



# CURRENT BUBBLES

NEWSLETTER OF DOLPHIN DIVERS OF SACRAMENTO

P.O. Box 112

Orangevale, California 95662

<http://www.dolphindivers.org>

May 2015

2015/2016

Board of Directors

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**Past President**

Cayle Little

**Members at Large**

Fred Knoles  
Kevin Kunkel  
Maggie Kunkel  
Lalaynia Little  
Tom Oja  
David Whiteside

## President's Message



Ahoy Mates,

*In true Democratic fashion, the votes are in and there is now a new Captain aboard the good ship Dolphin. "Captain Craig". Together with new First Mate, V.P. Marylin Campbell and new Purser, Treasurer, Dana "the money man" Carlson, and the entire NEW 2015 DDS Crew – aka Board of Directors, we will be ever vigilant during the year to insure smooth sailing for all passengers as we voyage together while enjoying the exciting events that are just over the horizon. Keeping with the traditional "Open Bridge" policy, all club members are encouraged to attend and participate in monthly board meetings as your input is vital to the decision making process. If you would like to lead a Dolphin Divers event, all you need to do is publish an article in the monthly "Current Bubbles" Send it to our newsletter editor Penny "P. J." Johnson at:*

*[pennybug76@yahoo.com](mailto:pennybug76@yahoo.com) before the deadline and it will appear in the very next issue. Events are not restricted to only dive related events and it only takes 3 participating members to be an official DDS event. If you have anything dive or boating related that you would like to sell you can also send that info to Penny and she will advertise it in the Garage Sale section. Monthly club meetings are a good place to visit with buddies and share recent experiences so if you have something you would like to share with the members like a slide show or other presentation, please feel free to contact me and we'll schedule a time for you. Thank you for your vote of confidence in electing me your President. I am looking forward to seeing all of your smiling faces soon. Carry On!!!*

**Captain Craig, President 2015**

## 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:

**May 6**

**Cayle Little**

**530-518-0902**

**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**

Karen Manly 4<sup>th</sup>      Corinne Fuerst 5th  
Summer Carlson 6<sup>th</sup>      Kyle Green 7th  
Jeff Pluth 16<sup>th</sup>      Dave Edwards 22nd  
Marlyn Sepulveda 27th

## **Our New Dolphin Board Members**

Last month meeting was our voting and free pizza night. Jack Millard kept the pizza coming and coming and no one starved. After a beautiful presentation of last year's Channel Islands trip by Dana Carlson, the pizza was gobbled up, we had a short meeting then voted for our 2015-16 Board members. The results are as follows:

**President** - Craig Brookey  
**Vice president** - Marylin Campbell  
**Past president** - Cayle Little  
**Secretary** - Brad Freelove  
**Treasurer** - Dana Carlson  
**Activities Chair** - Dave Edwards  
**Safety Officer** - Chris Anthon

### **Members at large are:**

Fred Knoles  
Dave Whiteside  
Tom Oja  
Lalaynia Little  
Maggie Kunkel  
Kevin Kunkel

### **Alternates are:**

Connor Carlson  
Noelani Reinker

## **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)

## **What Is Your Gas Management Plan?**



To many conscientious motorists, the chances of running out of fuel may seem slim. However, according to AAA, people run out of gas daily. Similarly, ineffective breathing-gas management while diving is a recurrent problem, and unfortunately, divers run out of breathing gas much more often than one would think.

During peak season, at least two divers per week have concerns about having made a "rapid ascent" after finding themselves low on or out of air. Additionally, nearly 41% of dive fatalities involve insufficient breathing gas as the trigger that led to other harmful events and, ultimately, the death of the diver.

The factors that affect gas consumption are many and they vary. For example, exertion, stress, anxiety and environmental conditions can all increase respiratory rate. Activities like lobster hunting or spearfishing may consume gas supplies 5 to 10 times faster than usual. Wearing too much or too little weight causes divers to work harder and increase gas consumption. The takeaway is simple. When planning a dive, make sure to include a breathing-gas estimate into your plan. Improving skills and adhering to safe dive practices can reduce the risk of a breathing-gas emergency but it doesn't eliminate it completely. Thus, on any dive, divers should monitor gas supply frequently and consistently.

Practicing out-of-air situations to sharpen your response skills is essential; confidence in being able to use an alternate air source provided by a buddy can lead to a much better outcome. Through planning and practice, effective breathing-gas management can become second nature and reduce the likelihood of a diving emergency.

Plan your Dive and Dive your Plan - Safety First!

### **Memorial Weekend at Albion Campground**

May 23, 24, and 25 will be the days for the Dolphin Divers of Sacramento to visit Albion River Campground for 3 days of camping, diving, great food, and even better friends. Charlie Rojas will be the event leader again. Charlie has reserved 12 sites for the dive club. Sites B2 thru B14 are set aside for us. Contact Albion directly to make your reservations. 707.937.0606 will get you to the campground. Charlie will not make your reservation for you! Sometimes, you may need to leave a message at the campground as they are out of the office. Just let them know you are with the Dolphin group. They will get back to you when they can. Water and electricity are at all sites. Ab diving will be part of the program as will a social hour and potluck. Albion River is about 30 minutes south of Ft. Bragg. Hiking trails are all over the place and some great dining locations are located in town. Tons of stuff to do for the non-divers in your group. Last year, Jack Millard boated a group of us north of the campground to a spectacular cove that was loaded with abs. Flat calm water and awesome scenery made it one of my most memorial dives in quite a while. If you have not been to Albion River before, get hold of Charlie and he will answer any questions that you have. Charlie can be reached at [atc22rojas@yahoo.com](mailto:atc22rojas@yahoo.com) or at 707.483.9816.

### **Big Ab Big Ling Manchester, CA. Friday June 5th to Sunday June 7th.**

The 9th annual Big Ab Big Ling Event will be Saturday June 6th this year. It will be held at the Manchester KOA. Take a look at [bigabbigling.com](http://bigabbigling.com). This event attracts some excellent divers from throughout Northern California, and it is an excellent opportunity to network with other Abalone Divers and Spear fisherman!

Proceeds from this event go to our local chapter of the Recreational Fishing Alliance and Sonoma County

Abalone Network. Both of which advocate for the fishermen and diver communities.

I will be arriving Friday night and camping in the overflow spots set aside for the event. (Usually this type of camping is around \$10 per night!) I especially look forward to the weigh in, lunch, raffle and shared food gathering at the outdoor camping kitchen for dinner!

For better diving,  
[richardsears@yahoo.com](mailto:richardsears@yahoo.com)  
916-212-7690

### **CHANNEL ISLANDS DIVE TRIP July 26 -29**



Our club charter is currently full, but there are often last minute cancelations. If you want to join us let me know and I can add you to our "stand-by" list.

We'll be carpooling from Sacramento on Saturday, July 25, at about 9:00 a.m., and then we'll regroup in Santa Barbara, before boarding. The boat leaves the dock at 11:00

Saturday night and we will (try to) sleep on the way to Catalina Island, our first dive location. We should make our first dive at about 9:00 Sunday morning. Four

action packed days later we will return to





Santa Barbara for the ride home. To avoid the killer drive home late that night, many of us will drive part way home and stay in Buelton.

If you want to car pool and are looking for a ride, or a rider, I'll try to match you up.

The cost is \$625.00. Brad Freelove is covering for me while I am traveling. Make checks out to "Dolphin Dive Club" and either give them to Brad at a meeting or mail them to our PO Box 112, Orangevale, CA 95662.

**For more information please contact Brad at (916) 682-1695, [bradlinda@frontiernet.net](mailto:bradlinda@frontiernet.net)**

*Since several abalone divers have already died this year I am reprinting this article from last year:*

## What Causes Abalone Divers to Die?

*Reprinted with author's permission.* By Jack Likins

I thought I'd take a stab at trying to explain why divers die abalone diving.

I've been abalone diving for over 50 years in both southern California and here on the north Coast. It can be a very dangerous sport if not done with proper training, conditioning and knowledge of the ocean. Let me explain why.

From what I have observed most of the deaths come as a result of what the newspapers call a "medical emergency". In other words the deaths occur not directly from drowning, but from some other medical problem (usually a heart problem) that may lead to drowning.

Think about it this way... A person who dives once or twice a year comes to the coast with his/her family and friends for a little diving and a lot of fun. If they have dived before they begin to get excited about the prospects of diving and getting abalones for a meal or to take home. If they haven't dived in a while or kept swimming over the winter, they may not be in very good condition and many divers are older (50+). In any case, anyone will have anxiety and apprehension on their first dive of the season (it still happens to me and every diver I know). They look at the ocean, but they don't have enough experience to know if the conditions are within their personal capabilities and they see other people and their friends diving so they think it must be OK. It's difficult to say you don't feel comfortable going into the water when your dive buddies all say they want to go. Who is going to be the one who backs out first? Ten years ago it was not going to be me? Anxiety probably causes most of these so called "medical emergencies". Here's what happens. You put on an old wetsuit that may have gotten a little smaller over the years and it is

very constrictive. It's tight on your chest and gives you that claustrophobic feeling of confinement. As you start to suit up you start to thinking about sharks, even though the chance of being bitten are extremely rare, you can't stop thinking about how it would be to be attacked by an 800 pound great white shark. Once you've struggled to get into your wetsuit then you put a 20-30 pound weight belt around your waist, grab all your other gear (float tube, mask, fins, snorkel, ab iron, etc) and start walking to the beach (maybe down a cliff with a rope). By the time you get to the water you are sweating profusely from hiking in your wetsuit. After putting on the rest of your gear you jump into 47-degree water and all of a sudden the cold water starts to seep into your wetsuit and you begin to swim, hard, to get out beyond the breakers. Maybe there is a current, maybe there are waves, maybe you start to getting sucked out to sea and try to swim against the current, or maybe you just get knocked down by a wave and washed into the beach or rocks. But, let's assume you are successful in getting out to the area where you want to dive and the visibility is only 2-3 feet underwater. You can't see the bottom, so you get out your underwater light. Since you can't see the bottom from the surface, you dive down 15-20 feet and finally see the bottom, but it is covered with palm kelp so you have to go another 2-3 feet and get under the palm kelp. Once there, it is even darker so you shine your light to look into the rocky crevices and under the rocky ledges where the abalones live. Now you've successfully gotten to the bottom and have looked for abalone, maybe even found one and you want to go back to the surface. You can't use any type of underwater breathing apparatus so you have to be constantly going down and up as you look for abalones. When you decide to return to the surface you look up and the surface is covered with matted bull kelp, so you look for the light shining through the kelp and head for a clearing hoping not to get tangled in the long strands on your way to the surface. Let's say you dive for 45 minutes to an hour. You're getting tired and now its time to head back to shore, but the wind has picked up during that hour and there is a current running in the opposite direction that you want to swim. Maybe the waves have picked up too, maybe the tide is lower and the exit is more rocky.

What do you do? Hopefully you're in good enough shape that you can swim against the current, or you have a "bail out" location down current where you can safely get out of the water. If you're lucky or experienced and have planned right, you will get back to shore safely. I am trying not to exaggerate, but I have had all of these things happen to me a one time or another. Now imagine thousands of divers, many of who are not very knowledgeable or experienced and you can understand how some of them become overly anxious and why 3-4 people die every year.

If you're lucky or if you are well trained and experienced you can avoid these hazards of abalone diving and get safely back to the beach with an abalone or two to enjoy with your friends and family. If not, from what I have described, you can understand how this sport can be deadly. Personally, I would not want to stake my life on luck. I'd rather base my life on knowledge and experience.

My advice... the best way to prevent these hazards is to avoid them altogether. In other words, don't dive if you don't feel comfortable with the ocean conditions, even if your dive buddies want to dive. If you dive or have friends who dive, the best advice you can give them is "don't go into the water when the conditions are beyond your capabilities". To be able to judge ocean conditions you must have the knowledgeable to "read" the ocean and the experience to understand your own capabilities. To me, this is what the buddy system is all about. If you are a new or inexperienced diver find an experienced buddy who can help you gain the knowledge and experience, both in and out of the water, and one that won't push you beyond your comfort level.

Having said all this, if you pick the right day with the right conditions and don't push beyond your ability, conditioning and knowledge then abalone diving can be a wonderful, eye-opening experience. Most of the time I go abalone diving I don't ever take an abalone, although I see hundreds of them. What's most rewarding to me is the experience and the wonders of the ocean that I see every time I dive. More often than not, I will see something that I have never before seen. The ocean is an amazing environment and one that has only begun to be explored and understood by man.

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*Jack Likins, Gualala, CA, has been abalone diving for 50 years*



## **Labor Day September 4 – 7 2015**

Start getting excited, about the Labor Day event in September. This is a fun event, so save the date.

We will be looking for volunteers to take on the activities. If you are interested, for taking any of the activities below, please let us know.

- Horse Shoe Tournament
- Salsa Contest (not dancing)
- Kids Event
- General Social Hour – Appetizers
- Women's Dessert Contest
- Spear Fishing Contest Briefing & Contest
- Breakfast (cooks)

We have already confirmed the reservation at Ocean Cove for this year, and will be checking back again, just to reconfirm.

*\*Watch for newsletter or e-mail updates\**

Let me leave you with this: Volunteers do not necessarily have the time, they have the heart. The event will be hosted by Marilyn Campbell, Linda Freelove, and Penny Johnson.

## **Garage Sale**

**1989 13' Nissan inflatable** with a 30 HP Nissan motor and trailer for sale for \$1,500.00  
Contact Rob at 916-276-5931.

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**Bare shorty wetsuit** Men's ML 2mm, brand new, tags still on, \$25 or best offer

**Olympus Underwater Strobe** UFL-1, original packing and manual, \$150 or best offer

**Sealife Reefmaster Strobe** SL96010 w/manual, \$25 or best offer

Contact Mike Cooling: [coolingmt@gmail.com](mailto:coolingmt@gmail.com)

**WANTED** Teen size scuba gear for a 13 year old Contact Tom Oja: [toja@acmcom.com](mailto:toja@acmcom.com)

**Mares Dragon BC w/ Air Control**

Like new Size-Medium \$300 obo

**Atomic Split fins.** Very good condition.

Size large \$100 obo

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

916 879-3853

**Atomic Aquatics Red Split Fins** Size M

only used dozen times. \$85 David 208-391-5220

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**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.

**\*2015 TROPHY CORNER\***

Come on guys/gals has no one caught a fish or AB yet??

**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)

**Rodgers Inflatable Repair** (916) 752-0734

**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

2015

## April

- **Board Meeting 4/1/15** beginning at 7:00PM. Host: Connor Carlson, [rcarlson1016@gmail.com](mailto:rcarlson1016@gmail.com) (916)532-0014
- **General Meeting 4/15/15** at 7:00PM. Meeting location is Roundtable Pizza in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public.  
**Presentation on DDS Channel Islands dive trip by Dana Carlson**

## May

- **Board Meeting 5/6/15** beginning at 7:00PM. Host: Cayle Little, [caylelittle@gmail.com](mailto:caylelittle@gmail.com). (530) 518-0902
- **General Meeting 4/15/15** at 7:00PM. Meeting location is Roundtable Pizza in Folsom: 9500 Greenback Lane, Folsom, CA. Open to the public. **DDS Board Nominations. Presentation on Dive equipment maintenance and repair by Mitch Evensen**
- **Memorial Day Dive, 5/23/15 to 5/25/15, Albion River Campground and Marina.** Event Leader, Charlie Rojas, [c22rojas@yahoo.com](mailto:c22rojas@yahoo.com) (707) 642-6498



**Step up to the plate and have some fun! Volunteer for a Board Position**