



CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

<http://www.dolphindivers.org>

2010-2011 Board of Directors

President

Dana Carlson
916-452-1919
skiputt@aol.com

Vice President

Craig Brookey
(916) 952-0322
cbrookey@sbcglobal.net

Secretary

Marlyn Sepulveda
(916) 768-0189
marlyncsus@yahoo.com

Treasurer

Brad Freelove
(916) 879-3853
bradlinda@frontiernet.net

Activities Chair

Cayle Little
916-379-0920
cayleLittle@gmail.com

Safety Officer

Karin Brookey
(916) 254-0432
kwalks@sbcglobal.net

Promotions Chair

Tracy Clarke
(209) 334-4278
tracycdiver77@yahoo.com

Newsletter Editor

Holly Little
916-379-0920
holjohnson@gmail.com

Webmaster

Mark Takata
marks@techfiend.com

Historian

Jack Millard
916-987-1303
jbmillard@aol.com

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Steve Volpicelli

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Jimmie Clements

August, 2010



PRESIDENT'S MESSAGE

Hello fellow Dolphin Divers,

As many of you know, I have been on a personal quest to get my wife and my son certified to dive, for years. After much planning, gear purchases, pool work, more gear purchases, hauling equipment, and just a little mumbling and grumbling about how it was harder than they thought it would be, I now have two newly certified divers in my household. While it was more work than they had expected, each feels the reward of the accomplishment.

We're now on our way to the Channel Islands for our first "real" diving together. While they are undoubtedly excited, I'm beaming. You see, it has been a dream of mine for as long as I can remember to dive together as a family. After all the anticipation, lessons, cramming, testing, and gear trying and purchasing, the event is finally here. I will conservatively say it took YEARS to ar-

~MEETINGS~

The starting time for **General Meetings** is 7:30 pm. Board meetings start at 7:00 pm. Members are welcome to attend all meetings. General Meetings are held the 3rd Wednesday of each month at the Round Table Pizza, Greenback & Madison. You call 916- 989-1133 to order in advance and be sure to ask for the Dolphin Dive Club discount.

BOARD MEETINGS are generally held on the 1st Wednesday of each month starting promptly at 7:00 in the evening.

ALL DDS MEMBERS ARE INVITED TO ATTEND!

This month's Board Meeting will be held **August** and will be hosted by Craig & Karin Brookey (916) 952-0322. Please call for directions and to RSVP.

September 8 (note date change):
Dana Carlson

(916) 452-1919

October 6: Reneè Viehmann

(916) 804-4973

November 3: Brooke Hudson

(916) 421-5060

December 1: Steve Volpicelli

(916) 765-5560

DOLPHIN BIRTHDAY CLUB

Renee Viehman 8/1

Dave Murdock 8/1

Linda Freelove 8/4

Adnan Din 8/12

Lalaynia Little 8/12

Cayle Little 8/15

Brian Burren 8/20

Steve Anderson 8/23

(Continued on page 2)

(Continued from page 1)

rive at this point, and boy is it worth it.

I would like to point out that there is a new generation of divers among us. On this trip, we have 3 brand new divers just cutting their teeth, blowing their first real bubbles. We have 4 teenagers diving on this charter. All are members of our club. One of them is leading our Ab Re-opener this year. She knows she has the help and support she needs in running this event. I think I speak for the entire club when I say THANKS SIERRA - WE ARE ALL PROUD OF YOU!!!

When I was 15 years old, I just dreamed that "someday" I would be a scubadiver. This new crop of divers are way ahead of that curve. When I certified, I did it by myself, somewhere else. These new divers are in uncharted territory. Already affiliated with a dive club, guess what, these are the POWER DIVERS of the next generation. These are our strongest Ambassadors and Advocates to the industry. My son may well have logged more dives than me by the time he reaches the age I got my first cert.

Becca, Sierra, Brent and Connor, congratulations on being ahead of the curve. We look forward to watching our club benefit from the vitality of your youth. You are the next dive generation. Congratulations on your accomplishments. Way to go on leading, Sierra.

I challenge any member of our club to step up and lead an event, even if you're not fifteen yet...

Dive Safe, Dive often,

Dana Carlson

SPECIAL PRESENTATION AUGUST 18TH



Carol Herrlie & Barbara Bloom have put their crazy heads together over a big pile of tapes, computers, cameras and more.....in an effort to create a fun and varied program for you at the next Dolphin Dive Club meeting. As enthusiastic videographers and members of AIM, they will share a little of what they do and some of the learning and sharing activities of AIM: Aquatic Image Makers.

What is with the clothes line of summer shorts? Come to the DDC meeting August 18th and find out!



RESCUE ME!! Karin Brookey, Safety Officer

As your Club Safety Officer this year, I got to thinking that I need to take a "Rescue Diver" Certification course. What really stuck in my head was something that I read. "To feel comfortable helping others you need to really feel comfortable with yourself in the water" That really hit home.

The Rescue Diver course is designed to prepare you to prevent problems and, if necessary, to manage dive emergencies. In the course outline there is a knowledge portion, combined with an in-water component. The knowledge portion includes:

1. Common causes of Diver Stress and Dive Emergencies
2. Identifying a Diver in need
3. Dive Rescue Procedures and Injury Treatment
4. First Aid Supplies and Rescue Equipment
5. Managing a Dive Emergency
6. Rescue Health and Safety In-Water Rescue Skills

The applied part of the course is usually split into closed water (pool) exercises and open water exercises. Rescue Diver is probably the most physically demanding certification, as it includes recovering unconscious divers from the water - a challenging task.

As a prerequisite, you must be CPR / First Aid certified. As you'll find out when you take this course, many people like having this certification alone to increase their confidence for handling things like ordinary household emergencies.

After learning about skills in a classroom, you'll have to perform them in the water. There are a lot of skills to do, ranging from simple things like cramp release all the way up to a complete rescue of an unconscious diver (including removal from the water). In between are things like towing a tired diver, helping panicked divers, and carrying divers out of the water.

How long does a Rescue Diver course take?

The length of the course varies; some shops like to really take their time when teaching rescue courses. The CPR / First AID (EFR) course can be completed in a day. I am told to expect at least one night for covering the knowledge portion, possibly including watching videos. There is also the pool work, followed by open water exercises. Including EFR, that's a minimum of 4 days (some of which might be evenings).

Who should take the Rescue Diver course?

Now we're getting to the real crux of this article. Statistically speaking, most regular divers will complete their [Advanced Certification](#), if for no other reason just to be allowed to do deep dives. However, most people stop here, so why continue?

As a beginner diver, the focus is on taking care of oneself in the water. As you progress, your focus moves from within to becoming aware of other divers. Rescue Diver training follows this approach, as you begin with what is basically a review of self-rescue skills, and then learn how to recognize potential problems in other divers.

Honestly, I feel the training provided by Rescue Certification is a valuable asset for any diver and I am certainly going to pursue it. I recommend that all those who dive take a rescue diver course. Dive safe. ~ Karin

\$\$\$ Split the Pot Raffle \$\$\$

This month's split the pot raffle was donated to DART. DART is the Drowning Accident Rescue Team, a non-profit group who saves lives and recovers property from Sacramento's waterways. If you missed their presentation at the July Picnic in the park, you missed a very informative talk. In addition to the talk, they also brought one of their vehicles, and their gear to show and try on.

SUNSHINE COMMITTEE

If you know of a club member in need of some sunshine, please let our president, Dana Carlson know. He can be reached at: 916-452-1919 or skiputt@aol.com

Past Events

Father's Day

Hello All,

In my haste to get my two Club Event articles out, I forgot to add an important piece of information. On Sunday June 20th (Father's Day) **Holger Fuerst became the new Big Ab Leader for the year. His abalone measured 9.068 inches.** Way to go Holger!

Charlie Rojas

Future Events

Abalone Re-opener August 6-8

We are going to Woodside in **Fort Bragg** for the Ab Re-Opener. They have a country road behind their park that we can drive down a quarter mile to get beach access for Ab diving or we can walk. The cost will be \$26 a night for RV & \$20 for tents. This includes water & electric as well as free Dump station. Game Hut with games & pool table. Swings for the kids, fire pits, horse shoes, fish cleaning station and a small store. They also have new bathroom & showers. We will get a group discount if we get more than 10 RV's going. You will pay the park on Saturday once everyone has arrived. If you plan to go you need to RSVP to me so I can get you on the list, divegirl111@yahoo.com or 530-757-7411.

Thanks,
Sierra

LABOR DAY SEPTEMBER 3 – 6, 2010

CARTOONS

"WHAT'S UP DOC"!! That is a saying from one of my favorite cartoon characters growing up. What does that have to do with anything, you ask? Well Labor Day, that's what. Our theme this year is Cartoons. The dates are September 3-6 and registration forms are already online and ready to be sent.

Friends and Family are welcome. If they are non members please have them use the non member form and please have them fill out the waiver form. Also please use one form per car. It makes it a lot easier for accounting purposes. If non members want to join in on any of the contests they must become members.

We did make some changes to the men's cook off. There are 3 different categories:

HAPPY HOUR (men only)

This includes a Hors d'oeuvre and a cocktail

DECORATING (any member)

AUGUST 18 (which is the August general meeting) is registration deadline. Also we will not be accepting any more judges after that date. So if you want to be a judge for the cocktail hour women you must be registered by **AUGUST 18th**. Men the same is for you if you would like to judge the women's dessert contest register by then. One last date to remember is that there will not be any refunds after **AUGUST 25TH**.

If you want to go to Ocean Cove before September 3 or if you would like to stay longer than September 6th you need to call Ocean Cove and take care of the cost through them. Please only include payment for the number of days that you will be there for the event along with your registration form.

We have all 3 sites again like the last couple of years. When you enter the park the sites are on your left. Please make sure you back your trailers and motor homes into the sites. We need to make sure we leave enough room for everyone. If you park

(Continued on page 5)

(Continued from page 4)

lengthwise along the fence you may be asked to move your vehicle.

Jimmie and I are very excited about leading this event this year. We look forward to all the fun and competition. Please come and join in on all the festivities. Please call me or email if you have any questions.

Sharon Clements
sleepyjinx@sbcglobal.net
(916)606-2343

Inland Lobster feed September 18th, Donner Lake

This year's Inland Lobster Feed will be held September 18th at Donner Lake. Camping will be available. For more information, contact Bill Holmann (wpholman54@yahoo.com, 916-825-5699).

Point Arena Abalone Dive, Sept. 24, 25, 26

I've reserved a small group campsite at the Manchester Beach KOA for the weekend of Sept. 25, 26. The reserved site will hold up to 18 tent campers at \$9 per person per night. If more than 18 people decide to use the group site, I will need to know so I can reserve a larger site. So, please let me know if you plan to join us and if you will stay in the group site. Everyone staying at the group site will have to check in and pay separately at the camp office.

The Manchester Beach KOA is one of the nicest campgrounds on the North Coast. It has almost all the amenities you could want. You can view their website at: <http://www.manchesterbeachkoa.com/>. The KOA also has RV sites with full hook-ups and Kamping Kabins. They have upgraded some of the Kabins to include showers and a bathroom. If you are bringing an RV or plan to rent one of the Kamping Kabins, you need to make the reservation yourself by calling the KOA.

The Kabins are in high demand so I would reserve one ASAP. I plan to stay in one of the Kabins with a bathroom and shower.

If you are planning to bring a boat, you can launch at the Point Arena public pier. It's a sling launch and you need to bring slings for your boat. I have an extra sling for an inflatable. It may or may not fit your boat. Call or email me for more information.

Ken Takata
(916) 428-8883
kentakata@sbcglobal.net

Garage Sale September 25

Dolphin Divers is joining in with the other local dive clubs to have booths at the Orangevale Community Garage Sale, September 25th. The club is paying for the cost of the booth, but you must be there to sell your own goods. If you have dive or camping gear you wish to sell, contact Sandee Smith at: egprinting@aol.com
Or (916) 927-0358

Great American River Cleanup September 25

The American River is a beautiful, resource we can all enjoy in Sacramento. Unfortunately not everyone takes proper care of this area and tons of trash and debris is carelessly discarded in and along its banks every year. Divers, boaters and concerned citizens from all over the Sacramento area pitch in to clean the trash off of the bottom. Please mark your calendars and plan to join us for this fun event. Everyone is welcome. Jack Millard and Brad Freelove are leading this event. Stay tuned for more information!

2010 TROPHY CORNER

Big Ab – **Holger Fuerst 9.068**
Big fish– get the big one, and see your name here!

OUT – AND – ABOUT

Don't forget when you are out-and-about, the following shops and businesses support Dolphin Divers of Sacramento. When you patronize, please tell them you are a club member and thank them for their support. *Indicates shops that honor the free air fills on the back of Dolphin Divers membership cards.

* **Dolphin Scuba Center** (916) 929-8188

* **Dolphin Scuba Center of Stockton** (209) 476-8188

www.dolphinscuba.com

* **Elk Grove Dive Shop** (916) 686-1122

www.elkgrovedive.com

* **Fish Eye Scuba** (916) 850-1145

www.fisheyescuba.com

* **Scuba World** (916) 332-8294

www.scubaworldsacto.com

* **Sport Chalet** – www.sportchalet.com

DOLPHIN DIVERS OF SACRAMENTO IS A NON-PROFIT ORGANIZATION NOT AFFILIATED WITH ANY DIVE SHOPS, BUT WE DO SUPPORT ALL DIVE SHOPS LISTED

~ GARAGE SALE ~

Have anything to **SELL** – **TRADE** – **GIVE AWAY?**

You can advertise **FREE** in the Bubbles. Just e mail the editor holjohnson@gmail.com with your ad before the sending deadline following the General Meeting and your ad will appear in the very next issue.

~ GARAGE SALE ~

~Drysuit undergarment– Oceanic, size small \$60. Contact Holly: holjohnson@gmail.com or (916) 379-0920.

~Aaron (frasera34@yahoo.com, (916) 205-9264) has the following for sale (**NOW AT REDUCED PRICES**):

- Wetsuit Bare 2-3 mm XL \$110
- Wetsuit Harvey Kobalt Ti1 XXL 6.5 mm \$285
- 19 cu ft Pony Bottle \$110
- Akona Regulator Bag \$25
- Atomic Aquatics dive fins XL \$95
- Cabela's Tackle box \$50
- Dive lights UK C4 \$30, UK Mini Flashlight \$25, or Intova Flashlight \$35
- Reels \$10, 3 Hook Clip Accessories \$10 each; 1 Safety Sausage \$35
- Diving Concepts dry suit XXL \$1500
- Whites Fleece Undergarment MK2 XL \$85
- Oceanic computer Atom 2.0 \$750
- Suunto Dive computer Gekko SM-36 \$750
- Seaquest BC Pro QD i3 \$350
- Slate \$8.00; Sm Dive (orange) Beacon Light \$30 and UK Sm safety light \$15