



CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

June, 2013 <http://www.dolphindivers.org>

2013/2014

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Presidents Message

Hello Dolphin Divers,

If you are like me, you day dream about diving far off seas, warm water, exotic animals, white sand beaches, and endless visibility... Cayle and I just came back from a great trip to Hawaii, and although it isn't considered to be a very exotic location, we had a great time, and really enjoyed not only the beaches, and tropical environment but the diving as well. All of our dives were shore dives, some very popular, while others we had virtually to ourselves. We swam with turtles, dolphins, and many smaller creatures as well. We wore only shorty wetsuits (me) or just a swimsuit (Cayle), so we needed less weight-makes those shore entries much easier.

With this type of diving, it is easy to forget about the amazing diving we have here right at home! We live within hours of world class diving. Look up the locations in all of the 'must dive before you die' type of books. I bet there is at least one California dive in there, if not more. I encourage you to remember the great dives close to home, and start to day dream about them also. We have unique things here that you won't see anywhere else also. I have to admit even while diving in Hawaii I was missing the kelp. Diving close to home is something that perhaps you can dive more regularly. The more frequently you dive, the better diver you will be. Your comfort level will increase, it will be physically easier and you will consume less air. How many more reasons could you need?

Dive often, dive safe, ~Holly

~ Meetings ~

General Meetings start at 7:00 pm and are held on the 3rd Wednesday of each month at Round Table Pizza, 9500 Greenback Lane (at Madison). Call 916-989-1133 to order in advance, be sure to ask for the Dolphin Dive Club Discount.

Board meetings are held on the 1st Wednesday of the month, at a Board Members home. All members are welcome to attend all meetings; however we ask that you call the host to RSVP. Board meetings start at 7:00pm Upcoming Board Meetings:

June 5th: Jeff & Michelle Pluth

July 3rd: Craig Brookey

~DOLPHIN BIRTHDAY CLUB ~

Margie Tomenko 6/24 Bob Taylor 6/22

Drew Nelson 6/24 Chelsae Little 6/14

Amy Rojas 6/24 Michael Melvin 6/19

What Causes Abalone Divers to Die?

Reprinted with author's permission. By Jack Likins

I thought I'd take a stab at trying to explain why divers die abalone diving. I've been abalone diving for over 50 years in both southern California and here on the north Coast. It can be a very dangerous sport if not done with proper training, conditioning and knowledge of the ocean. Let me explain why. From what I have observed most of the deaths come as a result of what the newspapers call a "medical emergency". In other words the deaths occur not directly from drowning, but from some other medical problem (usually a heart problem) that may lead to drowning. Think about it this way... A person who dives once or twice a year comes to the coast with his/her family and friends for a little diving and a lot of fun. If they have dived before they begin to get excited about the prospects of diving and getting abalones for a meal or to take home. If they haven't dived in a while or kept swimming over the winter, they may not be in very good condition and many divers are older (50+). In any case, anyone will have anxiety and apprehension on their first dive of the season (it still happens to me and every diver I know). They look at the ocean, but they don't have enough experience to know if the conditions are within their personal capabilities and they see other people and their friends diving so they think it must be OK. It's difficult to say you don't feel comfortable going into the water when your dive buddies all say they want to go. Who is going to be the one who backs out first? Ten years ago it was not going to be me? Anxiety probably causes most of these so called "medical emergencies".

Here's what happens. You put on an old wetsuit that may have gotten a little smaller over the years and it is very constrictive. It's tight on your chest and gives you that claustrophobic feeling of confinement. As you start to suit up you start to thinking about sharks, even though the chance of being bitten are extremely rare, you can't stop thinking about how it would be to be attacked by an 800 pound great white shark. Once you've struggled to get into your wetsuit then you put a 20-30 pound weight belt around your waist, grab all your other gear (float tube, mask, fins, snorkel, ab iron, etc) and start walking to the beach (maybe down a cliff with a rope). By the time you get to the water you are sweating profusely from hiking in your wetsuit. After putting on the rest of your gear you jump into 47-degree water and all of a sudden the cold water starts to seep into your wetsuit and you begin to swim, hard, to get out beyond the breakers. Maybe there is a current, maybe there are waves, maybe you start to getting sucked out to sea and try to swim against the current, or maybe you just get knocked down by a wave and washed into the beach or rocks. But, let's assume you are successful in getting out to the area where you want to dive and the visibility is only 2-3 feet underwater. You can't see the bottom, so you get out your underwater light. Since you can't see the bottom from the surface, you dive down 15-20 feet and finally see the bottom, but it is covered with palm kelp so you have to go another 2-3 feet and get under the palm kelp. Once there, it is even darker so you shine your light to look into the rocky crevices and under the rocky ledges where the

abalones live. Now you've successfully gotten to the bottom and have looked for abalone, maybe even found one and you want to go back to the surface. You can't use any type of underwater breathing apparatus so you have to be constantly going down and up as you look for abalones. When you decide to return to the surface you look up and the surface is covered with matted bull kelp, so you look for the light shining through the kelp and head for a clearing hoping not to get tangled in the long strands on your way to the surface. Let's say you dive for 45 minutes to an hour. You're getting tired and now its time to head back to shore, but the wind has picked up during that hour and there is a current running in the opposite direction that you want to swim. Maybe the waves have picked up too, maybe the tide is lower and the exit is more rocky. What do you do? Hopefully you're in good enough shape that you can swim against the current, or you have a "bail out" location down current where you can safely get out of the water. If you're lucky or experienced and have planned right, you will get back to shore safely. I am trying not to exaggerate, but I have had all of these things happen to me a one time or another. Now imagine thousands of divers, many of who are not very knowledgeable or experienced and you can understand how some of them become overly anxious and why 3-4 people die every year. If you're lucky or if you are well trained and experienced you can avoid these hazards of abalone diving and get safely back to the beach with an abalone or two to enjoy with your friends and family. If not, from what I have described, you can understand how this sport can be deadly. Personally, I would not want to stake my life on luck. I'd rather base my life on knowledge and experience. My advice... the best way to prevent these hazards is to avoid them altogether. In other words, don't dive if you don't feel comfortable with the ocean conditions, even if your dive buddies want to dive. If you dive or have friends who dive, the best advice you can give them is "don't go into the water when the conditions are beyond your capabilities". To be able to judge ocean conditions you must have the knowledgeable to "read" the ocean and the experience to understand your own capabilities. To me, this is what the buddy system is all about. If you are a new or inexperienced diver find an experienced buddy who can help you gain the knowledge and experience, both in and out of the water, and one that won't push you beyond your comfort level. Having said all this, if you pick the right day with the right conditions and don't push beyond you ability, conditioning and knowledge then abalone diving can be a wonderful, eye-opening experience. Most of the time I go abalone diving I don't ever take an abalone, although I see hundreds of them. What's most rewarding to me is the experience and the wonders of the ocean that I see every time I dive. More often than not, I will see something that I have never before seen. The ocean is an amazing environment and one that has only begun to be explored and understood by man.



**CHANNEL ISLANDS DIVE TRIP
July 22- 25**

Our annual live aboard dive trip will be here soon and there have been a few last minute cancellations! If you were planning on joining us, but the boat was full, you should get your reservation in NOW while there is space still available. We have opened the trip to non-members so feel free to invite anyone who you think might be interested. We'll be carpooling from Sacramento on Saturday, July 20, at about 9:00 a.m., and then we'll regroup in Santa Barbara, before boarding. The boat leaves the dock at 10:00 Saturday night and we will (try to) sleep on the way to San Clemente Island, our first dive location. We should make our first dive at about 9:00 Sunday morning. Four action packed days later we will return to Santa Barbara for the ride home. To avoid the killer drive home late that night, many of us will drive part way home and stay in Buellton at the Days Inn or Motel 6. If you want to car pool and are looking for a ride, or a rider, I'll try to match you up. The cost is \$650.00. Make checks out to "Dolphin Dive Club" and either give them to me at a meeting or mail them to me at: Jack Millard, 6920 Eastside Court, Orangevale, CA 95662.



**For more information you can contact me at
916-987-1303 or jbmillard@aol.com**

Watch the July Bubbles for directions and more information.



**Inland Lobster Feed & Potluck
Saturday, June 13**

Bring your family, bring your friends and join us at Lake Natomas for our "Inland Lobster Feed" dive and potluck on Saturday July 13 at the Negro Bar picnic area. Last year the crawdads were scarce, but the fun plentiful. A few of us will put out crawdad traps late Friday to recover for the event in the morning.



Saturday morning all of the divers will meet at the Negro Bar State Park by 9:00 to boat up past the Rainbow Bridge for a fun drift dive. *You should plan on arriving at the Negro Bar picnic area early because we want to be in our boats and ready to dive by 9:00!* There are a lot of big crayfish hiding under the rocks so bring a "Goody Bag" to grab the biggest and fastest ones you see. There are also a lot of lost "treasures" that fishermen and swimmers have dropped in the lake so we can also do a lake cleanup and scavenger hunt while we dive. I have found several working watches and a gold ring on previous dives so be sure to keep your eyes open. The deepest you can get is only about 40 feet, and there will be a current sweeping us along so you will have to hug the bottom to keep from drifting too fast. Visibility is typically about 6 to 10 feet and the water temperature has been in the low sixties on previous dives.

After we have made our dives we'll gather in the picnic area for the rest of the fun. We will have prizes for a BIG crawdad contest and a crawdad race for the adults and the kids, so be sure to save your biggest and your fastest crawdad. We will also have a "Liars Contest" where we will spin yarns about the "treasures" that we find. After all the fun we will fire up the barbeque and cook up the crawdads, hamburgers, corn-on-the-cob and whatever other delectable's that are contributed to the potluck. Please bring \$3.00 per adult to contribute toward the soft drinks, hamburgers and corn on the cob. Please also bring a potluck dish, and don't forget your dive gear, hats, beach chairs and sunscreen.



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

Memorial Weekend

May 24-27

By the time you read this Dolphin Divers of Sacramento will have returned from the Albion River Campground and our annual Memorial Day weekend. We had 7 groups staying at the campground and a couple of members staying at local hotels. There were a couple of boats for the divers to enjoy. Charlie Rojas was the event leader.

Navarro Beach is just to the south of the campground. There is a beach at the campground where the river flows into the bay. Albion received its' name in 1844. Albion means Britain in the ancient British language. The small harbour there is considered one of the few safe "dog-hole" anchoring spots on the north coast. William Richardson supplied the name and started a lumber industry in the area. Richardson family also had many land holdings up and down the coast. The steamship "Albion" sank around Navarro, was salvaged, refloated and sank again in 1893. During the "heyday" times for the logging industry, there was a large pier that ran from the beach area several hundred yards into the harbour. The pier was the size of a freeway. You can find parts of it on the bottom of the harbour.

~San Francisco Weekend~

June 1 & 2

Debby and I are leading a trip to San Francisco Saturday, June 1 and Sunday, June 2. Please join us for any part, or all, of the weekend activities. We will be meeting for breakfast at 7:30 at the Denny's Restaurant at [4025 Lake RD.](#) W Sacramento, CA 95691. After breakfast we'll drive to San Francisco for the start of a fun weekend. Saturday we'll visit one of the city museums (let me know if you have a favourite) Then we'll check into a hotel near Fisherman's Wharf before boarding an Alcatraz Tours boat for a dinner cruise around the bay. Sunday morning we'll wake up and take a nice walk before heading to Mount Tamalpais for the afternoon music festival, <http://www.mountainplay.org/>

You can come just for Saturday, just for Sunday, or both. If you want to join us please let me know as soon as possible. I can give you more information about how to sign up for the dinner and music. Contact Jack Millard jbmillard@aol.com, 916-987-1303

Crab Feed 2013

June 15

Craig, Brad Ken and Penny – Crab Team

Alas the time is coming soon. Many of you have been waiting for this moment all year. As you may have heard, the Dolphin Divers Crab Feed is just around the corner. You won't want to miss out on all the fun that is being planned at Rudy's Hideaway for June 15th. Where "ALL YOU CAN EAT CRAB", Pasta, Salad and Bread can be found. Dinner and Dance music will be provided by none other than our very own Dr. "Little Fox" Steve Volpicelli, DJ Extraordinaire. Door Prizes and Raffle Prizes will be given away if you have the winning ticket. If you have ever been to a DDS Crab Feed you know what a blast they are. If you haven't – this is your Big Chance. Tickets are available only until June 1st. Price is \$45.00 per person. Many members have tickets for sale or you may contact the Crab Team for additional information. You don't want to miss this event!! Crab Committee:

CRAIG cbrookey@sbcglobal.net 916-952-0322

BRAD bradlinda@frontiernet.net 916-879-3853

PENNY pennybug76@yahoo.com 916-205-5619

KEN kentakata@sbcglobal.net 916-428-8883

~Big Garage Sale~

June 22

Three local dive clubs, Dolphin Divers of Sacramento, Aquatic Image Makers and Sacramento Seahorses will be hosting a BIG GARAGE SALE. Some of the used items offered for sale will include, Scuba Diving and Free Diving Equipment, Camping, Boating & Kayak Gear, Underwater and Topside Photo Equipment and a number of other Ocean - Dive -Boating - Camping related goods. If you have stuff for sale or want to buy stuff, then this is your chance. Garage Sale will be held JUNE 22, 2013 8am - 2pm Location: 1500 Van Ness Avenue, Sacramento CA (off El Camino) For additional information feel free to contact:

Craig Brookey 916-952-0322

or cbrookey@sbcglobal.net

2nd Annual Family Fun Shoot

SUNDAY, JUNE 30, 2013 9:00am – 1:00pm

Due to popular demand, the 2nd Annual Family Fun Shoot is here again! If you aren't familiar with the Family Fun Shoot, it's a Dolphin Diver event that combines a day of shooting, a potluck lunch B.B.Q., and a Marksmanship competition all in one exciting and enjoyable package. The event is open to all Dolphin Diver members and their guests. Whether you have never fired a gun before in your life or you're a professional Sharpshooter, come on out and have a GREAT TIME... You don't even need to own a gun; we'll have plenty of them there for you to shoot and enjoy, plus instructions for beginners on safety and shooting techniques.

PLUS, once again we will have a Marksmanship Contest, which was won last year by your Pistol Packin' Past President, Marlyn "Dead Eye" Sepulveda!

And don't forget, we'll also have a POTLUCK lunch with the main course and beverages included – just bring your favorite side dish or dessert.

The date for this fun filled and exciting event is:

**SUNDAY, JUNE 30, 2013 STARTING AT 9:00am at the
SACRAMENTO VALLEY SHOOTING CENTER
15501 Meiss Road
Sloughhouse, CA 95683**

And since there are **SOOOOOOO** many levels of participation, one should be right for you:

FREE _____ Non-Shooter (Watch Only)
\$5.00 _____ Non-Shooter & Lunch
\$20.00 _____ Shooting Only
\$25.00 _____ Shooting & Lunch

As always, the event is open to all DDS members and their guests. If you have any questions, please feel free to contact any of the following **Family Fun Shoot Committee Members**:

Steve Volpicelli (916) 757-2002 LittleFox2000@gmail.com
Chris Anthon (916) 799-9468 canthon@hotmail.com
Cayle Little (530) 518-0902 caylelittle@gmail.com

The sign-up cut-off date is **Wednesday, June 26, 2013**. Hope to see you all there! **STEVE LITTLE FOX VOLPICELLI**
Cell (916) 757-2002

~ Ab Reopener ~

August 3-4, Dolphin Divers and the Sacramento Seahorses will be the Albion River Campground for a weekend of fun and diving! We have 10 sites reserved. When they are gone, you are out of luck. Albion River tells me that they are full up. This is the time of the year when the water starts to get really calm so I expect to have ab for dinner Saturday night. If you are interested, let me know and I will put you down on the list. Remember, only 10 sites available and I have one of them. Contact Brad Freelove 916-879-3853

2013 TROPHY CORNER

Everyone has a new chance to win with this New Year!!
Big AB:
Big Fish:

~ GARAGE SALE ~

Have anything to SELL – TRADE – GIVE AWAY? You can advertise FREE in the Bubbles. Just e mail the editor Pennybug76@yahoo.com with your ad before the sending deadline following the General Meeting and your ad will appear in the very next issue. Please limit to "Diving Related" items like Gear, Camera Equipment, Boats, Motors, Camping Gear, Dive Cars, Etc.

~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
* **Fish Eye Scuba** (916) 850-1145 www.fisheyescuba.com
* **Scuba World** (916) 332-8294 www.scubaworldsacto.com

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