



2011-2012

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CURRENT BUBBLES

Newsletter of Dolphin Divers of Sacramento

P.O. Box 112

Orangetown, California, 95662

March, 2012

<http://www.dolphindivers.org>



Meetings

General meetings start at 7:30 pm, and are held on the 3rd Wednesday of each month at Round Table Pizza, 9500 Greenback Lane (at Madison). Call 916-989-1133 to order in advance, and be sure to ask for the Dolphin Dive Club discount.

Board meetings are held on the 1st Wednesday of the month, at a board members house. All members are welcome to attend all meetings, however we ask that you call the host to RSVP. Board meetings start at 7:00 pm. Upcoming board meetings:

March 7: Sandee Smith
(916) 927-0358

April 4: Bill Holman
(916) 825-5699

Dolphin Birthday Club

6-Mar Holger Fuerst
7-Mar Marianne Larsen
7-Mar Paul Oulton
7-Mar Pham Tai
8-Mar Jimmie Tolley
12-Mar Loretta Little
15-Mar Nova Harris
22-Mar Sandee Smith
28-Mar Meridee Green
31-Mar Alex Knigge

President's Message

Fellow DDS members. Spring is here. Not sure what happened to winter but nothing we can do about that now. Your dive club has a ton of stuff for you to do. Voting for your club board is just around the corner. Jack "Rabbit" Millard promises another GREAT Easter Egg dive. The dive is fun and the prizes are great. The abalone opener is two weeks after that and Memorial weekend follows a few weeks later. Time to get your equipment and yourself in shape for another season of DDS fun. There are only a few spots left on the Channel Islands trip. Now would be a good time to get in a deposit to Jack if you want to go.

A special thanks to Ken Takata and Bill Holman for all their work on the DDS safety classes this last weekend. Bill worked out a great deal for DDS

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members. CPR, first aid, AED, and oxygen provider were on the list of important topics covered over Saturday and Sunday.

Unless you have been living in a far off land for the past 5 months, you are aware that abalone season was shut down for the Sonoma coast in October 2011. The California Dept. Fish and Game announced that the season would reopen as usual for the 2012 season. However, Ft. Ross will not open until June 1. So, no going to Ft. Ross until the season opens there. Also, each diver taking abs must have his or her own float. No sharing floats, net bags or whatever you use to store your abs. And remember.....Jack Millard has started a dive belt program. If you ditch your belt in an emergency, DDS will do its' best to replenish your weights. Contact Jack if you have any questions about how this program works.

So, see you all in a few weeks at the general meeting. You know the location and time. March 21 is the date.

Brad

Sunshine Committee

If you know of a club member in need of some sunshine, please contact our sunshine committee chair, Maridee Green at (916) 722-7665 or Imgreen@comcast.net

Think Safety!

KEEPING ABALONE DIVING SAFE

Ken Takata, Safety officer

Abalone season is rapidly approaching. So this month's message discusses things you can do to keep your abalone diving as safe as possible. There are three unbreakable rules to abalone diving. Rule #1: No Abalone is worth your life! Rule #2: No Abalone is worth your life! Rule #3: No Abalone is worth your life! Free diving is an extreme sport with little margin for error. Every year an average of 6 divers die while abalone diving on the North Coast.

Physical Condition: Abalone diving is a strenuous sport. While you don't have to be an Olympic athlete, a modicum of physical conditioning is necessary. A workout program, preferably including swimming, prior to Abalone season will pay dividends in both

your safety and enjoyment of the sport. Exhaustion in a rough ocean can trigger panic, and other hazardous events that can lead to tragedy. Cardiovascular health is essential. Approximately half of the Abalone diving deaths are triggered by a cardiovascular event

Sea Conditions: There is a problem that has come to be known as the "Sacramento Syndrome". People from the Valley drive a long way to get to the coast and are determined to get their abs no matter what. Whether it is due to a Macho attitude or just plain stubbornness, they go out in spite of hazardous sea conditions....a recipe for disaster. Check the weather and wave forecasts before you hop in the car. If the forecasts call for rough seas, stay home. Remember Rule #1, Rule #2, and Rule #3...

Avoid Entanglement: Abalone reside in areas with rocky bottoms and kelp. Both of these environments can entangle or trap divers. Streamline your body to reduce your chances of entrapment. Do not attach ropes, game bags to your weight belt. If you attach anything to your wrist such as an abalone iron or gauge, make sure it can be easily and quickly released. An elastic lanyard that you can easily pull off your wrist works well. I prefer to attach my abalone iron and gauge to brightly colored free floating vinyl tubing. If you find a large abalone but don't have enough air to pop it off, you can drop your ab iron to mark the spot and follow the float line down on your next dive. You can consider carrying a knife for entanglement in fishing line. However, the knife should be placed in a location that is easily reached and minimizes kelp entanglement. You don't have a lot of time should you become entangled.

Use a Float: In addition to being a convenient container for your abalone, float tubes or boogie boards are indispensable safety devices. They provide you with a place to rest and can serve as a cushion between you and rocks when making entries and exits.

Prevent Shallow Water Blackout (SWB): Shallow water blackout is a sudden, unexpected loss of consciousness caused by cerebral hypoxia (lack of Oxygen) towards the end of a breath hold dive. SWB typically occurs in water shallower than 15 feet. The victim does not necessarily experience an urgent need to breathe. Victims are often established practitioners of breath-hold diving, have trained to resist the urge to breathe, are fit, strong swimmers, and have not experienced problems before. SWB is almost always preceded by excessive hyperventilation. This results in an abnormally low blood Carbon Dioxide level. It is

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Carbon Dioxide that triggers the normal urge to breathe. Oxygen levels drop into the diver's blackout zone before Carbon Dioxide can rise to levels that force the diver to resurface and breathe. So, hyperventilation should be limited 4 or 5 breaths and you should start to the surface as soon as you notice a definite urge to breath.

Be Prepared to Drop Your Weights: Almost all abalone divers who drown have not dropped their weights. You need have the mindset that makes dropping your weights almost automatic. Try to predict the numerous scenarios that would cause you to drop your weights. Go over the scenarios until they are firmly established in your mind. Practice ditching your weights until ditching becomes instinctive. Unlike you, weight belts can be replaced. Rule #4: No weight belt is worth your life.

Dive "One Up, One Down" With Your Buddy: The safest way to dive for abalone is with the "One Up, One Down" buddy system. In this system, buddy #1 dives as buddy #2 floats and observes buddy #1. By alternating dives the "Up" buddy can observe the "Down" buddy and come to his aid if necessary.

While diving for abalone is both challenging and rewarding, it does have its risks. Minimizing those risks will keep you ab diving for a long, long time.

Dive Buddy Needed

Looking for a dive buddy or two to go to Truk Lagoon on July 9 and return on July 20th, 2012. We stay at the Blue Lagoon Resort. The cost is \$1442.50 plus Air fare which will be in the range of \$2,035 on Continental from Sacramento. Carol Hurrlie is helping with the resort and dive booking on Truk. If interested. Please call David Whiteside at 916-730-8282 or email at: dwhite95815@hotmail.com

Upcoming Events

EASTER EGG HUNT

Saturday March 24

Our annual Underwater Easter Egg Hunt in Monterey will be on Saturday, March 24th. As always we'll have lots of GREAT prizes, one for every egg and some for our raffle too! The hunt area will be at the west end of

San Carlos Beach, opposite the breakwater and down the stairs from the restrooms. **Everyone will need to be on the beach between 9:00 and 9:30 a.m. to sign in and attend a 9:30 dive orientation.** The area of the hunt will be cordoned off underwater with yellow rope and there will be floats on the surface marking the area from above. Boats may be moored outside of the hunt area **BUT**

ALL contestants must check in and out on the beach and they must remain ON THE SURFACE until the "start" whistle is blown. At 10:00 sharp I'll blow a whistle to signal the start of the event, at which time you should descend. In order to give everyone a fair chance to find an egg, only 2 (TWO) eggs may be found during the first 5 minutes after which the whistle will be blown again and you may collect as many as you can find. There will be extra weights and a safety diver in my boat, anchored in the center of the area. We will have children's activities organized on the beach while parents are searching for their eggs underwater.

Prizes for the adults and children will be awarded at the evening buffet and awards ceremony at Crazy Horse Restaurant, located above the Bay Park Hotel, near Hwy 101 & Munras Avenue. The menu selections will be the same as last year with tri-tip, halibut, hot vegetables, soft drinks, the Crazy Horse signature salad bar, and even Chocolate mousse for desert. Please see the flier on our website for more information and to sign up. I will post a map and directions on our web site and e-mail them to everyone who has signed up for this event. Social hour will start at 5:00 followed by dinner at 6:00 p.m. and the prize presentations immediately after dinner. Be sure to bring money for some **GREAT** raffle prizes!

There are many motels and campgrounds in the area. Here are a few contact numbers for some places to stay:

BAY PARK HOTEL 800-338-3564

(Ask for our club group rate)

LAGUNA SECA CAMPGROUND 831-758-3604

CYPRUS TREE INN MOTEL & RV 831-372-7586

LONE OAK MOTEL 831-372-4924

TRAVELODGE 831-373-3381

The deadline for signing up is at our April general meeting. Please download the form from our website and mail it to me before then. For more info call Easter Bunny Jack Millard at (916) 987-1303, or by email at jbmillard@aol.com



Abalone Opener April 6 – 8

This year our Abalone Opener Campout and Dive will be held at Ocean Cove Campground. I did not hear from enough divers to book a group area (minimum of 10 paid campsites) so I will get there on Thursday, April 5, and try to get enough space for everyone who tells me that they are joining us. I realize this is Easter weekend but the 1st is on a Sunday so this is the first full weekend of the abalone season.

Ocean Cove does not take reservations so please let me know as soon as you decide to come so that I can try to hold enough space for everyone. The campground is a basic, no hook-up, campground but there are water spigots in the camp areas and portable toilets. There is also a coin operated hot water shower building near the boat ramp and fish cleaning stations.

Call me or send me an e-mail to sign up or for more information:

jbmillard@aol.com, 916-987-1303

San Francisco – Alcatraz Island

April 21

Debby and I are leading a different type of trip on Saturday, April 21. We are carpooling to San Francisco for an 11:00 AM tour of Alcatraz Island. The tour takes about 3 hours so we will eat a late lunch/early dinner at a local restaurant before returning to Sacramento. I have already booked our tickets so, if you want to join us, please contact Alcatraz Tours either online at www.alcatrazcruises.com by phone at 415-438-8361, then let me know that you have a ticket. Tickets are fully refundable for cancellations up to 72 hours before the trip.

Jack, jbmillard@aol.com, 987-1303

Memorial Day Weekend Event

May 26, 27, and 28

Memorial Day Weekend Event May 26, 27, and 28 will be the days for the DDS Memorial Day Weekend. Albion Campground will be the location. Charlie Rojas will be the event leader. Charlie has reserved 16 sites at the campground and 3 docking areas for boats. Please contact Charlie for any questions that you might have. You can reach Charlie at 707 642-6498 or <22rojasc@sbcglobal.net>.

Channel Islands Update



As I write this there are four spaces left on our July 21 – 25, Channel Islands dive charter. If you want to join us please mail either a \$100.00 deposit or a \$625.00 payoff to my attention at our club PO Box. For more information please read one of my earlier articles.

Jack Millard

AIM Film Festival

August 11, 2012

AIM : Aquatic Image Makers Invites all to their 10th Annual Film Festival...Saturday August 11, 2012 (Friday, too !)

This year will be our second year at Perry Creek Vineyard...a wonderful venue to enjoy the local image making talents of many of club members, dine on wonderful foods, sip on Perry Creek wines, and enjoy all this in a wonderful setting. RV options for over-nighting "at the vineyard" available (NEW). MARK YOUR CALENDARS..Reservations will be taken soon.. call for a spot.. and you will be guaranteed 1 of 60 spots. Contact: CarolHerrlie@gmail.com for details and for making a reservation. Full details soon posted on AIM's website: www.sacaim.org

Underwater in 3-D

July 14th

Join AIM for a wonderful 3-D underwater presentation by Mark Blum (<http://www.undersea3d.com>) AMAZING !!!! Venue : pending. Limited to 55-60 guests. This promises to be a wonderful later afternoon/early evening program. Light snacks and beverages will be available. AIM members will warm up the show with their "mini-competition" displaying their interpretation of "EYES" as the topic of the month. Still images and video with that theme will be shared. If interested please contact CarolHerrlie@gmail.com and visit www.sacaim.org for updates.

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. The following shops honor the free air fills on the back of your membership cards:

- **Dolphin Scuba Center:** (916) 929-8188
- Dolphin Scuba Center of Stockton: (209) 476-8188
www.dolphinscuba.com
- **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 dive shops listed.

2012 Trophy Corner

New year, new chance to win!!

Big AB:

Big Fish:

Garage Sale

Have anything to [sell, trade, give away?](#)

You can advertise for FREE in the bubbles.

Email: holjohnson@gmail.com or call: (530)219-5415

Ed Ikemoto has the following for sale (916-332-5146, or edikemoto@yahoo.com):

- 2 aluminum & 1 steel tanks. \$80 each, or \$200 for all. Have air but needs hydro.
- 12' surfboard, outfitted for diving \$80.. Windsail board (no sail or riggings) \$40, can be made into a dive board. Both for \$100.
- Zest two ocean kayak. Two man sit on. No paddles or seat. \$300.
- Women's wetsuit. Fits 5'5" 100-110 lbs. FREE
- Car top racks for older car with rain gutter. FREE

Renee Viehmann @ 837-4973 for the following: West Marine Portable Cabin Heater \$251 small boat anchor \$10

Chris Anthon @ 799-9468 for the following:

- Typhoon II Fins sz XL, used once \$40
- Mostly new (computer new, wrist band <10 dives) Retail \$1,749.95

Craig Brookey: TANK Aluminum 80 Dark Blue Fresh Hydro & Vis (November 2011) \$150 Craig 916-952-0322 or CBrookey@sbcglobal.net



DOLPHIN DIVERS OF SACRAMENTO

2012

March

- 7th: Board Meeting, location Sandee Smith
- 21st: General Meeting, location Round Table Pizza
- 24th: Easter Egg Dive—contact Jack Millard

April

- 4th: Board Meeting, location Bill Holman
- 18th: General Meeting, location Round Table Pizza

May

- 2nd: Board Meeting, location TBD
- 16th: General Meeting, location Round Table Pizza

June

- 6th: Board Meeting, location TBD
- 20th: General Meeting, location Round Table Pizza

JANUARY

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