



CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

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<http://www.dolphindivers.org>

August 2014

2014/2015

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Presidents Message

Hello all;

Welcome to the August addition of the Dolphin Divers Newsletter! This article got started while on the club Channel Islands trip in mid-July. Several things happened on this trip that caught my attention. Both of these are safety related and can be used as teaching moments for everyone. I will not be naming names of who did what, that is not important.

In some of the cases they were honest mistakes that we have all either made or come close to making. In all the examples, they were entirely preventable. The good news is that nothing bad happened to anyone involved. Everyone came home safely. This will be a two part article.

Diving is a higher risk hobby, but the training and equipment are well developed to protect us. Generally several "issues"

have to occur for a serious accident. Some of the problems we can control and others we cannot. By taking care of the controllable risks, we minimize the chances of creating that chain of events that leads to an accident. The components we cannot control are, well, out of our hands. I like many of my fellow club members love to hunt for game on these trips. This particular trip I chose not to bring a spear gun due to not going straight home after the trip. Sunday diving started out wonderfully, we had fairly flat water with excellent visibility, and clear skies overhead. Life is good! During the middle of the day on one of the various dives that was open for spearfishing, everybody is in the water hunting, taking pictures, or just enjoying a gorgeous dive.

On my slow, relaxed trip back to the anchor line I see a couple of photographers doing their thing in 25' of water. Coming up behind them are several divers spearfishing, a reasonable distance is given to the photographers turning the fishermen my direction. As the fishermen are about to pass about 5' off my right, I realize they are swimming along with their guns loaded, safeties off, holding the gun by the pistol grip, finger off but near the trigger. None of this bothers me because this is generally how I hunt also. I think this is how most everyone hunts. The part that concerns me was that the spear was pointed directly at me!!!!!!!!!! This was not intentional on their part it just had to do with the angle they approached me at. I am generally not a safety freak, but come on guys, let's take a few of the obvious precautions. I cannot remember ever having pointed a ready to fire spear at another diver, not to say I have not made the same mistake. I will say that it will never happen by my hand again.

Think about those around you and their safety when you dive.....

Cayle

~ Meetings ~

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:

August 6 Dave Whiteside 916-923-3763

September 3 Penny Johnson 916-205-5619

General Meetings General Meetings start at 7:00 pm and are held 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.

~DOLPHIN BIRTHDAY CLUB ~

Renee' Viehmann 8/1 Steve Gibson 8/2

Linda Freelove 8/4 Chris Anthon 8/9

Adnan Dinn 8/12 Layni Little 8/12

Cayle Little 8/15 Matt Stemple 8/15

Happy Birthday Everyone!!!!!!!!!!!!

~Welcome New Members~

Tom Lieb, Bret Walker & Miklyn Edman

Safety Tips

Coral reefs are the world's largest biological constructions and are among the most beautiful ecosystems on Earth. They host a huge portion of the ocean's biodiversity and are enormously valuable to humans both for tourism and the sustenance of coastal populations. They are the result of slow but progressive hard-coral growth, which over decades or centuries leads to established reefs.

Even in nutrient-poor waters, coral reefs can be miraculously productive. The corals grow through the activity of tiny algae, which live within the corals' tissues and photosynthesize the sun's light. The corals protect the algae and supply them with ammonium; the algae in turn release sugars and other organic nutrients that the corals use for food. These microscopic,

pigmented algae, known as zooxanthellae, also confer color to the hard corals of the reef. The symbiosis with these algae is obligatory for tropical stony corals. If the algae die or are ejected from the corals (a phenomenon known as coral bleaching), the corals die almost immediately and, in most cases, without any chance of recovery. The loss of these algal symbionts means the loss of the engine that produces the corals' food, and the corals become immediately vulnerable.

Reefs at Risk from Sunscreens

Many factors threaten corals, including physical damage from anchoring, fishing with explosives, excess heating of the ocean's surface and pollution. Somewhat recently, a new emergency has been added to the list of the top-10 threats to coral reefs around the globe: sunscreens.

Scientific investigations conducted at several reefs around the world — in the Caribbean, Fiji, the Red Sea and the Coral Triangle — indicate that the effects are almost immediate and generally lead to coral death within 48 hours.



Sunscreens have been found to activate viral infections in corals, leading to coral bleaching. Approximately 30 percent of the sunscreen that has been spread on a person's skin is released into the environment when the person enters the water. Even a single drop of a sunscreen containing problematic chemical filters and preservatives,

which are present in more than 99 percent of the products available on the market, can provoke bleaching and kill the coral.

Most commercially available sun-care products are harmful to corals, and the effect is not dose-dependent. The sunscreens activate viral infections that are generally latent, similar to the mechanism by which herpes appears on humans' lips (cold sores) in the presence of ultraviolet (UV) light. It is an on/off mechanism determined by the compounds contained in the sunscreens.

The Need for Legislation

Unfortunately, adequate legislation is lacking in most countries, including the U.S. Before sunscreens can be sold, they must be shown to be dermatologically safe and to have an actual ability to protect the skin from UV light, but they are not subject to any environmental regulations. A notable exception to the lack of restrictions is in Mexico, where the use of sunscreens is banned in the cenotes (limestone caverns), which are popular with tourists.

Be Wary of “Safe” Sunscreens

A research team at the Polytechnic University of Marche in Ancona, Italy, tested several sunscreens, and all had significant impacts on marine life. Especially concerning are products that claim to be safe for corals because they are biodegradable. These products confound consumers by suggesting that biodegradable is equivalent to environmentally friendly, but this is not the case. Even products that degrade rapidly in seawater remain in the system long enough to kill any corals they come in contact with. This was exactly the case with one product the team tested, and it's one of many misleading claims or untruths that can be found on sunscreen labels. In some cases, products state they are nontoxic for corals and other marine organisms despite containing oxybenzone and/or other derivatives of benzene, which are hazardous to corals.

How To Recognize Safe Sunscreens

It is simple to determine whether a sunscreen is harmful to the marine environment: Ignore what is written on the front, turn over the package, and read the ingredients. First note the presence of preservatives, then go through the list of chemical UV filters. The sunscreen is lethal for the corals and should be avoided if the product contains parabens (common preservatives such as butylparaben) or any of the following chemical filters:

BMDBM (4-tert-butyl-4-methoxydibenzoylmethane benzophenone

- BZ (benzophenone-3)
- MBC (4-methylbenzylidene camphor)
- OMC (ethylhexyl methoxycinnamate)
- OCT (octyl methoxycinnamate)
- BEMT (bis-ethylhexyloxyphenol methoxyphenyl triazine)
- any component that includes the
- term *–benzene*

Caring for our Skin

Now that scientists have identified the dangerous components in sunscreens, new products that are completely safe for the environment can be produced. Some manufacturers have attempted to make more environmentally friendly sunscreens through the use of physical filters (such as zinc oxide and titanium oxide), but studies of these are providing conflicting results. Some products containing zinc and titanium oxides have been shown to be harmful to corals, which in some cases show bleaching even after short-term exposures. We are currently trying to understand the mechanisms underlying these effects.



Divers should consider ways to minimize their use of sunscreen when diving on coral reefs.

After the impact of sunscreen on corals was discovered, a French company developed a sunscreen called EVOA that was tested and certified to be safe for corals. More recently, a sunscreen containing a new generation of ecofriendly filters has come onto the market, and corals treated with this sunscreen were apparently healthier than those in the control tanks. London-based Aethic has patented this novel composition, called Aethic Sôvée, which is available for purchase at www.aethic.com.

Take care of your skin and the environment by using hats, clothing, wetsuits, rash guards and/or sunscreens that are actually safe for corals instead of sunscreens that threaten reef health. According to marine scientist and conservationist Sylvia Earle, "In the grand scheme of things, sunscreen may be low on the list of things that corals need to worry about, but it may be one critical cut among the thousands that are stressing reefs and other ocean systems — just one more thing on top of all the rest that could send an ecosystem over the edge." And unlike most other threats to the world's

corals, this is one that individual divers can do something about.

Roberto Danovaro is professor of marine biology and ecology at the Polytechnic University of Marche.

Reference

Danovaro R, Bongiorno L, Corinaldesi C, et al. Sunscreens cause coral bleaching by promoting viral infections. *Environ Health Perspect.* 2008 April; 116(4): 441–447. Available at: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2291018/>. Accessed: Dec. 16, 2013.

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Chris

Labor Day 2014

Ocean Cove, Ca. August 30th through September 1st

Cost is \$24 per night. If you would like to show up early that is fine and you can pay for that at Ocean Cove. The club portion is Fri. – Mon. A sign up form will be uploaded to our website soon at www.dolphindivers.org so you can start signing up. The last day to sign up is the August general meeting.

So far the schedule of events will be announced soon.

We need volunteers to help with the spear fishing contest, checking divers out and in, and weighing all of the fish.

We need help with the kids BBQ and activities.

We will also need help with fish cleaning, ab pounding and all the cooking and setup for potluck, awards and raffle.

Last but not least we will need some cooks to help cook sausage links and pancakes on Monday morning.

We are also looking for donations for the raffle.

If you would like to help in any way please contact Bob & Kim Taylor

btaylor@tayloredbiomedical.com or 530-871-0492 home 916-752-6017 cell

Inland Lobster Feed Report

Saturday, July 12, was the date of our annual Inland Lobster (crawdad) Feed at negro Bar, Lake Natoma. Holger loaned us some crawdad traps so Ray Brown helped me set them out Thursday evening. The current was *ripping*! We set the traps just down current from Rainbow bridge where I saw lots of crawdads waiting in line for the cat food bait in the traps.

Saturday morning Ray and I were at negro Bar at 6:00 dark o'clock to make sure we had our space. Shortly after we arrived Tom and Kathy Moore then Maggie and Kevin Kunkel joined us. We could have slept in. No one out of our group got there



before about 9:00, when we set out in our boats to dive. First I gave a short safety briefing on the beach where I warned everyone to be careful in the fast current. Then Ken Takata, Craig Brookey, Will Dutton, Jim Nickelman and me took the divers up above the bridge to drop in.

?!?!?!?! Where was the current? The water flow out of Folsom Dam must have been shut off because there was absolutely NO current*. Some divers opted to start closer to our end point at Rainbow Bridge, but not me. I

had planned on drifting along the bottom in the current but instead I had to kick and pull myself along the bottom all the way to where Ken had anchored my boat for me. I have NEVER seen the upper lake without any current. The water temperature was a chilly 63 degrees with about 6 feet of visibility (maybe). Before

surfacing I checked the traps then surfaced with the line they were attached to. Minh and Ray were both surfacing at about the same time so we climbed in and pulled up the traps – they were LOADED! We hadn't caught this many crawdads for several years!

Back in "camp" a crew was busy setting up for the BBQ! Brad was lead on the cooking crew and it was

rapidly approaching noon as I tried to "herd our cats" together for crawdad races and the scavenger hunt/liars contest. There were only a few children there but they chose their favorite racers out of the bucket and put them in the starting circle. On your mark – set - **GO! GO! GO GO GO GO**. Nothing. This was the laziest batch of crawdads EVER. None of them crossed the finish line so I had to declare the winner as the crawdad that went farthest. A second year in a row win for Emily Oja! Then we had the same race for the adults, same lazy crawdads. Some just sat there in the dirt looking at us. (In the excitement of the race I forgot who won). After the races we held the liars contest. We have some good story tellers in our group, but the winner was Tom Oja with his story about getting bribed by Kerry Atkinson if he wouldn't report her drinking a beer on the bottom. He had the empty beer bottle and a tattered dollar bill as proof. I think the best find was a Silver Dollar that Dennis Wade found wedged between a couple of rocks.

LUNCH TIME! Everyone lined up for hamburgers, hot dogs, corn-on-the-cob and potluck items brought by everyone. We spent another hour, or more, talking and visiting with old and new friends. I counted 43 people enjoying the day and sharing company with us!

SUPER BIG THANKS to Corinne for slicing all the tomatoes and onions before the event; Brad and crew for cooking and feeding us all; Ken, Craig, Will and Jim for ferrying us in their boats; and Holger for loaning us his traps.

Next year, "same time, same station". Jack Millard

**Teri Cosby reported that she was on the lake that evening and the currents were ripping again!*



Channel Islands

As I am writing this I am packed and headed south to Santa Barbara for our annual Channel Islands Dive Trip. The cost will be the same as this year: \$625.00. I already have some payments for the trip the last weekend in July, 2015, so it isn't too early to make a deposit or payoff and select a berth! Jack

DONATE BLOOD & SAVE LIVES

When you donate blood tell them that you are a member of Dolphin Dive Club and ask that your donation be credited to our account (#3412) and benefit other club members if they need a blood donation.

SUNSHINE COMMITTEE

If you know of anyone who is celebrating accomplishments, upcoming Weddings, Births, etc., or if you know of a club member who is in need of a little Sunshine please contact Maridee Green at 916-206-0863, or email her at maridee@homebuying101.com

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

Garage Sale

The Garage Sale section is a free advertising for any items SCUBA related for sale/trade or not for profit/personal gain dive trips

Free to anyone that owns a SEA&SEA MX-10 Camera: close-up Lens. Please call David Whiteside at 916-730-8282

FOR SALE:

7MM Aqua Lung Wet suit XLS \$150.00. Only used twice. Call Dave Whiteside at 916-730-8282

Wanted Steel 80 cf tank.. will consider aluminum 80 also.

Steve Gibson 408-206-6917 (Rancho Cordova)

Ocean Kayak Dive Board Two Seater- 16' - \$800 (Roseville)

I have for sale a one of a kind Ocean/Dive board.

Facts about this boat:

Made by Dolphin - builder Richard Bowersmith in 1980. Rare Two Seater (most of these were made as one person)

Drywell in the back to keep things, "Dry"

Storage up front for two Scuba tanks, yes, two!

Sit on top design

Length: 16' - 16 feet

Width: 28 inches

Weights: about 65 to 80lbs

If you spear fish this boat is awesome! It seats two, which is a huge advantage over other boats. Two can stay together, paddle together, dive together. It is not a light weight plastic show piece. This Kayak is of ample weight, and big advantage in less than ideal conditions. It is stable, and built to last. You will not find a Dive Board like this for this price. call 916-230-2758



DOLPHIN DIVERS OF SACRAMENTO
P.O. Box 112
Orangevale, CA 95662



DOLPHIN DIVERS OF SACRAMENTO

2014

August

- **Ab Reopener, 8/2 to 8/3/14**, Albion, contact Brad Freelove or Charlie Rojas
bradlinda@frontiernet.net (916) 682-1695
- **Board Meeting 8/6/14**, beginning at 7:00PM. Host: David Whiteside,
dwhite95815@hotmail.com, (916) 923-3767,
- **General Meeting 8/20/2014** at 7:00PM. Meeting location is Roundtable
Pizza in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public.
Please meet your fellow divers.
- **Labor Day Spearfishing Contest, 8/30 to 9/1/14, Ocean Cove**, contact Bob
Taylor, btaylor@tayloredbiomedical.com (916) 752-6017

September

- **Board Meeting 9/3/14** beginning at 7:00PM. Host: Penny Johnson,
pennybug76@yahoo.com, (916) 205-5619.
- **General Meeting: 9/17/14** at 7:00PM. Meeting location is Roundtable Pizza
in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public.
Please meet your fellow divers.
- **American River Cleanup: 9/20/14**, contact Brad Freelove
bradlinda@frontiernet.net (916) 682-1695



Volunteers needed at Labor Day, Contact Bob Taylor