



CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

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<http://www.dolphindivers.org>

October 2015

2015/2016

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President's Message

Ahoy!!

October already?? Where does the time go? We have been busy this year with one event after another but I have to admit, it's been a blast. Upcoming events to save the date for are Thanksgiving at Cassini Ranch November 26th and the DDS Christmas Party December 12th. This time of year is traditionally pretty slow for dive events but it is still Abalone Season clear up to November 30th and the weather in Monterey can be very nice this time of year. Whatever it is you decide to do I hope you do it safely and keep in mind that you and you alone are responsible for yourself. While resting on the commode aboard the Conception this summer on our Channel Islands trip I noticed a placard on the door that I had not seen before. I would like to share that information with you here, I truly believe this to be an important aspect of diving:

"THE CODE OF THE RESPONSIBLE DIVER"

As a Responsible Diver..... I understand the risks I may encounter while diving. I will seek experience and knowledge from those with more and I will share mine with those who have less. Superior Divers.... Use their superior knowledge to stay out of situations that would require their superior skills. Your equipment can be excellent.... But it is not responsible for you. Your training can be excellent.... But it is not responsible for you. Your buddy may be excellent.... But they are not responsible for you. YOU are responsible for you.... Be Excellent. Be Smart. Be Safe.

Have fun and be safe. ~ Craig

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:

October 7 - Kevin & Maggie Kunkel
916-759-8195

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

Tom Mischley 1st	Lisa Knoles 5th
Don Hansen Sr 8th	Steve Volpicelli 9th
Tracy Clarke 14 th	Steve Campbell 16th
Connor Carlson 16th	Lorne Green 24 th

New Member – Tom Hammett and Family

Neon Lights Labor Day 2015

We had a great turnout for Labor Day and the weather was beautiful all weekend. Saturday morning several Dolphin Divers went on a successful abalone dive. It was an afternoon of contests and fun. Salsa contest was won by Amy Rojas, Baking contest won by Lalaynia Little coming in second was Sophie Rojas with her delicious dipped strawberries. We were then entertained by the watermelon eating contest, WOW, that was a lot of watermelon!! Kyle Green took the prize for that! Congratulations Kyle!! I wonder if he will ever eat watermelon again. Following that we had a wonderful social hour with delicious hordorves to share, and that night the movie Avengers under the stars!

Sunday was the fishing contest which was won by Brittanica Junes!! The kids made cute T shirts with Marianne at the Melvin camp. Sunday evening **Neon Lights Ablazing**, we had a wonderful potluck dinner. Everyone got to taste a few abalone recipes and decide which one gets entered in the abalone cookoff contest. Yummy!! Later on we gathered around the fire pits and had the big raffle with awesome prizes for the lucky winners.

Sunday we had an awesome breakfast, pancakes, sausage and of course watermelon.

Overall it was a great weekend, if you missed it try to attend next year Labor Day is one event to not miss. Thank you Marilyn Campbell for your hard work you did an awesome job!! ~ Penny Johnson for Marilyn Campbell

Great American River Clean Up

September 19th awoke and found 43 divers and boat handlers heading down the American River with the goal of pulling out all the trash that they could find. The water temp. was a warm 70 degrees. The air temp started at 75 and promised to get hot. A record low water flow gave us a slow, lazy trip down the river. Shallow waters had some divers and ducks walking instead of swimming. But no one complained as we pulled bag after bag of cans, bottles, plastic and the usual assortment of trash from the river. Along with the trash, a six pack or 2 of beer and a bottle of cognac were recovered for later disposal. A couple of cell phones and a camera were also produced by the efforts of our group. Nothing all that unusual were found this year. We are still trying to figure out why a camping chair and a barbecue ended up in the river.



5 hours after leaving the Sunrise parking lot, we arrived at Ancil Hoffman Park and started hauling out the bags of trash. Our Boyscout helpers, led by Connor Carlson, managed to cram in 70 large bags of cans and bottles into the back of a truck. The scouts will turn in the recyclables for cash. Another 10 or so bags of stuff that could not be put in the truck, were collected by another recycler. Then there was a large pile of clothing, shoes, boat oars, and other trash that had been collected by our group. The smelly mound will be picked up by the County and hauled away.

~ Brad Freelove

World Championship 2015 Abalone Cook-off

This year for the very first time an abalone cook team will compete for the Grand Prize of \$5000 and bragging rights. The competition will take place October 10th in Fort Bragg. Team leader, Doug Dakin, along with Richard Sears, Virgilio Manganar and Maridee Green have a great recipe and can't wait to represent Dolphin Divers of Sacramento. Good Luck !!!

SAFETY STOP!!

Can Saunas prevent Decompression Illness?

By adhering to conservative profiles like slow ascents, extended safety stops and appropriate surface intervals, the healthy, fit diver faces only minuscule risk of decompression sickness (DCS). Still, much has yet to be proven about the exact causes of DCS. According to a recent study, a long sit in a hot sauna may help to prevent it.

In their article published in the journal *Aviation, Space and Environmental Medicine*, researchers from France had 16 military divers take a 30-minute dry sauna heated to 149 degrees Fahrenheit. An hour later, the divers took a simulated dive to 98 feet in a hyperbaric chamber. Then, everyone did the same dive without sitting in the sauna beforehand. Post dive Doppler readings found that circulating bubbles were reduced by about a third in divers who had done the sauna/dive procedure. They also had significant reductions in systolic blood and pulse pressures.

Researchers opine that the decrease in inert gas bubbling may in turn decrease the risk of DCS. Possible reasons include changes in plasma heat shock protein and nitric oxide levels, and sweat dehydration. However, the findings can only be considered suggestive for the time being.

Even if these findings are replicable, various temperature levels will need to be tried to see if lower temperatures can produce similar results. There's really no workable way to subject the body to temperatures in the 150-degree range other than by dry sauna (wet environments at that level would cause burns). If the reported reduction in gas bubbling in fact does require temperatures at or near this extreme, you'd be out of luck if you don't have access to a sauna heated to this temperature range.

As a final caution, it's important not to confuse pre-dive with post-dive sauna, or even with post-dive hot tub, shower or other methods exposing the body to high temperatures. Excessive heat after a dive can accelerate inert gas elimination and increase bubble formation, and so should be avoided. Besides deep stops and slow ascents, spending your first hour of post-dive time in a warm, but not hot, setting is another way to keep DCS at bay. ~Chris Anthon

"Pre-dive Sauna and Venous Gas Bubbles Upon Decompression from 400 kPa," by Jean-Eric Blatteau, M.D. et al.; Aviation, Space and Environmental Medicine, December 2008

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.

2015 TROPHY CORNER

BIG FISH:

BIG AB: James Scharlack - Labor Day

Small Ab:

Garage Sale

Wanted- dive boat: something 14 feet +/- with a 2 or 4 stoke motor 20hp or more. In good condition and with a trailer is a plus. Contact Tim 916.716.4647.

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
www.dolphinsscuba.com

* **Fish Eye Scuba** (916) 850-1145
www.fisheyescuba.com

* **Scuba World** (916) 332-8294
www.scubaworld.com



Join us at Casini Ranch for

A GOBBLE 
 GOOD TIMES

EVENT: NOVEMBER 26TH – 29TH

Make your reservations ~

www.casiniranch.com

or call (800) 451-8400

If you have any questions, please contact ~

Corinne Furest or Marilyn Campbell

