



CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

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May 2016

2016/2017 Board of Directors

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President's Message

I write this first newsletter as your newly appointed President, with hopes of fun and order and know with all good things come hard work! Thank you for your vote of confidence as I look forward to contributing to the club and all things diving.

I took the time this past weekend and made the drive along the coast from Stinson Beach to Fort Bragg reminiscing of memories past. Along this journey I was reminded of the many incredible sights, sounds, smells and tastes that surround us in California and the people we share them with, both past and present. We are very fortunate to have so much to enjoy, I look forward to reacquainting with you over this next year!

There are many new faces in the club and with new members come new ideas. I welcome hearing your opinions and what you would like to see to make Dolphin Divers a memorable club that you too want to encourage others to join.

Look forward to;

- Monthly dives
- SCUBA refreshers
- Equipment classes
- First aide CPR classes
- Manufacturer Presentations
- Upcoming Dive Trips
- Social Hour
- Ab Bologne Contests
- fun fun fun and more fun

~Chris Anthon

Meetings

Board meetings are held on the 1st Wednesday of the month, at a Board Member's 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:

Meeting Date Changed to:

May 11th The Littles - (530) 518-0902

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

Corinne Fuerst	5/5
Summer Carlson	5/6
Jeff Pluth	5/16
David Edwards	5/22
Hannah Furtak	5/23
Kyle Green	5/27
Marlyn Sepulveda	5/27

Welcome new Members!!!

Jason Pipes and Rick Williams

Past Events

ABALONE OPENER

Conditions not ideal; fun to get together nevertheless

On Saturday, April 2, a few of us met at Ocean Cove for the AB Opener Event. Marilyn and Steve, Holger and Corinne, and Marianne and Mike came for the weekend, while Brad, Tim, Atakan and I went for the day. The conditions were less than ideal with a 4-5 foot westerly swell coming right into the cove. Atakan and I were the only ones who dove that day with some of the other members keeping a watchful eye from atop a cliff. We stayed inside the cove, not venturing out due to the swell, and we headed back in when the waves got too big. Although we found no abalone that were of legal size, the dive offered us a refreshing swim and good practice. Even with no abalone, everyone was happy to spend time with friends and enjoy the beautiful setting. After all, hanging out and having fun is what these events are all about. And as for the abalone, they are still waiting for us.

~Ilkan and Atakan Cokgor

Future Events

Memorial Weekend at Albion Campground

May 27, 28, 29 and 30 will be the days for the Dolphin Divers of Sacramento to visit Albion River Campground for 4 days of camping, diving, great food, and even better friends. Charlie Rojas will be the event leader again. Charlie has reserved 14 sites for the dive club. **We have reserved back to back sites C11 thru C17 and C34 thru C28.** Contact Albion directly to make your reservations. 707.937.0606 will get you to the campground. Charlie will not make your reservation for you! Sometimes, you may need to leave a message at the campground as they are out of the office. Just let them know you are with the Dolphin group. They will get back to you when they can. Water and electricity are at all sites **and the nightly fee is \$38.00.** Ab diving will be part of the program as will a social hour and potluck. Albion River is about 30 minutes south of Ft. Bragg. Hiking trails are all over the place and some great dining locations are located in town. Tons of stuff to do for the non-divers in your group. In past years, Jack Millard has taken a group of us north of the campground to a spectacular cove that was loaded with abs. Flat calm water and awesome scenery made it one of my most memorial dives in quite a while. If you have not been to Albion River before, get hold of Charlie and he will answer any questions that you have. Charlie can be reached c22rojas@yahoo.com or at 707.483.9816. *~Brad Freelove*

Father's Day

Once again, Marylin and I are leading the Father's Day outing. As in years past, the event will be held at Ocean Cove. For those of you that would like to join us, we will arrive at Ocean Cove on Friday, June 17 and depart on Sunday, June 19th. Everybody is on their own as far as dinner is concerned on Friday Eve. We do plan on having a potluck Saturday evening. Hopefully the weather and the ocean conditions will cooperate so that we can have abalone as part of the food festivities on Saturday. Often, lunch and appetizers are also had potluck style on Saturday. We no longer reserve the group site for this event as we don't have enough participants so please look for us by taking the first driveway on the left past the group sites and keep going until you find our small Dolphin Divers Contingent. Please let us know if you plan on joining us by e-mailing us at: mcampbell@surewest.net and/or Corinne_fuerst@yahoo.com. I do believe that Brad, Charlie, and a few others plan on visiting us Saturday day. Thanks, see you soon!
~ Corinne & Marylin

Channel Islands 2016

There are a few spaces left on our 2016 Channel Islands



dive trip on the Conception. This trip will again be for 4 days from Sunday, July 24 to Wednesday, July 27. IF the warm El Nino waters are still around we will go

north to San Miguel Island, then work our way south along Santa Cruz and Santa Rosa Islands. This will be in areas we have not dove for a long time because the water is usually cold. Our 2015 trip to Catalina found little kelp because the water was too warm (not Hawaii warm, but close). If the El Nino breaks down and the water cools we will head back to Catalina for the warmer water. Hunters should be happier in the northern islands, but this is a trip for everyone so we will go where the conditions are best for general diving.

Member cost is still only \$625.00. This annual trip is our biggest fun(d) raiser for the year and an excellent

time for great diving and to get to know all your Dolphin buddies a little better. Bottom time is limited only by your nitrogen loading and how many times you want to dive. If you are a new diver this is probably the best way for you to hone your skills while diving with your more experienced club buddies. The scenery along the islands is so beautiful we are often joined by non-diving family members. The crew takes excellent care of us and it is unbelievable how good the food is coming from the tiny galley.

You can make deposits, payments or payoffs any time, but hurry because space is limited. I'll tell you more at the meetings and in the "Bubbles". When you sign up I'll also send you information about the specifics of the trip and what you can expect. You can check the club website for previous trip reports in our archived Bubbles. ~Jack jbmillard@aol.com, 916-987-1303

Safety Message - Habits and Lists

Safety Officer, Tom Oja

Scuba diving can be an extremely safe and fun activity.

While accidents can and will happen, there are several things you can do to help prevent them. Even if an accident does happen, it may still be possible to drastically reduce the affects and probably save you, or your dive buddy's, life.

This month we will address a couple of things to be aware of before you even plan your dive. These includes various habits such as organizational skills and healthy living.

There are many habits in life that serve some people better than others. In my case, I seem to need lists. They generally keep me from forgetting to bring or do things. I have lists for travel in the summer as well as winter. For trips across country and to the local range. If I don't check my list I am likely to forget something important like keys, dive computer, or even an entire box of gear. Yes, these have all happened to me before, some of them recently, even with the list. So let's look at a few things to be aware of when thinking about diving.

First, some of us, myself excluded, only dive during the summer, and we tend to not pay as much attention to our bodies during those cold winter months. Starting about two weeks before I plan on diving, I make sure that I am walking every day. In my case, that is a minimum of a mile. Two miles works better for me and you may need more or less than that. This is not a hike up rough, back country roads, but rather a walk around the neighborhood. For me, there is a park just under half a mile away. I walk there because on warm days water is available in case I forget or don't feel like carrying any. Then, I can circle the park, or shoot off in other directions I have not been for a while to create some variety during my walk. During the hot summer, I tend to do this walk either in the morning, before it gets too warm, or just before sunset, when there is more shade.

When I walk depends on who I can convince to come with me. Sometimes it is a neighbor as we walk dogs. Sometimes it is one of my kids who is telling me about school, stories they are writing, or games they are playing. For the kids, it is a time with daddy that helps to make up for the times I am traveling out of town. The kids tend to really like these times and can have a bit of a problem when someone additional, especially a sibling, joins in. I like walking because it takes no special equipment and does not require a gym membership. Pick what works best for you, but make sure you can easily do your chosen activity for a week or more without struggling before you plan on diving. Regular walking will help reduce the chances of leg cramps.

Second is eating a banana every day, or some form of potassium, twice daily for one week before I dive.

Along with the walking, this also helps me to reduce the chance of leg cramps. Note that I can have a somewhat sensitive stomach, so I do not eat a banana the morning of the dive. Each of us has our specific preferences or issues with various foods, so you can adjust as necessary. If you don't normally eat spicy foods, don't start the day before a dive. For me, I tend to eat the same thing for breakfast several days in a row before I dive, as well as on dive days. The reason for this is to ensure similar reactions of my digestive system so I don't find myself 100ft down needing to surface and find a restroom. This gets tricky when traveling to other countries, so sometime it may be necessary to arrive a couple days before your planned dives to ensure you are acclimated to the local environment.

Since we are discussing plans made a couple weeks out, you may want to take your gear to Dolphin Scuba, or the dive shop of your choice, and have your gear serviced. This should be done annually and will vary in cost between as little as \$15 for some years and \$200 or more if they find a leaky quick disconnect hose to your dive computer like they did on mine this year. Plan ahead on service, as they get busy as it gets closer to summer, but allow a minimum of two weeks. Note that some shops have already raised rates because of the new minimum wage laws, so plan on a bit more of a shock this year than normal. If you normally rent gear, Dolphin only had 4 larger BCD's when I was there this last weekend. So call in your rental request a couple weeks in advance, or more, to ensure they have something for you.

Two weeks is almost too late, but if you have not been diving in more than 6 months, it might be worth it to call your favorite instructor, or talk to Mitch at

the next meeting. They can help you with questions, or tell you when his next class is. I have taken review classes when I wanted to just refresh. My preference is to actually take another specialty class and add to my skills. That way, I get some general review time with an instructor and learn new skills at the same time. If you have not worked on your advanced open water or rescue diver certification, you may want to think about that this summer. I like knowing that most of the people I regularly dive with are not only good buddies, but able to save my life in a pinch. Have a friend or spouse who is not a diver and interested. Take the open water class again with them to refresh. Many instructors will let you tag along to help encourage your friend or relative, but check with the instructor beforehand to verify this. It is fun for your friend, and a great review for you.

Don't have a buddy... that is after all what the club is all about. Come out and join us at some of the upcoming dives talked about during each regular meeting. I am personally planning several local dives in Monterey May 7th and 8th, Folsom, or Tahoe during May 21st and possibly 22nd. Email me to make sure plans have not changed otherwise feel free to meet me there!

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

Wear Your Colors Proudly!!

If you would like to have the Dolphin Divers logo printed on a garment that you have purchased, all you need to do is bring it to a DDS General Meeting and give it to Tracy Clarke – for additional information call 209-334-4278 or e mail: tracycdiver77@yahoo.com

Garage Sale

FOR SALE - SCUBA PRO Classic BCD XXL
less than 50 dives – Price New \$700.00 Will sell \$350.00 OBO
Dave Whiteside (916) 730-8282

WANTED Men's Medium BCD (for Steve) or Women's Medium BCD {for Brooke}, used. call Steve Gibson 408-206-6917

FISH O' THE MONTH

~Pam Wade



CANDYCANE PYGMY GOBY

These little guys at 1 ¼ inches are hard enough to see much less get a photo of in focus. **Teri Cosby** shot these fish on her recent trip to Palau. I saw them in Dumaguete, Philippines as well. Look for them solitary or in small groups perched on the surface of hard corals on steep outer reef slopes in 12-35 meters in Indonesia, Philippines to Micronesia, Papua New Guinea and Fiji. It one of those fish that's easy to identify, it's the only pygmy goby that's white with 6-7 bright red to orange bars encircling the head and body. And its name matches its look!

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.

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

www.dolphinscuba.com

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

www.fisheyescuba.com

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

www.scubaworld.com