



# CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

<http://www.dolphindivers.org>

February 2015

**2014/2015**

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**Connor Carlson**

**Kerry Atkinson**

**Marilyn Campbell**

**Lynn Takata**

**Tom Oja**



## President's Message

Hello all;

Welcome to the February edition of the Dolphin Divers of Sacramento's newsletter. If many of you are like me you made New year resolutions. How are all of you doing on yours? My main one never even got off the ground, putting me on right on course to be business as usual. I wanted (like many) to get into a little better shape. Nothing major just a little less fat, a little more muscle, and a little better cardio.

You may be wondering why I am bringing this up. Several weeks ago I was diving in Point Lobos on the annual "Jack's birthday" trip and realized my diving was paying a penance for my overall physical condition. I was more tired than I should have been given the trip we were on. It was not the actual diving that was the issue, it was the exertion of getting everything ready ranging from the boat and

motor, to my gear, to launching the boat by hand. The real problem was I did not enjoy my time diving as much as I should have. We did have a few complicating factors with the boat that made things more difficult (like a bad gasket on a valve causing a chamber to slowly deflate) but nothing that was overly problematic.

Ok so now that we all agree that I am fat and out of shape, why is this an issue and what can I do about it? Well, it is affecting my life, more specifically the quality of life that I want to achieve. I want to be able to dive when and where I want. I want to be able to work in the yard and not feel wiped out at the end of the day. If I want to go on a significant hike I do not want to have to take a day or better to recover. I am guessing that many of you are in the same boat as me with this. Diving is a physical sport. Some level of physical condition can make a difference in your diving.

I will leave you with one final thought; how would a modest improvement in your overall physical condition change your diving? An additional dive per day? More enjoyable shore diving? Shore diving again, opening up huge areas that are now off limits? All these are possible with a few minor changes.

*~ Cayle Little*

## Meetings

**Board meetings** are held on the 1<sup>st</sup> 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:

**February 4** **Fred & Lisa Knoles**  
**916-944-7716**

**March 4** **Marilyn & Steve Campbell**  
**916-508-4538**

**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.

## **DOLPHIN BIRTHDAY CLUB**

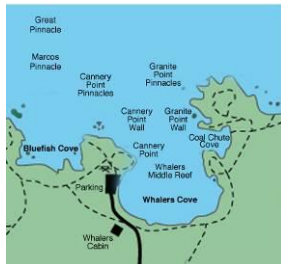
Steve Clarke 2/4      Forrest Horner 2/6  
Ileshia Knigge 2/17      Christina Albright-Mundy 2/26  
Stacey Johnson 2/26

## ***Welcome Back Previous Members***

Chris Blanchfield  
Tom Mischley  
Virgilio Manganaan

## **Dive report: Point Lobos**

Several members joined me on Friday to check out the conditions at Point Lobos and then the rest of our group joined us for the “official” club dive on Saturday. The weather forecast was for warm, sunny, skies both days and we were not disappointed. After launching the boat both mornings I motored around to Bluefish Cove where the water is often clearer than in Whalers Cove, but it is more exposed to the ocean waves and swell. Visibility was about 30 feet on Friday and 20 feet on Saturday with water temps of 53 both days. There were more Ling Cod one every dive than I have ever seen, outside of Puget Sound. We also spotted a school of Blue Rockfish and many others hiding on the bottom and swimming around



separate from the schools. Several large male and female Sheephead also swam with us. I am on a quest to find one of the Giant Pacific Octopus that are frequently spotted in the

area – but it was not to be this weekend. On Saturday many of our group dove from shore



in Whalers Cove and reported fun dives, but worse vis. When we sat in the parking area between dives on our surface interval the sun was so hot we were sweating. The highs in Sacramento were only in the foggy low 50's but the sun warmed Monterey to the low 70s. On Saturday it was a little choppy out in Carmel Bay but some kayakers still ventured out into the open water. After diving on Saturday we all cleaned up and met at El Torito's to celebrate my, and Dennis Wade's, birthdays. Margaritas were plentiful and I was feeling pretty good after dinner. Dennis and I were each given a sombrero and serenaded with the “Happy Birthday” song.

Diving and hanging out with my Dolphin buddies is my favorite way to celebrate my birthday. Thank you everyone who joined me! Jack

## **Reminder Snowshoe Outing! Saturday, February 21, 2015**

**Invite family and friends!!!**



Join the REI Outdoor professional guides on a scenic snowshoe outing.

Enjoy the cool air, quiet, and beauty of a landscape blanketed in snow. Prior snowshoeing experience is not required.

**Event Location:** Donner Summit / Castle Peak

**Price per person:** \$40.00 (including gear)

**Length of Trip:** Around 5 Hours ( 2 hours hike - Lunch break - 2 hour hike)

**Parking – Snow Pass:** \$5.00 per vehicle (carpool suggested)

**Registration link for your Snowshoe Tour**  
<http://www.rei.com/AddSessionToCart?sessionId=108533>

If you have any questions, please contact me at 916-508-4538

**Happy Snowshoe Trails! Marilyn Campbell**

# President's Day

## February 13<sup>th</sup> thru 16<sup>th</sup> at Casini Ranch

Here is an update in regards to President's Day Weekend (Friday the 13<sup>th</sup> to Monday the 16<sup>th</sup>) at Casini Ranch located on the beautiful Russian River.

Fred and I have reservations and will be in site C8 this year. I checked with the reservation desk and there are other sites around us that are currently open. Some members have already made reservations so call soon to get your spot. If you plan on going and want to be part of the Dolphin Group, we suggest you make your **own** reservations soon. You can make your reservations via phone at 1 (800) 451-8400 daily between 8 and 4 PM. Or you can make your reservations on line at <https://v3.bookyoursite.com/casini/reservation>.

Please plan on sharing hors d'oeuvres both Saturday and Sunday in the early afternoon. Currently, the plan is to head into Bodega Bay (the Tides) Saturday morning to purchase oysters - so bring those dollar bills as well as a variety of yummy dipping sauces for the raw and BBQ'd oysters. The potluck dinner will be on Sunday night. I will be making the traditional clam chowder to contribute to that night's potluck dinner; please plan on bringing your own favorite dish for that night's potluck. It would also be great if you have any firewood to contribute as we keep a fire going most of the weekend. It is always a fun and relaxing weekend and we look forward to spending time with those of you who can join us. If you have any questions, please email me at [lisaknoles@sbcglobal.net](mailto:lisaknoles@sbcglobal.net)

If you need any additional info, please visit Casini's website at: <http://www.casiniranch.com/index.php>.

~ Lisa Knoles

## EASTER EGG HUNT

Saturday March 21



Our annual Underwater Easter Egg Hunt in Monterey will be on Saturday, March 21st. 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.

There my bunny buddies and I will hide up to 100 colored "eggs" in an area cordoned off with bright yellow rope on the bottom. Everyone will need to be on the beach between 9:00 and 9:30 a.m. to sign in and receive a 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 remain **ON THE SURFACE** until the 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. If



you are floating over the hunt area and descend when I blow the whistle you are almost assured of finding an egg. If you have not yet reached the hunt area when

the whistle is blown the easy ones will be already found and you will have to work much harder to find them. 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. If you, or someone that you know, would be willing to help with the children's activities please let me know.



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. 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! Please see the flier for more information and to sign up. The sign up form has been posted on our website at:

<http://www.dolphindivers.org/documents/2015%20Signup%20Form.pdf> If you do not have access to the internet, or a printer, the forms will also be available at the February and March general meetings. I'll be making a presentation about past Easter Egg Hunts during the February meeting.

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

BAY PARK HOTEL (ask for our club group discount, \$99.00/nt ) 800-338-3564  
LAGUNA SECA CAMPGROUND 831-758-3604  
CYPRUS TREE INN MOTEL & RV 831-372-7586  
LONE OAK MOTEL 831-372-4924  
TRAVELODGE 831-373-3381  
For more info call Easter Bunny Jack Millard at (916) 987-1303, or by e-mail at [jbmillard@aol.com](mailto:jbmillard@aol.com)



## Channel Islands 2015

There are only 10 spaces left on our 2015 Channel Islands dive trip on the Conception. This trip will again be for 4 days from Sunday, July 26 to Wednesday, July 29. We will be diving Catalina Island for the first 3 days then one of the northern islands on the last day. We offer this trip at a substantial discount to the list prices, with a member cost of only \$625.00. This annual trip is our biggest fun(d) raiser for the year and an excellent time for great diving and to get to know all your Dolphin buddies a little better. The diving is limited only by your dive tables and how much you want to dive. If you are a new diver this is probably the best way for you to hone your skills while diving with you more experienced club buddies. The scenery along the islands is so beautiful we often are joined by non-diving family members. The crew takes excellent care of us and it is unbelievable how good food is coming from the tiny galley.



You can make deposits, payments or payoffs any time, but hurry because space is limited. I'll tell you more at the meetings and in the "Bubbles". When you sign up I'll also send you information about the specifics of the trip and what you can expect. You can check the club website for previous trip reports in our archived Bubbles.

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

## Thanksgiving 2015

Marylin Campbell and Corinne Fuerst will be hosting this year's Thanksgiving Event. This year's location will be at Casini Ranch. Further details to follow as we get closer to November.

## Garage Sale

**Mares Dragon BC w/ Air Control**

Like new Size medium \$300 obo

**Atomic Split fins.** In very good condition.

Size large \$100 obo

Contact Brad Freelove

[bradlinda@frontiernet.net](mailto:bradlinda@frontiernet.net)

916 879-3853

## *\*2015 TROPHY CORNER\**

**BIG FISH:**

**BIG AB:**

**Small Ab:**

## 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.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**

## **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.**

## **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](mailto:maridee@homebuying101.com)





# DOLPHIN DIVERS OF SACRAMENTO

## February

- **Board Meeting 2/4/15** beginning at 7:00PM. Host: Fred & Lisa Knoles  
[fknoles@sbcglobal.net](mailto:fknoles@sbcglobal.net) (916) 944-7716
- **President's Day, Casini Ranch, 2/14-2/16/15**, Contact: Fred & Lisa Knoles  
[fknoles@sbcglobal.net](mailto:fknoles@sbcglobal.net) (916) 944-7716
- **General Meeting 2/18/15** at 7:00PM. Meeting location is Roundtable Pizza  
in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public.  
Please meet your fellow divers.
- **Snowshoe Outing, Donner Summit/Castle Peak, 2/21/15**, Contact:  
Marylin Campbell [mcampbel@surewest.net](mailto:mcampbel@surewest.net) (916) 616-2377

## March

- **Board Meeting 3/4/15** beginning at 7:00PM. Host: Marylin Campbell  
[mcampbel@surewest.net](mailto:mcampbel@surewest.net) (916) 616-2377
- **General Meeting 3/18/15** at 7:00PM. Meeting location is Roundtable Pizza  
in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public.  
Please meet your fellow divers.
- **Easter Egg Hunt, Monterey 3/21/15**, Contact: Jack Millard,  
[jbmillard@aol.com](mailto:jbmillard@aol.com) (916) 955-8017

2015

