



# CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

<http://www.dolphindivers.org>

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Debbie Millard  
Sandee Smith  
Renee Viehmann  
Brooke Hudson  
Jimmie Clements

October, 2010



## PRESIDENT'S MESSAGE

Dear Fellow Aquanauts,

Now is the time....to get lazy with fall and winter. The best anecdote to falling into the comatose condition we all know too well, my friends, is to get something new on the books. Pen in a dive trip in the next month or two RIGHT NOW. Some of the most pristine diving off the California coast is in winter. Refresh that CPR certification, or take that next dive class you've been putting off. Do this before the season gets too crazy. You'll be happy you did in spring...

Have Fun, Dive Safely...

Dana Carlson

## ~MEETINGS~

The starting time for **General Meetings** is 7:30 pm. Board meetings start at 7:00 pm. Members are welcome to attend all meetings. General Meetings are held the 3rd Wednesday of each month at the Round Table Pizza, 9500 Greenback Lane (at Madison). You call 916- 989-1133 to order in advance and be sure to ask for the Dolphin Dive Club discount.

**BOARD MEETINGS** are generally held on the 1st Wednesday of each month starting promptly at 7:00 in the evening.

## **ALL DDS MEMBERS ARE INVITED TO ATTEND!**

This months' Board Meeting will be held **October 6th**, and will be hosted by Renee Viehmann. Please call for directions and to RSVP.

October 6: Renee Viehmann  
(916) 804-4973

November 3: Brooke Hudson  
(916) 421-5060

December 1: Steve Volpicelli  
(916) 765-5560J

January 6: Marlyn Sepulveda (916)  
768-0189

February 2: Sandee Smith  
(916) 927-0358

## **WELCOME NEW MEMBERS**

Jason Pleasants  
Bonnie Delgado  
James Hinojosa  
Rene Hinojosa  
Jason OBrien

## **DOLPHIN BIRTHDAY CLUB**

10/1: Nicholas Day  
Jim Langlois  
Jason Pleasants  
10/5: Lisa Knoles  
10/9: Steven Volpicelli  
10/11: Sierra Nguyen  
10/13: Alyssia Harris  
10/14: Tracy Clarke  
10/16: Steve Campbell  
Conner Carlson  
10/19: Dana Carlson  
10/24: Lorne Green  
10/29: Julia Rojas

## **SUNSHINE COMMITTEE**

*If you know of a club member in need of some sunshine, please let our sunshine committee chair, Maradee Green at (916) 722-7665 or [lmgreen@comcast.net](mailto:lmgreen@comcast.net).*

### **\$\$\$ Split the Pot Raffle \$\$\$**

**This month's** split the pot raffle winner was Fred and Lisa Knoles. They took home \$50, and an additional \$50 went to the Sonoma County Abalone Network (SCAN). SCAN is a non-profit organization, dedicated to the protection of the North Coast Marine environment, and the wise management of abalone. Their purpose is public education and increasing awareness of abalone resources and illegal activities. If you enjoy diving for abalone, eating abalone, or even just our club events that involve these activities, please consider joining SCAN. SCAN is one of the few voices for abalone fishermen (and women!), and they need our support. A SCAN membership is only \$20 per year. You can join on their website at: [www.abalonenetwork.org](http://www.abalonenetwork.org).

### **DDS Photo Contest and Member of the Year!!!!**

November is just around the corner and you know what that means... That's right, it's time to start going through your photos for the annual Photo Contest and thinking about the Dolphin Diver Club Member of the Year!!! Voting will take place at the November general meeting and the winners will be announced at the Christmas party being held December 4<sup>th</sup>.

#### **Member of the Year:**

This is your opportunity to select the club's Member of the Year. All current Dolphin Diver club members are eligible to participate with one vote per member and a maximum of two votes per family. The winner will receive next year's member-

ship dues waived in addition to recognition by the club's membership for their commitment to our club. This award is an honor and everyone is encouraged to vote for who you feel has contributed to the success of the club. If you are not sure who has been active in the club over the last year, look back in the past years Bubble's articles or at the past calendar for event leaders. If you're still not sure, ask other club members and take a look at the membership roster that will be posted the evening of the voting. There is a lot of work that goes on behind the scenes that keeps this club fun and exciting and this is our opportunity to recognize those who help with the process.

#### **Photo Contest:**

Each current club member can enter up to **TWO** photos. There are three categories for the photo contest:

Above Water taken at a club event.

Below Water taken at a club event.

Open category: any photograph of general interest.

Keep in mind that **ALL** photos must have been taken by the member entering them and must have been taken in the last 12 months (since the November 2009 general meeting). All entries need to be at the general meeting November 17<sup>th</sup> before 7 PM (if you are unable to have your photo in by the deadline, they may be submitted early to a board member). Voting will begin at 7 PM and if your entries are not there, some people may have already voted and you may miss your opportunity.

All pictures are displayed anonymously so please make sure your name is on the back of the photo. Photos must be printed on either 8x10 or 10x12 paper only. There will be no framed photos accepted this year. It is preferred that all photos be mounted on foam board (samples will be at the October general meeting).

So go ahead and get started sorting through those photos that you have taken over the past year and get them ready for the Photo Contest of the year!!!

*~Marlyn Sepulveda*

# Think Safety!

## Exercise & Diving

**Karin Brookey - Safety Officer**

Reference:

Divers Alert Network – Neil Pollach

Doc Viking's - Exercise and DCS

As everyone knows, exercise is an important part of everyday life. Being fit and in shape makes diving more relaxing and enjoyable. Staying in shape helps reduce some of the risks associated with diving. Having healthy lungs and an efficient circulatory system means you will use less air and being in good physical shape can help to prevent panic attacks. A fit body will expel carbon dioxide more efficiently. General strength helps you lift tanks and gear. A healthy weight lowers your risk of Decompression Sickness (DCS) as fat retains nitrogen longer.

Now that we know the importance of staying fit, we need to juggle physical exercise and diving. Studies show that high-intensity aerobic exercises 24 hours before a chamber dive decreased the number of nitrogen bubbles in tissue, reducing the risk of DCS. The effects of exercise closer to, and before 24 hours after diving, showed increased bubble formation, increasing risk of DCS. The bottom line is that physical fitness, including both strength and aerobic capacity, is important for divers for physical strength and decompression safety. Additionally intense physical exercise should be avoided 24 hours before and after diving ~

**Karin**

## ABC's OF LEADING AN EVENT

You probably joined Dolphin Dive Club because you wanted to hang out with other divers and benefit from their experiences and friendship. It is very easy to get even more involved and lead an activity yourself; it doesn't even have to be diving. Here are a few simple, EASY, steps:

- Decide where you want to go and what you want to do. We are a very active

and diverse group and it's usually easy to find other members interested in joining you, whatever you want to do. In the past, in addition to diving, we have gone to shows, skiing, snow shoeing, biking, hiking, dancing, whale watching, wandered through various museums and we've met for dinner at nice restaurants. We're always looking for more fun things to do.

- Announce your plans to the other members. Speak up at a meeting (don't be shy, we're all interested in what you have to say) and write a short article for the Bubbles (you should also send a message using the Yahoo Newsgroup) to tell us what you want to do, where and when to meet you and what you want us to do.
- If your activity needs some funding bring it up before the Board of Directors before making extensive plans. The Board is responsible for controlling our costs and balancing our resources with our goal of providing fun activities for everyone.
- Organize the activity. Campgrounds, motels, dive reservations, transportation, extra group activities; all of these things can be easily planned by the event leader. After all, you have to do these for yourself if you are going alone so why not ask us to join you? If there will be a potluck or there are extra costs involved for tickets, admissions or (?) just let us know.
- There are only a few things an event leader is responsible for at an activity. If there will be any hunting call the Activity Chairperson for the club scales and Abalone gauge, and verify any game that members take meets Fish and Game rules. Keep track of game caught by participants for possible entry in our Big Fish and Big Abalone annual contests. HAVE FUN YOURSELF!
- After the event PLEASE write an article about what everyone did and submit it to the editor. You will also be asked to present a short talk at the next meeting about the activities.

## Past Events

### SCAN Big AB

August 21-22

The Weekend of August 21 and 22 we went to participate in The Sonoma County Abalone Network Big Abalone Dive and Abalone Cookoff at Ocean Cove. The Diving Contest started early on Saturday Morning and at check time we always look forward to the hot chili lunch that is provided. This year there were 6 ten inch abalone pulled in the contest. There was also a raffle with lots of prizes.

The leader of SCAN Milo Vukovich gave a passionate speech about possible Dept. of Fish and Game changes regarding Abalone Diving. Everyone of us needs to be aware that future abalone limits could go way down and possibly even be closed with in the next few years. Our Dive Club is going to hold a SCAN Membership Drive to help keep Abalone Diving open.

Then later on the Cookoff Starts and trying all the different Abalone Recipes is delicious experience. Look forward to this event next year!

~Richard Sears

### Labor Day September 3-6

When I walked into the August general meeting I thought that Labor Day wasn't going to be great. I had only received 6 registrations and that included me. Boy was I wrong by the time I left for Ocean Cove on Friday, September 3, I had 32 registrations.

When I got up on Saturday morning and walked through all three camp sites I was amazed. We were well on our way to a great weekend. People were out cooking breakfast, getting ready to go after Abs, go diving, or just having a great conversation.

Saturday turned out to be a great day to relax. Since we didn't have many

men sign up for the men's contest we cancelled that and we all gathered in the middle of site 2 and had a social hour and costume contest at 4:30. We all brought an appetizer to share and our own drinks. We had three Smurfs join us. We had Scuba Smurf, Hooter Smurf, and Hill Billy Smurf. But for some unknown reason **Corinne and Carol and Joe Herrlie** were all missing during this time. It was great to just have time for us all to get together and talk or even get to know some new people we haven't met before.

We held the dessert contest Saturday evening. We had 6 ladies (I think) entered. The men had some hard choices. I'll list the winner down below. While we were having fun talking **Lorene** asked if I wanted to hear the ocean conditions report for Sunday. So a bunch of us gathered around the radio and waited to here the conditions for Ocean Cove. After much consideration we decided to go ahead and hold the annual divers meeting at 8:30 and go from there. When 8:30 came around we discussed some general rules for the spear fishing contest and then decided that we would decide in the morning whether or not to hold the contest.

By 9:00 we had about 20 people huddled around 2 fires watching Avatar under the stars. This was something we had discussed several times doing but never got around to doing it. But I think I can say it was a great success only because **Holger** was the one so e excited that we were watching his favorite movie. By the time the movie ended we had maybe 10 people still watching. It had become very late since it is a long movie.

Sunday morning when my alarm went off I was dreading getting out of bed, I was tired, no exhausted! But then I heard **Lorene's** voice and open my trailer window and saw the two thumbs down and I said no and he said NO. I jumped out of bed got ready (just enough cause I thought I would go back to bed) and headed over to meet with the guys and let them know that we would not be holding the spear fishing contest due to the conditions of the ocean. I informed them that we would be holding a raffle for the prizes set aside for the contest



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and a raffle for big fish. We all gathered at 2:30 for the raffle. I was able to put together 16 good prizes so that each person entered into the contest received at least one prize.

As the day went on people got adventurous. Someone brought out some kites and a few guys were having fun flying them. I was with Jack and talking about some things when all of a sudden we heard this awful buzzing noise. I asked Jack what that was and he said "sounds like someone blew a speaker" I said "oh no they were flying kites I hope they didn't fly them into the electrical wires". Then it hit me my son was one flying the kites. But I soon heard that it wasn't JT it was Bob Taylor. I heard he ran to his trailer and told Kim to hide the kite since a few years ago the camp grounds had asked him not to fly kites because 2yrs before that some campers were flying kites and flew them into the wires and started the camp grounds on fire. It wasn't long after that when over in site 3 the talk of Mona started. I was given 3 great candidates. It was a hard decision. But I think the right choice was made.

Jimmie got started on the fish fry. Even though the fishing contest was cancelled we still had so much fish I think we had left-over's. As always we had great food at the potluck. We have such wonderful cooks our potlucks are always great.

While we were cleaning up dinner Minh got out his box of goodies for the kids. He had them huddled around him both Saturday and Sunday nights. Saturday night they got these really fancy flashing cups. They flashed red, blue, and green. If you tried drinking out of it, it would almost blind you. Sunday night he got them necklaces and bracelets with flashing led lights. Our kids were blinking all weekend. Thank you Minh. And just so you know Minh doesn't ask for a budget for that.

Now we are ready for the best part to start. **THE RAFFLE.** We had some

great prizes. The ticket bunnies started selling tickets and we had a hard time keeping up with them. They were surrounded by people wanting to buy their tickets. We started the evening announcing our winners, since we only had a few winners. Here is our list of winners:

Costume winners:

- Single Corinne
- Couple Carol and Joe Herrlie

Dessert Contest:

- Ileshia Knigge ( I think that is 5 in a row)

As Far as Mona, well let's see, I had three get candidates. But I don't think in the history of this event has one person by himself has ever made the whole camp moan. Plus on Monday morning Bob accidentally cut off the tip of his friend's finger. So our very own Bob Taylor is now the proud guardian of Mona. Bob has the privilege of taking care of her.

As of this writing we have some new holders of big fish and big Ab:

Brad Freelove has big Ab at 9.363 inches

Victor Knigge has big fish at 9.9lbs

We still have a few months left before Christmas so get out and get those big fish and big Abs.

We finished the weekend off on Monday morning with a great pancake and sausage breakfast.

I would like to say thank you to a few people because without them my kids probably would have killed me before the weekend was over. They already said I can't do it next year, they need a break. We'll see. Who knows maybe I will and maybe I won't. Anyway here is the list:

Minh and Stacy Nguyen  
Corinne and Holger Fuerst  
Jack Millard  
Sandee Smith  
Joe and Carol Herrlie  
Brooke Hudson  
Fred and Lisa Knoles

All those who brought their boats and shared  
All those who provided fish for the fish fry

~Sharon Clements

# Randy Fry Memorial Freediving Tournament

Come spend the weekend of October 9 and 10 at Ocean Cove and attend the Randy Fry Memorial Freediving Tournament. You do not have to enter the Competition to attend. This is the same campground our Dive Club holds the Labor Day trip. Some of us will be Kayaking, Fishing and also maybe some SCUBA Diving too.

To pre register go to this website:  
[www.abalonenetwork.org/news-1](http://www.abalonenetwork.org/news-1)

richardesears@yahoo.com  
916-212-7690

## November 24-28

So here are the details:

give to me ASAP. Your check will be returned upon your arrival.

If it looks like we will need more room, I can request Group Site B which is right next to us but will need to do so ASAP.

Let me know if you have any questions.

~**Reneé Viehmann**  
renee@ReneeRox.com  
(916) 804-4973

Save the Date!!!

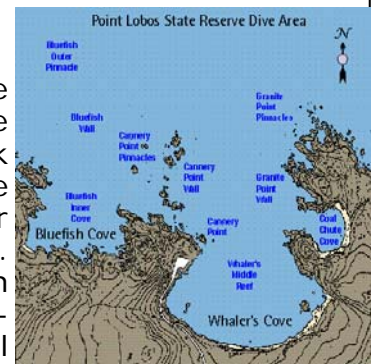
~Marlyn Sepulveda

## January 8th

## Mark your calendars:

## January

Lobos on **November 8** to make your team reservation. As a team leader you **MUST** be there for anyone on your team to dive. The fees are \$10.00 per diver, plus a \$10.00 per vehicle charge for admittance to the park, plus a \$5.00 boat launch fee for all boats, including kayaks.



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Point Lobos is a protected game preserve and nothing may be taken from the waters in the park. Because there is no hunting the fish feel safe and curious about us. We often see more and bigger fish here than elsewhere on our beautiful coast. The visibility is often better here too, because it borders the Carmel Trench and the open ocean. Reservations can be



made 2 months in advance of the dive date. Week-end dates almost always fill fast so we need to make

our reservations just after midnight on Monday, November 8 (Please stay up late on Sunday, November 7 so that you can hit send right after midnight). Each diver can make up to 2 team reservations. If you can please try for two teams and let me know if you are successful. You can name your usual buddy as the second team leader and I'm sure other club members will want to fill any openings that we have. It can take several days for the ranger at Point Lobos to confirm your reservation. If you are unsuccessful please let me know so that I can try to match you with openings on other members teams.

<https://pt-lobos.parks.state.ca.us/DiveReservations.htm>

Jack Millard 916-987-1303 or e-mail me, [jbmillard@aol.com](mailto:jbmillard@aol.com).

## **Easter Egg Hunt** **March 19**

Our 2011 annual Underwater Easter Egg Hunt will be held in Monterey on **Saturday, March 19**. The Awards Ceremony will

be held at the Crazy Horse Restaurant. Mark your calendar, come to the meetings and watch the "Bubbles" for more information.



~Jack



## **Recipe of the month**

### **Abalone potstickers**

By **Corinne Fuerst**

Ingredients:

#### Potstickers:

1 lb ground abalone (I use a food processor to grind mine in)  
8 leaves of celery cabbage (Napa cabbage)  
¼ cup finely chopped chives  
1 cube of chilled chicken stock, mashed  
1 teaspoon of (Chinese) five spice powder  
1 tablespoon minced ginger  
1 tablespoon white wine (or water)  
1 tablespoon of light sodium soy sauce  
1 teaspoon cornstarch  
1 teaspoon sesame oil  
Dash white pepper  
2 teaspoons salt (for cabbage)  
1 package of Potsticker wrappers (in the fresh veggie section of most grocery stores by the Tofu "stuff").

#### Dipping sauce:

¼ cup light sodium soy sauce  
1 teaspoon sesame oil  
Minced ginger and finely chopped chives to taste

#### Cabbage garnish:

Remainder of celery cabbage cut into bit size pieces mixed with your favorite Chinese Chicken Salad dressing (I used Girard's).

#### Assembly of potstickers:

Cut the cabbage across into thin strips, Mix with 2 teaspoons of salt and set aside for 5 minutes. Squeeze out the excess moisture.

In a large bowl, mix together the cabbage, abalone, chives, minced ginger, wine, soy sauce, cornstarch, mashed cube of chicken stock, 5 spice powder, sesame oil, and white pepper.

Put small amounts of abalone mixture onto potsticker wrappers – follow directions on package on how to fill and seal wrappers.

#### Frying up the potstickers:

In a large frying pan on hot, heat up 1 tablespoon vegetable oil. Place 8 to 10 potstickers with bottom (flat) side down in pan. Fry for about 2 minutes. Add ¼ cup of water to pan, cover pan and steam the potstickers for 5 to 7 minutes... serve on top of cabbage with dipping sauce.

1 lb of abalone yields approx. 50 to 60 potstickers. Enjoy!

## **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 Dolphin Divers membership cards.

\* **Dolphin Scuba Center** (916) 929-8188

\* **Dolphin Scuba Center of Stockton** (209) 476-8188

[www.dolphinscuba.com](http://www.dolphinscuba.com)

\* **Elk Grove Dive Shop** (916) 686-1122

[www.elkgrovedive.com](http://www.elkgrovedive.com)

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

[www.fisheyescuba.com](http://www.fisheyescuba.com)

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

[www.scubaworldsacto.com](http://www.scubaworldsacto.com)

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

## **~ GARAGE SALE ~**

Have anything to **SELL** – **TRADE** – **GIVE AWAY?**

You can advertise **FREE** in the Bubbles. Just e mail the editor [holjohnson@gmail.com](mailto:holjohnson@gmail.com) with your ad before the sending deadline following the General Meeting and your ad will appear in the very next issue.

~Drysuit undergarment– Oceanic, size small \$60. Contact Holly: [holjohnson@gmail.com](mailto:holjohnson@gmail.com) or (916) 379-0920.

~Avon 14' ridgid bottom inflatable with 30 HP Johnson and Shoreline galv trailer. Boat has console, cover, and other accessories - runs perfectly 2500.00 Firm. Steve Anderson (916) 798-6693

## **2010 TROPHY CORNER**

Big AB: Brad Freelove 9.363 inches

Big Fish: Victor Knigge 9.9lbs