



# CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

<http://www.dolphindivers.org>

November 2016

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Merideth Meschini  
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## President's Message

Hello Fellow Divers!

I am happy to report the SCUBA Swap at Dolphin Scuba Center was a good event. There were about 8 spots taken to sell goods and some pretty good deals to be had. The shop pulled rolled out the red carpet and had many items at significant discounts. It was an easy way to start the Christmas shopping! I think for all who participated it was a great day to socialize, see many faces and get some great deals.

Special thank you to Brad Freelove and Mike Johnson for advertising, coordinating the event and allocating the space. Without their effort, this would not have happened. Those of you whom arrived early, got to enjoy a special treat provided by Michelle Johnson! Thank you Michelle for the delicious cookies.

Stay tuned for upcoming events

as there are many. The next big Club Event is the Christmas Party on December 10th. You don't want to miss it or miss out. There are only so many available tickets, so buy yours early! For more information about the Christmas Party, contact Marilyn Campbell.

Tom Oja, had led several high Sierra lake dives in the past month and each has been unique. Check the schedule and come join as these are not only great dives but beautiful surroundings! I find they are great places for SCUBA, snorkeling, photography, bird watching, fishing, camping, picnicking, and just getting away from the hustle of city life.

Tom and Jack have coordinated a First Aid/ CPR/ AED/ o2 and Rescue Class. Check the schedule for more information.

I look forward to seeing everyone at our November meeting!

Chris 916.799.9468 [Canthon@hotmail.com](mailto:Canthon@hotmail.com)

## Meetings

**Board meetings** are held on the 1<sup>st</sup> Wednesday of the month, at a Board Member's 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:

**November 2nd – Oja Home** 916-797-0880

**General Meetings** General Meetings start at 7:00 pm and are held the 3<sup>rd</sup> 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.

## -TROPHY CORNER-

**BIG FISH:** Must be taken at a club dive north of Yankee Point, Monterey County

**BIG AB:** Holger Fuerst - 9.187

## **DOLPHIN BIRTHDAY CLUB**

Mark Naber 11/01  
Gabe Rojas 11/01  
Pam Carlson 11/11  
Craig Brookey 11/17  
Bruce Robbins 11/18  
Minh Nguyen 11/19  
Charlie Rojas 11/21  
Megan Taylor 11/22  
Dennis Little 11/23  
Tina Imai 11/26

## **SAFETY**

Tom Oja, DDS Safety Officer

*The following is an excerpt from Undercurrents one of the popular dive blogs. If we prepare ourselves in advance, we are less likely to have a problem in the future...*

Panic is one of the leading causes of death in scuba diving. Lose control and lose your life. A DAN report cites a survey that showed more than 25 per cent of divers out of 12,000 surveyed had experienced at least one panic attack but at least they lived to tell the tale. A lifetime of diving experiences and thousands of dives logged may not absolve you from the sudden onset of panic given the right circumstances. However, regaining control, keeping a cool head and thinking your way out of a problem usually works.

Most of us have been there at some time and it usually stems from a stupid error. My initial panic at discovering I had made a crucial mistake was mitigated by a plan to rectify the situation. Provided you can breathe, you've got time to save the day.

What are the signs of panic underwater? It could rapid breathing or the feeling that you cannot get enough air to breathe. It could be a rapid heart-rate or heart palpitations. It could be a feeling of impending disaster. You might suffer from that, or a diver you are with might be suffering from that. How can you tell if it's not you?

Hyperventilating might be a signal that a diver is near to panic. Watch out for jerky limb movements and the inability to see you due to ever narrowing tunnel vision. Unreasonable or inexplicable behavior is another sign. Finally, ripping the regulator from their mouth and shooting towards the surface clinches your suspicions. Better to take control before it gets that far. Some divers take on dives that they believe are beyond their ability but are too frightened or ashamed to abort a planned dive. It could be you.

Pains in the stomach, nausea, vomiting and diarrhea are sure signs things are not right before a dive. Muscle tension, headaches, a trembling voice, an inability to speak or even a garrulous humor can be signs of impending panic. Feeling

cold when it's warm or sweating when it's cold indicates it's time to call the dive before it's begun.

Have a fun and safe dive and see you in the water soon.

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We recently announced an upcoming CPR, First Aid, DAN O2 Class coming up on Sunday December 4th.

See Jack's recent email for details. This class is a great way to be prepared to help your fellow club member in an emergency. I appreciate knowing that many of the people I dive with could potentially save my life if I had a problem. Email Jack Millard if you are interested. The class will be taught by Mitch Evensen. My last CPR, First Aid re-certification alone cost more than double what we are getting all three classes for from Mitch. ~Tom

## **LETS GO DIVING!!!**

Coming up on Thanksgiving Weekend November 26th and 27th is a 2 Day PADI Rescue Diver Class.

If you are interested in taking this class you will need to also take the CPR, First Aid, DAN O2 Class mentioned above as well. Please let Mitch know via phone if you are interested in taking the Rescue Diver Class. The Rescue Diver Class is normally \$175 and the Academic Materials are \$89.97 through Dolphin Scuba. Not sure yet if there will be a club discount but it is well worth the cost for what you end up learning. Again contact Mitch for details at 707-501-7096.

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Thanks to all who participated in our recent dives to both Lake Alpine and Faucherie Lake. It took a bit to get to these lakes but there were both unique and had some great views along the way. We are hoping to do more lakes again soon, but may need to wait for warmer weather.

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I am in the early stages of planning a short river drift dive for December 17th. Probably get in the water at the launch ramps at Negro Bar and get out at the picnic area we have our inland lobster event at. If you are interested in doing a dive in the river please let me know.

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There is also a possible indoor pool practice event sometime in either December or February. If you are interested, please let me know soon. We have a couple possible pool locations that could be available for us to use for practice but I will need to provide

lots of notice to them if we are interested. One location will require a minimum of 10 divers at \$10 per person but we get the entire pool for an hour on Saturday. The other location may be considerably less but is not always available and would be on a Sunday.

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Lastly there has been interest in doing a salmon run down the river. If anyone is interested, please contact me and I will help coordinate the event. If you have done this before I could use your help and advice on times and locations. Thanks  
~Tom

## **First Aid/CPR & DAN Oxygen Provider classes**

**Sunday, December 4**

Mitch Eversen, a member of Dolphin Dive Club and a Dolphin SCUBA Instructor, has offered us a special safety class with certifications for First Aid, CPR AND DAN oxygen. The cost will be a lot less than available anywhere else, but the benefit to all of us could be immeasurable if it gives you the skills to save a life - Maybe a club member's, maybe a family member's, maybe mine. If you can join us the cost will only be \$50.00 TOTAL, including books, training and Certification Cards! Please let me know if you will be joining us. As I understand it you will be able to pay on the day of the class but you might have to purchase training materials in advance. There might be a limit to how many can take the class at once, depending on the facility space and instructor limitations, so please send me an e-mail to sign up as soon as you decide. If the class size is too big the first to sign up will get priority. I'll know more at the November meeting and we will discuss it then.  
<http://www.diversalernetnetwork.org/training/courses/>  
Jack Millard, [jbmillard@aol.com](mailto:jbmillard@aol.com)

## **Dolphin Flea Market/Swap Meet**

Saturday, October 22 was the date for the Dolphin Divers and Dolphin Scuba Flea Market and Swap meet. Dolphin Divers of Sacramento worked with Mike Johnson and the rest of the crew at Dolphin Scuba to put on a flea market sale for local divers to sell or trade off their no longer needed scuba equipment. At 7:30 am, Mike opened up the parking lot to allow divers to start setting up booths, tables or just use the ground to display their 2<sup>nd</sup> hand items. Dolphin Divers of Sacramento set up a booth to allow members to dispose of their stuff and to promote the club. Applications, decals, and business cards were handed out by members of DDS to all interested divers.

B.C.'s, tanks, regs, computers, cameras, wetsuits.....well you get the idea. Lots of stuff was traded and sold. Dolphin Scuba had some screaming deals available inside the store.

Masks, clothing, and assorted other merchandise were in boxes and on displays for all to take advantage of. Michelle Johnson provided a tray of cookies for all to sample. Eileen Whiteside made up both oatmeal raisin and chocolate chip cookies for the Dolphin Dive Club members to enjoy while they handled the outside events.

Mike Johnson was very happy with the event and has asked that we do it again next year. A special thanks to all those DDS members that showed up to help with the event. Dave Whiteside, Connor and Dana Carlson, Chris Anthon, Ilkan Cokgor, Dave Ford, Holger Fuerst, Renee Viehmann, Steve and Marilyn Campbell, Tom Oja, Samantha Lucky, Brandon Francheschi, and Cameron Freelove showed up to help promote the event, Dolphin Divers, and Dolphin Scuba. ~Brad Freelove

## **Abalone Survey Training**

**Saturday and Sunday, December 17 & 18**



At the August meeting of Dolphin Dive Club there was a presentation by Frank Hurd, Coastal Fisheries Project Director for The Nature Conservancy, and an avid abalone diver, about recreational divers conducting abalone surveys to help the California

Department of Fish and Wildlife regulate the fishery. He offered to help any divers interested in learning more by arranging training so that we can help with this effort. I called him to learn more about what is involved. Here is what we need to do:



Attend a two day training workshop in Fort Bragg. This workshop is sponsored by a grant from the Nature Conservancy, so there is no cost to us. The training includes a day of class room and pool practice followed by a day of ocean diving at Van Damme. The dives are on SCUBA since the goal is to get an accurate count of the population and sizes of abalone in a given area using a special caliper developed for this purpose. Because we would not be taking any abalone the regulations for harvesting them do not apply. Once we have the training we can set up areas and times to conduct our own surveys.

I have arranged a class over the weekend before Christmas, December 17 & 18 to avoid the holidays and several dive clubs Christmas Parties. The class size will be limited to no more than 8 divers. If the ocean is too rough on that Sunday we may have to schedule another day for the ocean practice, but we



will still attend the class and pool session on Saturday. As I am writing this there are already 4 members who told me they want to participate. If you are interested please let me know. We will probably have to schedule another weekend next year to include anyone who could not join us in December.  
~Jack Millard, [jbmillard@aol.com](mailto:jbmillard@aol.com)

## PHOTO CONTEST & MEMBER OF THE YEAR VOTING

**Photo Contest Rules:** You must be a paid club member in order to submit an entry. Each member is allowed to enter a maximum of two photographs which may be entered into any of the following 3 categories: **UNDER WATER**, **ABOVE WATER** (both must be a DDS club sponsored event within the past 12 months) or **OPEN** (Anything, Anywhere, Anytime within the past 12 months) An additional category has been added this year to increase participation. **GENERAL** In addition to the 3 usual categories, you may enter an additional photo taken by you any time in the past. This can also be a short Video or Slide Show presentation limited to 10 minutes duration. Entries need to be at the November General Meeting by 7:00 for members to vote on. Photographs will be given back after the Christmas Party in December where members will have another chance to view all photographs prior to the winners being announced that evening (*there will be no voting for the photo contest after the November meeting*).

**Member of the Year Rules:** This person represents who YOU feel has contributed the most to the Club, is always there to help out, stays active in the Club and keeps others active. Feel free to make comments on why you are voting for this person. Comments will be collected and read when the winner is announced.

## TRIP REPORT

By Pam Wade

### Manta Ray Bay Resort, Yap Micronesia

My first experience in Yap at Manta Ray Bay Resort is one that left me wishing I could have stayed longer, 4 nights, 3 days, tacked on before a week on the Palau Aggressor just wasn't enough. Bill Acker established this PADI 5 Star resort in 1986. The hotel has 35 spacious rooms, all with air conditioning, hot and cold water, a comfortable bed and a fresh baked manta ray cookie on your pillow upon arrival. The 2am arrival twice a week was a bit rough but worth the effort. Enjoy dining in the 110-



year-old

South Seas schooner that has been converted into a 3-story bar and restaurant. Breakfast, included in your package, is served down a few stairs (the galley is below deck with a convenient dumb waiter to get the food to the main deck and the sun deck, perfect for lunch and dinner depending on the weather. The small menu is varied with a daily special for really hungry divers, pizza, burgers, soups, salads, pasta, fish, tacos, burritos.

Yap Divers run a smooth operation with at least 4 or 5 speedy day boats. We ordered a hot lunch or sandwich the night before and left at 8:30 am prepared for an all-day 3 tank dive day, water, hot tea, banana nut bread for snacks. Motoring through a narrow passage of mangrove trees, under a bridge connecting two islands out into a shallow lagoon with a traditional men's house on the shore in each tiny village was a glimpse of the beauty we were about to experience under the sea at dive sites named Magic Kingdom, Yap Caverns, Nice and Easy, Buena Vista...pristine coral, shallow rocky substrate, deep gravel channels, wide strong current channels where you may find a manta in the cleaning station! We found two in Goofnuw. Or should I say they found us, the visibility was 30 ft or less. I counted the manta and turned to see what I could find on the shallow wall (the deepest point was 59 ft), facing up current and kicking to stay in one place. The manta decided to cruise parallel to me and one stopped to check me out. I watched his eyeball turn to meet mine as he edged his way closer to me and dipped his wingtip as not to hit me. I could see the 2 inch juvenile blunthead wrasse cleaning his gills. No photos, I just enjoyed the 5 minute exchange. Rain Forest is a beautiful mandarin dusk dive 5 minutes from the dock. I couldn't begin to identify all the cardinal fish - Pajama, Girdled, Orangelined, Tiger, Fragile, I won't bore you with the rest, really I couldn't figure out what they were anyway. There are over 50 dive sites around the island to choose from and the motto of this operation is dive your own dive profile. If you can make your 80 PSI tank of nitrox last 2 hours, go for it, you won't be herded up after 60 minutes or reprimanded for coming up without your buddy. The boat will pick you up where and when you surface. The owner Bill dive mastered for our group of REEF divers all three days. I couldn't help but think of you Jack!

If you needed a break from the diving, or you go with a non-diver there is plenty to keep everyone entertained and happy - a pool, snorkeling, Taro Leaf Spa, fishing, a full range of Island tours, wildlife and

nature kayaking, exploring the town. Don't leave without visiting one of the famous Yap stone money banks!

## Point Lobos January 14

### Make reservations on November 1<sup>st</sup>



Saturday, January 14<sup>th</sup> is the date for my annual birthday dive at Point Lobos. If you read my Yahoo Group message you know that Point Lobos dive reservations are made on, or after, the 1<sup>st</sup> of the month two months before the month of the dive. That means dive reservations needed to be made on November 1<sup>st</sup> for any day in January. If you made a reservation please let me know and if you have an opening on your team. If you wanted to join us, but could not make your own reservation, let me know and I'll try to match you with an open buddy spot.

*Jack Millard*, 916-987-1303, [jbmillard@aol.com](mailto:jbmillard@aol.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.dolphinscuba.com](http://www.dolphinscuba.com)

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

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

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

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

### **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.

## **FISH of the Month**

By *Pam Wade*



## **Shortnose Batfish**

Some of you are diving Bonaire later this month. Here's a weird looking fish I challenge you to find in Bonaire. Look for this fish in the sand, mud, and rocky bottoms. They are occasionally found resting near reefs, often partially covered with sand or mud. Don't be surprised if the Shortnose Batfish turns its nose up and walks away from you. He has fins but they are better adapted for walking than swimming. They reach a maximum length of 15 inches. They feed on fish, crustaceans, and polychaete worms and are known to release a fluid that acts as a chemical lure to attract prey.

Globally, there are 64 species in the family. If you dove the Cocos Islands or Galapagos Islands you might have been lucky enough to see the Redlip Batfish. All family members are especially-adapted bottom dwelling fish. Most are found in very deep, lightless, global tropical waters at depths between 650 and 3,300 feet. They have been reported in Bonaire by a snorkeler in 9 feet of water. I've seen the Shortnose Batfish in Bonair and Dominica in less than 30 feet. ~Pam

# 2016

## IMPORTANT DATES

### SEPTEMBER

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### NOVEMBER

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### JANUARY

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31						

### MARCH

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### OCTOBER

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### DECEMBER

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### FEBRUARY

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### APRIL

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### SEPTEMBER

- 2-5 Labor Day- Ocean Cove Brad Frelove & Marylin Campbell
- 7 Board Meeting- Renee Viehmann
- 17 Great American River Cleanup- Brad Frelove
- 21 General Meeting- Round Table Pizza
- 25 Safety Officer Dive, Lake Alpine; Tom Oaja

### OCTOBER

- 5 Board Meeting- Marylin Campbell
- 8 World Abalone Cookoff- Fort Bragg
- 9 Safety Officer Dive, TBD; Tom Oaja
- 15 Lake Valley Hike & Kayak- Meredith Meschini
- 19 General Meeting- Round Table Pizza guest speaker, Joe Geis
- 22 Garage Sale at Dolphin Scuba

### NOVEMBER

- 2 Board Meeting- Tom Oja
- 16 General Meeting- Round Table Pizza; member of the year vo

### DECEMBER

- 7 Board Meeting- The Sepulveda's
- 10 Christmas Party (in lieu of general meeting)

### JANUARY

- 6 Board Meeting- Ilkan Cokgor
- 20 General Meeting- Round Table Pizza

### FEBRUARY

- 3 Board Meeting- Brad Frelove
- 17 General Meeting- Round Table Pizza guest speaker, Jack Mill

### MARCH

- 1 Board Meeting- Tracy Clarke
- 22 General Meeting- Round Table Pizza

### APRIL

- 6 Board Meeting- The Sepulveda's
- 20 General Meeting- Round Table Pizza

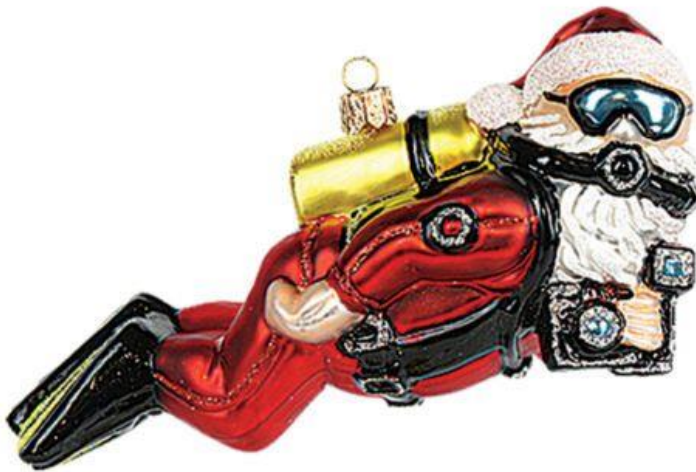


*Save the Date*

## Dolphin Diver Christmas Party

Date: Saturday, December 10, 2016

Location: Dantz Club



Formal invitation to follow