



# BUBBLES

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[www.dolphindivers.org](http://www.dolphindivers.org)

Official Newsletter of the Dolphin Divers of Sacramento

OCTOBER 2017

## President's Message

Hello Fellow Divers!

I want to start by thanking Brad Freelove for organizing the Great American River Clean Up. This event is important to Dolphin Divers of Sacramento and the participation of the membership is what makes it such a success. GARCU reported on their website that September's clean up brought in a total of 1,800 volunteers and pulled out nearly 15,000 pounds of trash from the parkway and River. DDS member participation helped make this happen. Thank you for your participation! It is what helps maintain the natural beauty of the parkway for all to enjoy! If you snapped any fun pictures of this event or other DDS events, make sure to send them to the DDS Webmaster, Renee Viehmann so they can be posted to the website.

Dive safe and have fun!

~Marlyn Sepulveda~

## In This Issue

- Message from the President
- On Deck: Holidays with Dolphin Divers
- Upcoming Events
- A Little Something Extra

## MEET YOUR BOARD OF DIRECTORS:

Acting President: Marylin Campbell  
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Past President: Chris Anthon

### Members at Large

Jamie Sepulveda  
David Whiteside  
Britt Junes  
Ken Takata  
Steve Campbell  
Lalaynia Little

## NEXT EVENT ON DECK:

### November General Meeting: Photo Contest Submission

If you have a great photo that you have taken in the last year please enter it in the Annual Photo Contest!! Categories this year include **Under Water** at a club event, **Above Water** at a club event and **Open** (Anything, Anywhere) and **General** (which can be any picture taken at any time).

#### The Rules:

- Please have your pictures at the meeting early but no later than 7 PM because we are excited to get started with the voting and want an opportunity to view photos before the voting starts.
- Photos can be 10x8 or similar size.
- Please no Frames, but backing board is encouraged. Write your name and the category on the back of all pictures you submit.
- All photos must have been taken within the preceding 12 months with the exception of the General category.
- You must be a paid member and have personally taken the photograph. Each member is limited to two entries.



- Them's the rules, so no cheating!!

In addition to the photo contest please think about who you believe should take home this year's Member of the Year award.

# IT HAPPENED! *DOLPHIN DIVERS GAVE BACK*

## The Great American River Clean Up 2017!

September 16<sup>th</sup> found 19 divers and boat handlers heading down the American River to collect all kinds of trash and treasure. We left the Sunrise Bridge access about 9 am with 7 boats and 17 passengers. An hour later, 2 more of our team hit the water in kayaks. We did not collect much until we stopped at the San Juan Rapids. I believe that we made this first leg of the trip in just under 90 minutes. At the rapids, our divers found bags of stuff. Mostly cans and bottles, but a camera and cell phone made it into our boats. Just east of the rapids, a Go Pro camera was spotted but the water was flowing a little too fast for our divers to get a grip on it. Some of us stayed at the rapids for almost an hour collecting almost 30 bags of trash!

While everyone did a supreme job on picking up after the summer rafters, the MADMAN DIVER AWARD goes to DANA CARLSON! Dana pulled up bag after bag of trash. Good thing we did not have to pay him by the pound!

After an hour or so at the rapids, the rest of us headed down the river towards our final stop, River Bend Park. By 2:30, boats were checking in at the finish. We had a little over 50 bags of



Dana Carlson 2017 American River Clean Up

trash picked up along with handfuls of assorted junk too large to fit in the bags. We could not have asked for better conditions. Water temp was 63 degrees F. Vis. Was over 10 ft. The sun was out, and the temp was a nice 85 degrees.

Thanks for all the help provided by our divers and boat handlers. Dana, Connor, Cameron, Jack, Steve C., Brooke, Steve G, Dennis, Margie, Max, Tony, Fred, Mike, Jose, Elissa, and Tim provided all the man and woman power to help clean up the river and shore.

- Brad Freelove

STOMP !

STOMP !

STOMP !



# LABOR DAY 2017

## HAWAIIAN TROPICS GONE NEON

The turnout for this year was great, we accommodated the large volume of attending DDS members, families & friends. The weather was sunny & hot most of the time. This is the first time that the general store ran out of ice!

The supportive event leaders did a wonderful job!

**The Salsa Contest event leader: Lalaynia Little.**

1<sup>st</sup> place winner ~ Mark North

2<sup>nd</sup> place winner ~ Amy Rojas

3<sup>rd</sup> place winner ~ Holly Little

**The Appetizer Social Hour event leader: Linda Freelove.**

Everyone indulged in appetizers, socialized, laughed, and shared old stories.

**The Women's Dessert Contest event leader: Amy Rojas.**

1<sup>st</sup> place winner ~ Holly Little

2<sup>nd</sup> place winner ~ Sofia Rojas

3<sup>rd</sup> place winner ~ Lucy Oja

**The Movie Night event leader was Megan Taylor**

The movie of choice was: Night at the Museum

They provided a table of popcorn & candy treats.

The Potluck Dinner was amazing, a lot of delicious food. Because of our fearless fisherman, we served fried fish this year. A big thank you goes out to all the people that assisted with cleaning and cooking of the fish. Plus all the volunteers who helped getting things ready, we couldn't have done this alone. After the potluck dinner, the campfires were a blazing. A special thanks goes to everyone who brought firewood.

**The Raffle Event leader was: Brad Freelove.** The prizes went to various lucky ticket winners.

On the final day, a **Continental Breakfast was given by Holly & Cayle Little.** A table was full of muffins, bagels, and various juices served for everyone's enjoyment.

With the event leaders and numerous volunteers this event was a success! This event represents a reunion of time to remember, a time to laugh, a time to share old stories and to make new memories.

If you missed this year's Labor Day outing, I'd put this on your calendar to attend next year. You won't regret it!

Thank You,

Marylin Campbell & Marlyn Sepulveda



## A NOTE FROM YOUR SAFETY OFFICER:

**S**ome people use Q-tips and some don't. It's just a fact of life. Both camps are adamant in their positions. If you're a diver though, and you use Q-tips, and even if you don't, you should know that the microorganisms in the water we dive in can cause problems in your ears.

The following information was comprised from DAN articles ("More on Swimmers Ear", July/August 1999 Alert Diver, By Edward D. Thalmann, M.D., DAN Assistant Medical Director Captain, Medical Corps, U.S. Navy (retired) and "Preventing Swimmer's Ear", by Doc Vikingo, Alert Diver March/April 2007

Otitis Externa is also known as "Swimmers Ear", and if you have ever done any multi-day diving or extended dive trips you're probably aware of the condition. Let's talk about how to deal with this potentially dive-preventing condition with the goal of avoiding it altogether.

There are a number of products available at your local pharmacy (e.g., Aqua Swim-EAR, Auro-Dri, Mack's Dry-N-Clear, to name a few). However, the majority of these are mostly alcohol, a chemical that dissolves earwax and that can be excessively drying: This can leave the ear canal prone to infection. For the same reason, use products containing hydrogen peroxide with some restraint.

A freshly brewed concoction of one-third distilled water, one-third white vinegar and one-third isopropyl alcohol is often a much more effective mixture. It's also inexpensive, so keep it fresh and potent by making a new batch at least monthly. To use, fill a medicine dropper with the solution, tilt the head to one side, add two to three drops to each ear (taking care not to let the dropper touch the ear or anything else). Then gently massage the ear in a circular motion to ensure penetration, and **allow the medication to sit for a full five minutes before lifting the head upright.**

Clean your dropper with alcohol and then repeat with the other ear. Some folks like to rub the bottle between their hands to warm the solution just before using. (By the way, unless you plan to also reuse the solution for green salads, skip the wine varieties of vinegar and go with plain white distilled vinegar from ethyl alcohol.

**A few cautions**, no matter what drops are used, are in order:

- Use only in clear, open ear canals;

- Do not apply if there is any suspicion of a perforated eardrum as this could make matters much worse.

  - See your doctor if you suspect rupture;

- Discontinue if the ear canal becomes excessively dry or irritated;

- Don't use if infection is already established in the canal.

- Don't attempt to dry the ear with cotton swabs or other devices that can result in earwax impaction or mechanical trauma.

Whatever approaches you take in preventing external ear infections, remember that it is unwise to dive with an ear that:

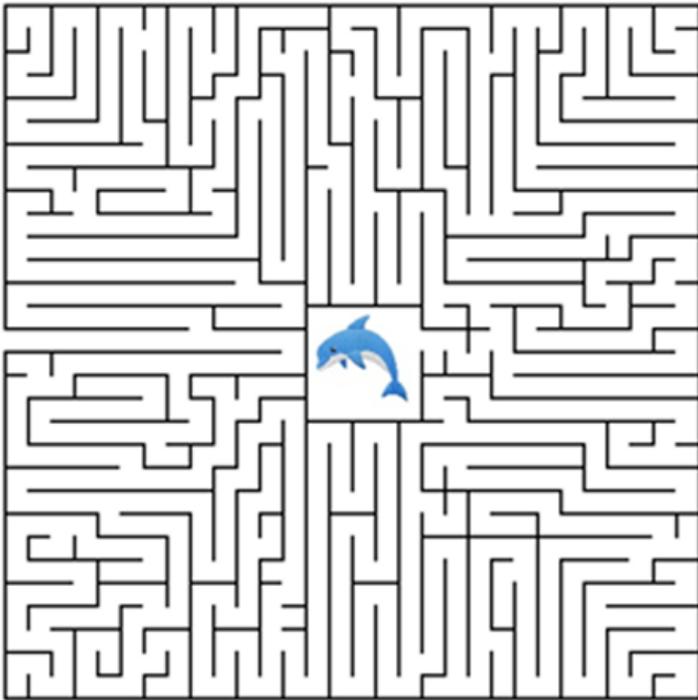
- Poses a threat to easy and complete equalization, or
- Is painful, infected, substantially inflamed, or congested.

No matter what solution you use, remember its effectiveness is drastically reduced unless it remains in the ear canal a full five minutes. Another caution: the above solutions are for use in the otherwise normal ear with an intact eardrum. If there is any hint that the eardrum may be torn, do not use these solutions as they may cause damage to middle ear structures. And if any solution causes irritation, stop using it !!

\*\*This information is not intended to be medical advice in any way. Merely a glimpse into the ongoing discussion of

# SOMETHING EXTRA

## PUZZLE: DOLPHIN CHASE



## OCTOBER BIRTHDAYS

Tom Mischley	Oct. 01
Lisa Knoles	Oct. 05
Don Hansen Sr.	Oct. 08
Steve Volpicelli	Oct. 09
Samantha Franceschi	Oct. 13
Tracy Clarke	Oct. 14
Connor Carlson	Oct. 16
Steve Campbell	Oct. 16
Dana Carlson	Oct. 19
Pam Wade	Oct. 22
Lucy Oja	Oct. 23
Lorne Green	Oct. 24
Ellie Robbins	Oct. 29
Julie Rojas	Oct. 29

## September's Fish of the Month!

By Pam Wade

The **Lantern Bass** is one of four small sea bass that can be found hovering over coral rubble and seagrass beds at a depth of 2-240 feet. They can reach a length of 21/2 inches and feed on small shrimp and fish. This species can be found from southern Florida and Bahamas to the southeast of Brazil. Next time you're diving in the Caribbean look for Harlequin Bass, Chalk Bass, and Tobacco Fish hovering over sand, coral rubble and seagrass. They are fairly easy to get close to and make for a colorful photo.



## STANDING CLUB MEETINGS:

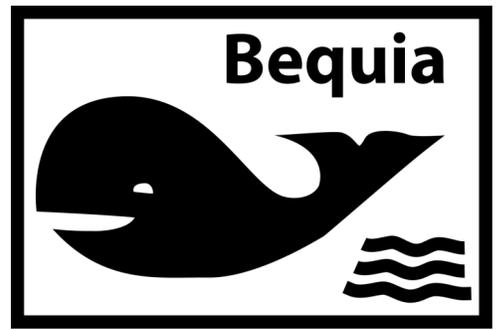
**Board Meetings:** Held on the 1st Wednesday of each month at a Board Member's home. Each month the location rotates to a different Board Member. All members are welcome to attend these meetings; however, we ask that you contact the host to RSVP. Each meeting starts at 7:00pm

***The next meeting is at David Whiteside's home. Please keep an eye out for communication about how to RSVP, if you wish to attend.***

**General Meetings:** Held on the 3rd Wednesday of each month at Round Table Pizza, 9500 Greenback Lane (at Madison Avenue). Call (916) 989-1133 to order in advance, and be sure to ask for the Dolphin Divers Discount! Each meeting starts at 7:00pm.

# BEQUIA

BY PAM WADE



I just returned from a REEF trip (September 1-8) to Bequia, the second largest island in the Grenadines at 7 square miles. We dove 3 dives a day with Ron Williams of Bequia Dive Adventures. The diving is close enough to return to the shop after each dive to fill up the tanks, get lunch at a nearby restaurant, or enjoy the snacks you bring with you. Most of the diving was done in Admiralty Bay which is one of the Caribbean's most protected and beautiful natural harbors. It's surrounded by steep verdant hills, always full of yachts (especially when needing protection from hurricane Irma), and with ferry boats running two or three times a day between Bequia and Kingstown the nation's capital on the main island of St Vincent. The distance is approximately nine miles and travel time is about 1 hour. If you don't arrive by ferry you can fly in on SVG air from Barbados. The ferry docks at the back of the bay in Bequia's capital, Port Elizabeth. This is a colorful town with wooden buildings, chickens strutting on the wall outside the Anglican Georgian church. A scenic waterside path, the Belmont Walkway, runs past a string of bars, restaurants, quaint hotels, and two dive shops. In town you'll find grocery stores, post office, ice cream, and fresh fruit. A walk up the hill on the other side of town will take you to Sergeant Brothers Model Boat Shop, the original makers of model boats since 1966, a special treat not to be missed.

Ron made arrangements with the immigration officer for me to bring my zoo keeper and three-prong spear to help irradiate the lionfish population. It took some getting used to carrying a camera, slate, zoo keeper and spear. Everything was attached to me but the zoo keeper and the spear, but I managed not to lose either of them. One day with everyone's help locating the lionfish I got about a dozen. The Fig Tree Restaurant cooked it into a delicious meal for the four of us who ordered the fish dinner. (I had to filet the fish with a paring knife). A couple of days later the zoo keeper was stuffed full once again. This time the Fig Tree fixed it family style, what a treat, fresh bread out of the oven, pumpkin soufflé, garlic mashed potatoes, and two platters of fish. (This time the boat captain cut off the spines and scaled the fish, and I had help fileting the fish.)

A couple of problems with this trip: September is the off season. Not many tourists, hotels and restaurants closed with limited hours. The hurricane made for high seas one day but we found a spot outside the bay to dive in low visibility. The afternoon dive was canceled because of high tide and high seas. Waves crashing over the seawall and Belmont walkway made it impossible to use the rest of the day. The dive shop dock was faltering on 3 legs with several deck boards missing by morning. All 12 of us had to alter our return trip plans. Some left early, some overnights in Barbados 2 to 4 nights before rebooking on other airlines to bypass Miami Airport. My Jet Blue flight to JFK was delayed 5 days, and when I did get to JFK I missed the connecting flight. If I'd had global entry I would have had no problem. I signed up for global entry 3 months ago but couldn't get the interview appointment until January 2018 at SFO.

What did I learn from this trip? Never travel in the hurricane zone during hurricane season. Next time I travel overseas make sure I have a phone that works. (I had my tablet with internet service that I could use to rebook flights, hotels, cancel flight bookings and communicate with friends and family.) I had to borrow a phone to cancel a hotel I didn't need when the first rebooked flight was cancelled. Be sure I have a credit card (and a photo copy of the credit card, expiration date, security code, and emergency phone number to call the bank in case I leave it behind and need to cancel it or use it until it gets back to me) and always travel with plenty of cash in case I might need it. Stay calm, deal with one step at a time, be grateful for all the folks that reach out to help you, and make the best of the situation, take advantage of getting to know where you are and the folks who home you are visiting.



# 2017 Events Calendar

## SEPTEMBER

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## NOVEMBER

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26	27	28	29	30		

## OCTOBER

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## DECEMBER

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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## OCTOBER

4Board Meeting

18General Meeting- Round Table Pizza  
Speaker: Anna Neumann, Reef Check  
California

North Coast Regional Manager

TBASwap Meet

## NOVEMBER

1Board Meeting

15General Meeting- Round Table Pizza  
Speaker: Jason Schmitz, Filming the  
American River Dives

## DECEMBER

6Board Meeting

9Christmas Party (Dante Club)

## JANUARY

3Board Meeting

13-14Pt. Lobos Dive

17General Meeting- Round Table Pizza

### A Final Note From the Editor:

*I want to take a moment to apologize for the tardiness of this newsletter. Much like the Caribbean, Texas, Puerto Rico, Las Vegas and now California, this has been a difficult fall. Instead of wit and sass for my note, I want to honor and acknowledge what our fellow Americans are struggling with. My heart is heavy thinking about the lives shattered by these disasters, and the loved ones lost and left behind who are in pain.*

*My call to action for all of us is simple... please take these moments to indulge in the joys that family and friends bring to this life. Living is hard, and it's the people we have supporting us who make event the most terrible things bearable. I honor and cherish the friendships I have made in this club. I consider myself to be a better person for having the pleasure to know each of you.*

Take care of yourselves. - Jamie

