathy Smith, a 29-year veteran certified personal trainer and fitness consultant, as she takes you through a four-week course designed to improve your functional mobility, flexibility, core strength and balance. **Class meets online via Zoom 4-consecutive Tuesday's: February 20th, February 27th, March 5th and March 12th from 7:00pm to 7:45pm.**

Exercises will be completed standing, sitting and prone/supine on the floor. Modifications for exercises will be shared where appropriate. Participants will need a floor/yoga mat, chair with no side arms, dish towel, small throw pillow, and light weights (max. 8lbs). The same Zoom link will be used for each class.

Join Zoom Meeting

<https://us02web.zoom.us/j/81722031768?pwd=T0lYbzJ6MUJvWkZNCs2tuVWUzR09Udz09>

You do not need to register for the course, but for questions, please email Cathy Smith cathyvsmith@outlook.com

Introduction to Navigation

With Paula Hubbard

On a cold winter day, there is nothing like talking about kayaking.

The **CPA Navigation class** is back and will be held at Cult Classic Brewery on January 19th at 6PM. Registration is on the [CPA Meetup Page](#).

Do you know how to find your way back to the launch site when you go on a paddle? Can you find your way when visibility is reduced? This indoor class provides information on the basics of navigation including charts, compass use, planning a trip, effects of tides and currents, and wind and waves. Even if you know a little about navigation, the class is a great review for all levels.

The class is free for CPA members. If you are not a CPA member the cost is [joining CPA](#). If you've taken navigation before, you can still come, I guarantee you probably forgot a lot of it. I teach this so I don't forget.

We focus on planning a trip, identifying potential hazards, and discuss what conditions we might expect to find while paddling.

Who should participate?—Anyone who likes to know where they are, and where they are going on trips. Trip leaders in particular will benefit from this class.

Class Agenda:

Charts:

- Reading a Chart
- Identification of Hazards
- Measuring Distances
- Using a Compass
- Where am I
- Tides and Currents
- Weather, Wind, and Waves

Note that use of a GPS is not included.

What to Bring:

- Charts that you typically use
- A hand held compass
- Ruler / straight edge, pencils with eraser, any other tools you use to plan trips
- An open mind.

Location—The event will be held at:

Cult Classic Brewery
1169 Shopping Center Road
Stevensville, MD 21666

The class is held at Cult Classic Brewery. Lunch is available for purchase. Please support this business since they are providing the room for CPA.

Registration Required— [Intro to Navigation, Sat, Jan 20, 2024, 9:00 AM | Meetup](#)





February 18, 2024 (12:00-4:00 PM) at Cult Classic Brewery

Register here:

<https://coldwatersafety.eventbrite.com>

Cold Water Safety Workshop

Paddlesports deaths have increased annually, with increasing interest and access to paddlecraft. The US coast guard and the Water Sports Foundation report that kayaks are the vessel type with the second highest fatality rate (15%), behind open motorboats (44%). The US coast guard reports a 500% increase in the risk of drowning in cold water. Despite the increased risks of cold water, surveys of public knowledge of the dangers of cold water have shown that there is a great need for more education and information.

Warm days and sunshine lures paddlers out onto dangerously cold water, without taking appropriate safety precautions. No one ever plans on falling in, and nothing happens until it does - And by then then it's too late. Every year, as water temperatures fall, we see tragic newspaper headlines of lone paddlers who capsize and never make it to shore. Many of these paddlers aren't intentionally reckless—some are strong swimmers with years of paddling experience, however the margins for error are much smaller and the risks of cold water are far greater, including cold shock, swim failure, cold water induced vertigo, hypothermia, and post-rescue collapse. No paddler ever intends or plans on falling into the water, but as all experienced paddlers know - "we are all between swims" and everyone swims eventually.

Paddling on cold water safely, is a complex issue. There is a bewildering array of gear options and navigating the various cold water safety rules and guidance and selecting immersion gear is a confusing process. This workshop aims to educate you and assist you in making informed choices in selecting your cold water immersion gear, and to give you the capability to make informed choices if you choose to go out on cold water. In addition to class room sessions on the dangers of cold water and how to dress for cold water, attendees will have the opportunity to swim test their gear at Kent Narrows Boat Ramp in a controlled environment with CPA volunteers standing by for safety.

SK101

Introduction to Sea Kayaking

Presented by
Chesapeake Paddlers Association

Come join us for a day of exploring sea kayaking with local paddlers and instructors, no boat needed! Local paddlers sharing their experiences and expertise on a variety of topics.

Cult Classic Brewery — Kent Island
1169 Shopping Center Rd, Stevensville, MD

Saturday, April 13, 9 am to 3 pm

Cost \$40, lunch, snacks and beverages provided

Ticket available at https://sk101_2024.eventbee.com

Topics include:

- **Your first boat: Boat styles, shapes and sizes**
- **Picking the Perfect Paddle**
- **Where to paddle**
- **History of kayaking**
- **Car top or trailer: Getting Your Boat to the Water**
- **Staying Safe on the Water**
- **The three P's (Pump, Paddle Float and PFD)**
- **Fashion show of paddling garb and gear!**



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

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

Email Distribution, Dues Payments and Ad policy

All *Paddler* newsletters are sent via email with a link to the current monthly issue. Please be sure to keep your email address current to keep receiving the *Paddler* newsletter and for reminders of when your membership is up for renewal by contacting the [CPA Secretary](#).

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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