



CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

April 2014

<http://www.dolphindivers.org>

2013/2014

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Dave Ford

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Michelle Pluth

Steve Volpicelli

Tom Oja



Presidents Message

Hello Dolphin Divers,
Can you believe it? Just about a year ago you elected me to be your president! As my term comes to an end, I would like to thank the entire board for their service this year. While being on the board is fun, there is also work involved, and a dedication of time required. Our board members commit time to both board and general meetings, and a few board members dedicate a significant amount of time on their positions outside of this. The great board we had this year made my job much easier than it could have been, and I thank each and every one of you. In addition to the board, our general membership also made it a great year for me. The camaraderie exhibited at each meeting and event is a big part of

why we are members of this club.

Caule and I have been members of this club for over a decade... In that time, the club has had its share of challenges, but has remained strong. While I have served many roles on the board, this is my first time as president. I appreciate the opportunity to serve the clubs membership in this role.

Sincerely,

Holly

~ 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:

April 2 nd	David Ford (530) 637-4953
May 7	To be announced

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~

Joe Herrlie	4/1	Dave Ford	4/7
Brad Freelove	4/7	Keith Price	4/7
Susan Horner	4/15	Fred Knoles	4/17
Gail Liu	4/19	Debbie Millard	4/23

Happy Birthday everyone!!!!!!!!!!!!!!

~Welcome New Members~

Jeff and Serena Caplins

Renew your membership and vote for your next Board!

Attention all DDS members! March 31 is the last day of the 2013-14 club year. Memberships can be renewed during the April 16 meeting, or before if you want to mail in your application and payment. During the April 16 meeting, all current members will be able to vote for those members running for open Board positions. Also, DDS will provide free pizza and soft drinks to all current members. To vote and receive your free meal deal, get your membership application and payment either mailed in or, better yet, delivered in person during the meeting.

If you cannot make the April 16 meeting but still want to vote, you will be able to vote via the club website starting April 12. You will need a current membership to do this. More information on "E" voting will be sent out via email the week before the 12th.

So, either mail in your application and dues to the club P.O. Box or show up to the meeting and deliver it in person but get it done and vote for that special someone. Remember, free pizza and soft drinks that night. Don't miss out!

Easter Egg Dive 2014

Many thanks to Jack and Debbie Millard for another wonderful Easter Egg Dive! Jack and Debbie have been leading this event for over 20 years. Sometimes the weather gods smile upon us and sometimes they do not. This year we were fortunate to have some good weather and water conditions. While the visibility was only 10 ft. or so, there was very little surge and the water was a comfortable 56 degrees. With Jack, Ray Brown and Carmen Young watching over us, over 30 divers hit the water in search of the magic eggs that had been placed in the waters off the shores of Monterey. Less than an hour later, Ken Takata was helping Jack,

Ray and Carmen pull up the course and head back to shore.

While the rest of us were getting out of our gear, Holger and Corinne Fuerst headed off to Eric's Pinnacle for a pleasure dive. Holger found 20 ft. vis and a 13 lb. 8 oz. lingcod dozing at 60 ft. Plagued by a flooding mask, Holger managed to shoot the ling in the head only to have the ling take off for parts unknown. After clearing his mask, Holger continued looking for another fish. He ran into the same ling and took another shot. With mask still trying to flood, Holger managed to land the pesky fish and head to the surface. I imagine that the fish ended up on the dinner table Sunday or Monday night. So, Holger takes first blood for big fish for this year. The rest of us now need to get out there and push Holger out of the top spot. I bet that Holger will be out there looking to better his current mark. Nice fish Holger and congratulations on the new boat.



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

EASTER EGG HUNT

Saturday March 22



The weather forecast for Monterey was right on: partly cloudy with a light wind. There were some low swells washing toward the beach, but everyone waded through them before swimming to the event area where Ray, Carmen and I were waiting to blow a whistle starting the event. The vis was about 8 feet, and almost everyone found eggs!



On Friday, the day before the event, Brad Freelove, Ray Brown, Carmen Young, Dave Ford and I met at noon to set out the



underwater course. Holger and Corinne were there with their boat and they helped by handing us the floats and anchors that Brad made for us. The vis on Friday was only about 6 feet so we were happy to



see it improved by the event Saturday morning.

Early Saturday morning Ray and Carmen hid the eggs while I swam the perimeter re-anchoring the lines where they had come loose. Dave



Whiteside was on the beach signing everyone in for the dive. With the eggs hidden I swam to shore to give an orientation at 9:30 to the 27 divers who were gathered on the beach, but Brad had beaten me to it so I turned around and swam back out to

my anchored boat to wait for everyone else to swim out to meet over the hunt area. Everyone listened to my instructions this time and they were all over the hunt area when I blew the starter whistle at 10:00 SHARP! With all of the divers blowing bubbles around the boat it looked from above like we were in a giant hot tub. The eggs were hiding throughout an area 150 feet square with some hidden very well, and others left in the open easy to spot. We must have done a pretty good job of hiding them because 2 of the 72 eggs that



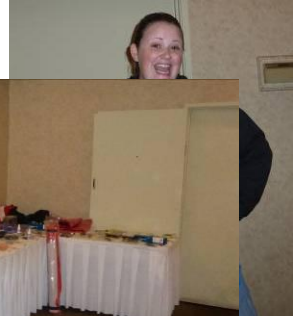
were hidden are still out there. Brad was helping Fred Knoles freedive and was able to help me cut the kelp free that had trapped my anchor line in a "death grip". While the divers were

searching the bottom Marianne Larson, with the help of Judy Chaney, kept the children entertained on the beach with games so their parents could dive.

A little after 10:30 it looked like all of our divers had found their eggs and headed back to the beach so, with Ken Takata's help, Ray, Carmen and I pulled up the course and headed for shore to get ready for the awards ceremony.

Everyone met at Crazy Horse Restaurant that evening for dinner and to collect their hard (??) earned prizes. First Arinnie Rautio, then Holly Little helped with signing everyone in at the door and handing out door prize tickets. We feasted on a GREAT buffet dinner of salads, tri-tip and salmon finished with a chocolate mousse desert. We really lucked out when we discovered Crazy Horse Restaurant as a venue for this event!

Right after dinner we started handing out the prizes. As I read



off the egg numbers Holly Little was busy giving the prizes to the children who delivered them to the lucky diver holding up the winning egg. Eileen Gaffney was taking the eggs from the kids as they returned and put them away for me. As soon as the egg prizes were finished I gave out the raffle and door prizes. Dana Carlson scored BIG by finding the egg that earned him the Intova underwater video camera. Brad Freelove won a nice Sola dive light and the top raffle prize went to

Brittania Junes: a new Light and Motion GoBe dive light. This event took a lot of work and I couldn't have done it without a lot of help. I want to thank Brad Freelove, Carmen Young, Holger and Corinne Fuerst, Dave Ford and Ray Brown for helping me put out the course on Friday (Great compass practice) and Ray, and Carmen for hiding the eggs on Saturday. Thank you Dave for signing everyone in and out on the beach BIG THANKS to Marianne and Judy for watching the children for us! At the restaurant thanks to Arninne and Holly for signing everyone in. Thanks Holly, Ken, and Michelle Pluth for selling raffle tickets, Holly for helping with the prizes, and to all of the children who so *energetically* delivered the prizes to everyone.

As usual I was *BEAT* by the end of the day and slept like a baby that night (-:

Jack (Rabbit) Millard

I found this article online and thought it was worth sharing

Diving Safety by Carol Cotton Walker

Remember what mom always told you? Wash your hands before you eat! Look both ways before you cross the street! Don't run with scissors. Eat your vegetables. Don't get in a car with a stranger! Don't lean back in your chair. Brush your teeth!! Always wear your seatbelt.

All the rules our parents taught us when we were kids were to **help keep us alive**. Everything we do in life has risks. We learn from an early age that knowledge and prevention are musts in survival. That certainly is true in scuba diving as well. Your *Beginning Scuba* course should have covered hours of safety issues, plus lots of practice of skills in confined water, before you were evaluated in an open water environment. Below is a list of Don'ts, or rules, for scuba diving safely.

- Don't dive alone.
- Don't hold your breath.
- Don't ascend faster than your smallest exhaled bubbles.
- Don't stay down too long.
- Don't dive too deep.
- Don't dive with malfunctioning equipment.
- Don't destroy the environment.
- Don't plan a decompression dive as a recreational scuba diver.
- Don't go in overhead environments.
- Don't dive beyond your training.
- Don't forget your safety stop.

- Don't forget to log your dives.

Okay, so now we know the Don'ts. Let's turn them into Do's!

Don't dive alone

For starters, choose a buddy whose skills and training are similar to your own. Spend time learning how each of you dives and how you'd each handle emergency situations. Practice safety procedures and stay current with such skills as air sharing, locating a lost buddy, first aid and CPR procedures.

All that said, training agencies have begun offering solo diver certifications for suitably trained and experienced divers. That's because some divers, such as underwater photographers or videographers, may need the extra freedom that comes with diving solo. Qualification for solo driver courses however, include a minimum age, proof of scuba experience, and in some countries a certificate of medical fitness.

Don't hold your breath

Always breathe as normally as possible to avoid the potential of lung over-expansion injuries. Delaying exhaling while ascending can cause damage to the alveoli in your lungs, and can therefore cause severe lung injury, and in extreme cases, death. Also remember to exchange carbon dioxide for good clean air by breathing deeply and slowly. Our bodies demand oxygen for survival, but as you know too much of anything can be bad. Too much oxygen can cause Oxygen Toxicity, too much nitrogen can cause Narcosis or even Decompression Sickness, and too much carbon dioxide can cause toxicity, as well. All of these problems can be avoided.

Don't ascend faster than your smallest exhaled bubbles

Ascend slowly to rid your body of unwanted nitrogen that has collected in your bloodstream and body tissues. Ascend slowly and enjoy the scenery! Many creatures live in shallower depths and are often overlooked on the descent, so take your time and enjoy them on the way back up!

Don't stay down too long

Remember to **plan your dive and dive your plan**. There's nothing down there that's worth running the risk of running out of air or having issues with residual nitrogen after the dive. In recreational diving, observe remaining bottom time on your dive computer, and also follow the captain's or divemaster's rules if on a dive trip. Don't end the dive with less than about 500 psi in your tank.

Don't dive too deep

Enjoy the aquatic life in shallow water where there's better ambient light. Keep in mind that the deeper you dive, the smaller a period of time you can stay there. Shallower dives allow you to stay underwater for longer

periods of time, and that's a good thing! The generally accepted depth limit for recreational divers is 130 feet. Recently, some agencies have begun offering "deep dive" courses for anything deeper than 60 feet! As far as we're concerned, anything over 100 feet is a deep dive.

Don't dive with iffy or malfunctioning equipment

Make sure an authorized technician services your equipment regularly. Properly functioning equipment is crucial in scuba diving. Scuba equipment must be in good working order and respected. Remember, it is life support equipment!

Don't destroy the environment

Be sure your buoyancy skills are well honed before you go diving in any fragile environments. Coral takes hundreds of years to form and thrive. Fragile sea fans and corals can be destroyed with the kick of a fin. Please make sure your feet are up and that you are always aware of your surroundings and your own placement in the water. Clip gauges, spare regulators, and other dangling equipment to your BC, so that you help save the environment and also to keep you from becoming entangled in fishing line or other objects underwater.

Don't plan a decompression dive as a recreational scuba diver

Again, this falls into the safe diving practices of planning your dive and diving your plan. Keep to the recommended depth and time limits for recreational diving until you are ready to move on. Once you have decided to advance into more technical diving, seek a reputable instructor, make sure you have the proper equipment for the dives, and maintain good physical condition. Mental health is key in all diving environments.

Don't go in overhead environments

Stay in open water with plenty of ambient light. Cavern, cave, and wreck diving are wonderful new areas to explore, but there's a lot more to it than meets the eye. Curiosity is human nature, but common sense will keep you alive. Be sure you have the proper training, equipment, and dive team for any diving situation you plan to enter. All overhead environments are off-limits until you have the proper knowledge, experience, and tools for the tasks at hand.

Don't dive beyond your training

Enjoy the environments in which you are trained and for which you are prepared. Get plenty of experience and gain comfort in your skills and abilities before you continue on in your diving.

Don't forget your safety stop

Remember to hang out at 15 feet for 3 to 5 minutes before you surface. Eliminating nitrogen is important, and this is the best known way to do just that! In recent years, adding a deep stop at half your maximum depth has been added to many agencies standards. If you have been diving for years and have never heard of this, you might want to add it to your diving practice!

Don't forget to log your dives

Keep an accurate record of where you've been, what you've seen, and the important data about the dives. Make your logbook your scuba diving diary. List the animals you have seen, anything neat or unusual about the dive, and what equipment you used. Listing what equipment used, along with how much weight you wore will prove handy when re-entering similar environments down the road!

Now that we have covered the issues we were all taught in beginning scuba, and have also seen the positives in them, go dive and enjoy the wonderful wet environments that await you!

CPR and Scuba Rescue

As part of the Dolphin Divers of Sacramento Safety Program, Dolphin Scuba Center has offered to provide Dolphin members and their guests certification training in the following areas:

- **AED/First Aide/ CPR \$80**
- **Oxygen for First Responders (Adult) \$50**
- **PADI Rescue Diver \$200**

Each of these classes is offered to us at a discounted price inclusive of materials and certification (PIC) cards. If you were to take each of these classes and purchase the materials directly from Dolphin, your cost would be nearly \$470. Dolphin Scuba Center has provided the club and its members a substantial savings. We have set a tentative schedule for this offering to be April 5th and 6th for the AED/First Aide/CPR/O2 class and a Rescue Class to be held on April 26th and 27th. We would like to know who will be participating in advance so that we can best accommodate everyone. I will compose a roster of interested members and guests by your RSVP to me (either in person, by phone call, or email).

Whether you desire to become certified or are recertifying (every 2 years), you can take one, two or all the courses offered. Depending on the number participating will determine exactly where and how many of these classes we offer. If your certifications are current and you will be volunteering as a slap test dummy, we are also accepting rag dolls to throw around. :)

Thank you in advance for your participation. You never know when you will need this training, but it is reassuring to know that those whom are around you know it!

Payments can be made to Dolphin Scuba Center. The First Aid, CPR, O2, AED class will be held at the Orangevale Round Table Pizza. We will be meeting from 1:00 until 5:00 on both Saturday April 5th and

Sunday April 6th. This is a two day course and many things will be covered. Those taking the Rescue Class offered on April 26th and 27th, more details will follow. The deadline for signups for the Rescue Class will be at the General Meeting on April 16th. Payment will be due at that time and materials will be exchanged in lieu of payment.

If you have any questions, please get in touch with either Chris Anthon (916) 799.9468 or Rick Rowett (916) 929-8188.

Chris

GARAGE SALE

For sale men's one-piece Oceanic 7mm Ultra wetsuit, in excellent condition. Less than 1 year old. \$75 or OBO. Contact Brad Freelove at brad.freelove@yahoo.com or 916 879-3853.

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 the Sunday following the General Meeting and your ad will appear in the very next issue. Please limit to “Diving Related” items like Dive Gear, Camera Equipment, Boats, Motors, Camping Gear, Cars, Etc.

Channel Islands Update



Our annual club charter for July 20 – 23 is full. . If you want to be added to the stand-by list in case there are cancelations please call me at 916-987-1303 or e-mail me at jbmillard@aol.com.

For more information please read one of my earlier articles. Jack Millard

2014 TROPHY CORNER

BIG FISH: Holger Fuerst

BIG AB: No Entries so far

Small Ab: No Entries so far

\$ Split the Pot \$

We did not have a raffle this meeting.

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

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

www.fisheyescuba.com

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

www.scubaworldsacto.com

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



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





DOLPHIN DIVERS OF SACRAMENTO

2014

April 2014

- **Official Opening of Ab Season!! 4/1/14** (No official event planned yet)
- **Board Meeting 4/2/ 2014** beginning at 7:00PM hosted by David Ford. To RSVP contact David at: (530 637-4953
- **CPR/AED classes 4/5/2014 and 4/26/14** For information and to RSVP, contact Chris Anthon at (916) 799-9468
- **General Meeting 4/16/2014** at 7:00PM.) Meeting location is Roundtable Pizza in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public, please come and meet your fellow divers. Open to the public, please come and meet your fellow divers.

May 2014

- **Board Meeting 5/7/ 2014** beginning at 7:00PM hosted by Cayle and Holly Little. To RSVP contact them at: (530)219-5415 or (530) 518-0902
- **General Meeting 5/21/2014** at 7:00PM.) Meeting location is Roundtable Pizza in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public, please come and meet your fellow divers. Open to the public, please come and meet your fellow divers.
- **Memorial Day Holiday 5/23/14—5/26/14** at Albion. To RSVP, or for more information, please contact Brad Freelove at (916) 879-3853

