



Emerald Sea Dive Club

Narc-ed Out News *August 2007*

www.emeraldseadiveclub.org

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ESDC YEARLY PICNIC

presented this year by
Greg and Laura Becvar
mmmmmmmmmm

Come one come all, to the **Emerald Sea Dive Club**
Picnic.

On Sunday, August 5th, Laura and I will host this year's
dive club picnic at **Kayak Point Park**. We have a
reserved shelter at the beach where we will play
some games and grill burgers, brauts, and hot dogs.

Please bring a small side dish, chips, salad, fruit,
or dessert. You may also dive at the park. There is
not a lot of underwater scenery, however it can be a
good place to catch crabs (if the zone is open).

Carpooling is advised as there is a small entrance
fee and parking can be limited on a hot summer day.

Picnic time will be **10:00 a.m.—2:00 p.m.** (We have the shelter
8:00 a.m.—4:00 p.m.) **RSVP** requested. We look forward to seeing all
of you.

Greg & Laura Becvar
tridoxia@yahoo.com

Description

A spectacular 428-acre saltwater beach park located
along the shores of picturesque Port Susan. From its
3,300 foot shoreline to its evergreen forest, **Kayak**
Point Park offers a rich setting for a variety of
outdoor activities, including RV camping, pier
fishing, windsurfing, picnicking, and hiking.

Driving Directions

Exit 199 off I-5 at Marysville; turn onto Marine
Drive; follow Marine Drive for 13 miles, the park is
on the left.

Or get directions off of the web site.

[http://www1.co.snohomish.wa.us/Departments/Parks/Information/Park_Di
rectory/Regional_Parks/Kayak_Point.htm](http://www1.co.snohomish.wa.us/Departments/Parks/Information/Park_Directory/Regional_Parks/Kayak_Point.htm)

President's Column

by Jill Keeler

Where, oh where, has that little girl gone? Oh, where oh where can she be?
With her hair so blonde and her smile so sweet, where oh where can she be?

Editor's Column

by Darlene Ripley

When Buddy and I first started diving, wet suits, Puget Sound, winter, we would both come out of the water at Alki, Cove One, with shivering body parts—inside and outside. It took HOURS to warm up. We were told to carry warm water with us and drench ourselves outside and inside our suits to warm up. Sure, it felt good for the few seconds the water stayed warm but once that cold wet suit hit that warm water . . . brrrrrrr. Not much help in the long run.

I remember shaking constantly on the long ride home to Issaquah, shaking and shivering while cleaning our equipment and putting it away. I could not wait to soak in the hot tub and then lie on the heated floor in front of the fireplace for three or four hours hoping to warm my innards to 98.6 once again.

During this time, Buddy noticed a strange malady. His fingers were always very cold. They turned white. They turned blue. They turned red. God bless American, land of the free, stand beside her and, I digress. Then his fingers would turn into masses of pain. Buddy decided he needed wool gloves to wear underneath his wet gloves. That should have helped but it did not. So, he purchased a pair of thinner gloves to wear underneath his wool gloves that were underneath his wet gloves. That should have helped but it did not. After watching Buddy suffer for two years we decided to get dry suits. That should have helped because his hands never would be cold in dry gloves. OK, back to the two pairs of gloves underneath the dry gloves. That should have helped but it did not.

Someone (ED) told Buddy about some ailment, Reyes Syndrome or Range Syndrome or something weird where your fingers turn white and get cold and are very painful. OK, sure . . . talk to the hand. A few more years went by and many dives with frozen fingers go by.

Now, person number two (WD) told Buddy she suffers from Raucus Syndrome or Range Rover Syndrome or something weird where your fingers turn white, turn

blue, turn red and guide her from the light from, I digress. And she explained it has to do with compression or some such thing.

This time, now that Buddy knows there are three people who suffer from this strange malady, it must be real. Where do people nowadays find info on real diseases? The Internet, of course; remember when you had to go to a bookstore and buy a medical dictionary? Reynaud's Syndrome or Reynaud's Phenomenon is an actual, real, not virtual, ailment.

Per DAN, "Reynaud's Syndrome decreases effective blood flow to the extremities, most significantly fingers and toes; this results in cold, pale fingers and toes, followed by pain and redness in these areas as blood flow returns. The underlying problem is constriction of the blood vessels in response to cold, stress or some other phenomenon supplying these areas. Symptoms are often mild. Reynaud's phenomenon may occur as an isolated problem, but it is more often associated with autoimmune and connective tissue disorders such as scleroderma, rheumatoid arthritis, and lupus." Where is that medical dictionary, again? When was lupus discovered? When was scleroderma discovered? And when did the medical profession invent rheumatoid arthritis? People never suffered from this stuff before; certainly our diving hero, *Mike Nelson*, never had anything that prevented him from hauling cylinders of volatile nitroglycerine around the ocean.

DAN continues, "Reynaud's Syndrome poses a threat to a diver who is so severely affected that he or she may lose function or dexterity in the hands and fingers during the dive. If coldness is a trigger that causes symptoms in the individual, emersion in cold water will likely do the same. These individuals **should avoid diving in water cold** enough to elicit symptoms in an ungloved hand. The pain may be significant enough that, for all practical purposes, the diver will not be able to use his or her hands. Less severely affected individuals may be able to function adequately in the water."

Thinking only of Buddy now, "When is our next warm water dive?"

FYI: According to DAN you can use "chemical warm packs" to keep your hands functional; however, depending on the severity of your Reynaud's Syndrome, the packs may not help.

ESDC TRI-IT

by Loogpla Cowden

As a scuba diver, one of my biggest challenges is swimming. I remember three years ago having to take swimming lessons so I could pass my Dive Master certification; Jerry Dollar was one of my coaches.

Two and a half years ago a group of ESDC divers came up with the idea of participating in a sprint triathlon and I thought they were nuts. Not long after our discussion I found myself sitting at a seminar with Cheng-Hui Wong, Skip Stacy, Linda Perry and Jason Gonzalez. As of today, I have competed in three sprint triathlons (½ mile swim, 12 miles bicycling, 3 miles run).

I am writing to share my experience at the Cascade Edge Sprit Tri at Enumclaw, Washington, June 17th. I woke up to a cold overcast, rainy morning at 6:00 a.m.. I got into my car with my wet suit, bicycle, and a pair of running shoes and headed to Nolte State Park. I was driving along looking at the sky and the rain thinking to myself, "Am I really doing this?"

I got to the site, checked in, picked up my bib number, staged my bike, and put on my wet suit; then I saw my friend Meg Strong who came to support me on for the day. I

slipped and fell on my right hip as I was running toward her. Still okay

The race started at 9:00 a.m.. There were 144 women in my age division. My race began at 9:15 a.m. with the swim approaching the first buoy marker I felt like I could not breathe, I yelled at the rescue boat to come over. I rested for a minute and I started again, this time it felt like the lake was spinning – I yelled at a rescue boat again. He asked if I wanted to go to shore. I said no. He insisted that I go back, I said NO again! He said I have a long way to go and I said I can do this and let go of the boat. I looked around the lake to see that I was the only athlete in the water from my age division. Next thing I knew . . . all kinds of bodies were swimming around me from the division. I had made it to the finish line.

Running for my bicycle in the cold I was having a hard time taking my wetsuit off. I did not expect rain for this day . . . all I had on was a pair of running shorts and a bike jersey. My hands felt like they were frozen to the handle bars. I peddled faster. I made it to the fishing. Still plenty of energy left but I was having a hard time unbuckling my helmet.

I started for the running course, a beautiful wooded dirt trail. By this time my legs felt like lead. I slowed down when I knew no one could see me. Then came a friendly voice, "Come on, baby lets move on . . . no one said we have to go fast". I started running again. I made it to the finish line to find that I had to do two laps. I went into the muddy trail where no one could

see me and I slowed down and this friendly voice said in back of me again, "Hey, – COM' on let's get moving . . . the skinny butts are gaining on us!" I laughed. It was the most rewarding feeling I could ever have felt; to have finished the race in 2 hours and 35 minutes. If you ever have a thought of doing it . . . give it a chance and tri-it!

Open Space Plan

from Mike Racine

I am writing on behalf of the Pierce County Parks and Recreation to let you know about a planning effort that is currently underway. Pierce County Parks and Recreation is currently updating its Parks, Recreation, and Open Space Plan. This plan will guide the construction of new parks and facilities, the renovation of existing parks and facilities, and the delivery of recreation programming for the next ten to twenty years.

In order to gather input from park users, Pierce County Parks and Recreation has developed an online questionnaire for both youth and adults. Please take a moment to click on the link below and fill out the questionnaire. The questionnaire only takes about ten minutes to complete, and your input is our most valuable tool in creating a successful plan.

www.piercecountywa.org/parks (cut and paste this to your URL)

We are hoping to get a very wide response, so please forward this email. In particular, if you have contacts within youth organizations, please forward this email on to them. We would like to make sure that we get as many youth to participate as possible.

Thank you for your time, and if you have any questions at all, please don't hesitate to contact me.

Thank you,

Aaron M. Abrams

Moore Iacofano Goltsman, Inc. (MIG)

815 SW 2nd Avenue, Suite 200

Portland, OR 97204 503.297.1005 www.migcom.com

The Bruce Higgins Story

by Mike Racine

Many of you have heard of the Edmonds Underwater Park (EUP). It is the most popular shore dive destination in Washington State. That's saying something in a state that was voted as having the Best Shore Dives in North America by readers of Scuba Diving magazine, 2006. EUP was the first underwater city park in the United States. It was the first designated Marine Protected Area (MPA) in Washington.

Some of you may not know the man behind Edmonds Underwater Park. He and his crew of dedicated volunteers have spent their time and creative energy for 30 years to build this wonderful recreational facility. His efforts have resulted in countless hours of enjoyment by divers and millions of dollars to Edmonds' local economy. His name is Bruce Higgins.

Bruce was recently honored by the City of Edmonds for his lifetime of volunteer work. I thought it worth celebrating by sending to you. Attached below is a little write-up courtesy of J.D. Rowe of the Boeing Seahorses Dive Club. To read the full story, go to our webpage at <http://www.wascuba.org/brucehiggins.htm>

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"We make a living by what we do, but we make a life by what we give."
These famous words from Winston Churchill seem appropriate. Bruce Higgins has made a life by giving his time, his energy and his efforts creating an underwater park for the diving community. Thirty years is a lifetime's work for most but after thirty years Bruce is still going strong. On Bruce's thirtieth anniversary members of the dive community, the City of Edmonds and former park volunteers gathered to recognize and honor him.

The Mayor of Edmonds, Gary Haakenson, and members of the Edmonds City Council, were on hand to proclaim this "Bruce Higgins Day" and to rename the underwater park the "Bruce Higgins Underwater Trails". The former Mayor, Gary Nelson, was master of ceremonies for the celebration. Gary, as a City councilman, was the driving force behind the establishment of the Underwater Park back in 1970. This park was the first underwater city park in the United States. The park was designated a Marine Protected Area (MPA). This MPA status has served to make this city park a fantastic refuge for the marine population in Puget Sound. It gives the fish an area in which they can breed and multiply without fear of

predation by man. The underwater park provides habitat and serves as an oasis. This oasis helps to repopulate the Sound and to greatly enhance the marine habitat. The lingcod, rockfish and cabezon population here is unrivaled anywhere else in the Pacific Northwest.

The Edmonds Underwater Park is a 27acre diver's playground located just north of the Edmonds ferry landing. Bruce began working on the park in 1977 after the deaths of several divers resulting in the City temporarily closing the park. Bruce joined the safety committee for the park and helped write a management plan for the park. Those early stewardship efforts have continued to this day and have resulted in a world class underwater park. There are 2 ½ miles of rope trails criss-crossing the park leading divers from one feature to another. Massive structures have been built to provide diver recreation and fish habitat. The numerous buoys in the park mark the trail intersections and the recently extended park boundary. The features here are constantly changing as new life springs forth with every season. Bruce's thirty years of stewardship have served to create an incredible underwater park.

2007 ESDC Christmas Party

Remember all the fun you have had at a past **ESDC Christmas Party?** This year's party can be just as much fun or **MORE . . .** if **YOU** volunteer to be the committee leader. Once a leader comes forth volunteers always follow. Please, if you want to make this a **joyous season** for your fellow divers and buddies won't you please be this year's leader? If **YOU** would like to have loads of fun by planning this year's **ESDC Christmas Party** please contact Jill jillk@bjbrewster.com or any other board member. Thank you and **Ho Ho Ho**

Editor's Photo Choice of the Month



Marylou Hernandez

Blacktip reef shark

Whoa! How would you like to bring this little six footer up with a hook and line? Marylou took this photo at Viti Levu, Fiji , February 2007 at a dive site named Sand Patch at about 40 feet. For more information on this cute little fishy click on the link http://en.wikipedia.org/wiki/Blacktip_reef_shark and if you would like to know more about Viti Levu, Fiji: http://en.wikipedia.org/wiki/Viti_Levu



Guest speaker

Giovannina Souers from the Seattle Aquarium to talk about local fish, invertebrates, octopus . . . which ever we choose.

Photo Editing at Cheng's

Cheng and Bob would like you to join them 6:30 p.m., Friday, August 10, at Cheng's condo in Redmond for an evening of sharing photo editing experiences. Please bring your lap top and photos to explore some editing ideas that we can all share. Please RSVP by e-mail to Bob baileyjr@comcast.net or Cheng chengwong@comcast.net and they will reply to you with directions to Cheng's condo.

Photo Contest

Remember how tough it was to choose winning photos for the calendar last year; mainly because the entries had improved so much from the first year. This year is already looking to be the toughest yet. The underwater photographers are getting serious about their work. It is going to be very difficult to make only twelve choices this year. Keep up the good work, photogs! A reminder to everyone, get those photos in: 4 per month, photos taken between October 1, 2006 and September 30, 2007 are eligible.

Photographers: all entries that are sent to David are cataloged and sent to the IT people within 24 hours of David receiving them. There is then a posting lag time. Please be patient. If you sent in a photo, we have it, and IT probably has it as well. Thank you for all of your entries!

Have you been to www.emeraldseadiveclub.org to look at this year's entries?

Board Members

President	Jill Keeler	jillk@bjbrewster.com
Vice-President	Rich Carton	crich4scuba@verizon.net
Secretary	Peggy McCright	mintyethel2@hotmail.com
Treasurer	Laura Orlich	lorlich@ssoe.com
Newsletter Editor	Darlene Ripley	esdcnewsletter@mindspring.com
Activities Coordinator	Shawn Miller	shawnm1833@yahoo.com

Board Appointees

Greeter	Loogpla Cowden	loogplacowden@att.net
Web Masters	Andy Norton and Glenn Bulat	andy_norton@comcast.net glennbu@gmail.com
Big Buddy Coordinators	Pam Norton and Wendy Drucker	andy_norton@comcast.net astromoi@earthlink.net

Other Stuff

Membership Dues

\$30 for a single membership \$47 for a family membership

Did you know that if you show your ESDC membership card at Northwest Sport Dive you get a free air fill? Be sure you have your ESDC membership card with you when you go shopping at dive shops—you just never know.

If other shops give you a discount please let us know and we will publish their name.

Winning \$50.00 in the Participation Pool

You could win a \$50.00 ESDC check (just like real money) by hosting club dives and by contributing stories, articles, photos, and information to the newsletter. Every time you sponsor a club dive or make a submission to the newsletter your name "goes into a hat" and four times a year a raffle is held and one person from each drawing will receive \$50.00 from ESDC as a **Thank You** for sponsoring dives, friendships, information, stories and fun! Remember, a club dive is a dive approved by Shawn Miller, Activities Coordinator, and placed on the clip-board and on the ESDC web site. This is a great way to meet club members and have lots of fun. **Book your dives today!** Submit your **newsletter contributions** today. Remember: the more dives you book the more chances you have of winning; the more newsletter submissions you make the more chances you have of winning; the more photos you submit for the newsletter the more chances you have of winning.

The next drawing will be held in September for contributions in July, August, and September.

Continuing Education Reward

When you take a class that furthers your diving experience, such as Advanced Open Water, Rescue, Dive Master, etc., show The Board your certification card and you will receive a congratulatory \$15.00. This offer is only good one time per calendar year.

ESDC Mailing List

E-mail Andy Norton, our mailing list moderator, andy_norton@comcast.net to be put on the ESCD yahoo group mailing list (www.groups.yahoo.com/group/ESDClist) where you can communicate with other members regarding various dive topics, find dive buddies, or let everyone know about a planned dive that did not make it to the newsletter or clipboard in time. **Join the list so YOU won't be left out!**

Our Next Meeting

Wednesday, August 1 at Alfy's Pizza

4820 196th SW
Lynnwood WA
425-775-5459

Board meeting, **6:00 p.m.**; everyone is welcome to join. General meeting, **7:00 p.m.**

How to Get to Alfy's:

Heading north on I-5: take exit 181B (196th St SW/Alderwood Mall Pkwy). At the top of the exit there is a stop light, turn left. At the next stop light turn left onto 196th St SW proceeding to 48th. Alfy's is on the south side of the road. (Alfy's is 4 blocks down from The Rock.)

Heading south on I-5: take exit number 181 (Lynnwood). At the top of the exit there is a stop light, turn right onto 196th St SW, proceed to 48th. Alfy's is on the south side of the road. (Alfy's is 4 blocks down from The Rock.)

How to Contact Us

Visit our web site: www.emeraldseadiveclub.org

Write us: Emerald Sea Dive Club
PO Box 73
Edmonds WA 98020

Contact any of the board members via telephone or e-mail
www.groups.yahoo.com/group/ESDClst

Divers on the Loose

☞ Greg Becvar	360-659-2853	tridoxia@yahoo.com
☞ Bruce Bury	425-788-8063	bury1of6@aol.com
☞ Skip Stacy	425-775-2410	
☞ John Laggart –weekday dives		jmnlaggart@msn.com

If you are interested in being included on this list please contact the editor.



Newsletter articles deadlines

September	August 27 th
October	September 24 th
November	October 29 th
December	November 26 th

DIVE CALENDAR

DATE	DIVE/EVENT	SPONSOR
Wednesday August 1	Dive Club Meeting 7:00 p.m. @ Alfy's	Jill and her friends
Sunday August 5	ESDC Picnic @ Kayak Point!	Greg & Laura Becvar
Wednesday September 5	Dive Club Meeting 7:00 p.m. @ Alfy's	Jill and her band of doers
Saturday September 15	8:30 a.m. Edmonds Fishing Pier Cleanup Waivers Required!	Fran Murray 206-542-1866 scubagram_590@hotmail.com
Wednesday-Saturday September 19-22	Nanaimo, BC Diver's Choice Charter	Loogpla Cowden & Marty Leonard, 206-399- 5682, loogplacowden@att.net
Wednesday October 3	Dive Club Meeting 7:00 p.m. @ Alfy's	The Jill Band
Thursday-Saturday October 11-20	FIJI BEGA LAGOON Warm water diving Deposit \$150 Total Cost \$2,700	Adam Springer for details 425- 239-0241
Friday October 19	Edmonds UWP Night Dive 7:00 p.m.	Loogpla Cowden 206 399 5682 loogplacowden@att.net
Wednesday November 7	Dive Club Meeting 7:00 p.m. @ Alfy's	If you don't know by now ...
Thursday – Sunday November 8 -- 11	Hornsby Island, BC All inclusive	Loogpla Cowden 206 399 5682 loogplacowden@att.net
	Continued next page	

Friday November 30	Edmonds UWP Night Dive 7:00 p.m.	Loogpla Cowden 206 399 5682 loogplacowden@att.net
Saturday December 1	ESDC Xmas Party Snohomish, WA	TBA
Monday—Saturday December 3-8	Cozumel, Mexico with Aqua Safari Warm water & sun \$1100 R\T air 5 nights 4 days of 2-3 tank dives	Loogpla Cowden 206 399 5682 loogplacowden@att.net

DIVE CANADIAN GULF ISLANDS:

Please join Marty and I for a few dives in the Canadian Gulf Island - Nanaimo, BC on the weekend of Sept. 19-22, 2007. If you have been thinking about diving in Saskatchewan, Cape Breton, Dodd Narrows, and more - this is a trip for you!

The cost for 3 days' diving (including hotel, diving, lunch, air/ weights and all taxes) is \$412.28 (CND) p/p double occupancy.

But that's not all. November 8-11, 2007 I am planning a trip to Hornsby Island, BC. The waters around Hornsby Island are filled with a rich variety of marine life. You can see Giant Pacific octopus, wolf eels. Hornsby is also known for its excellent 'big animal' dives. Six gill sharks are probably the best-known reason to dive Hornsby. I heard that swimming beside a six gill is an experience of a lifetime!

Most of all, British Columbia is widely recognized as the #1 dive destination in North America. Let's dive the Canadian Gulf Island this fall! We would love to have you join us. If you would like to join us for one or both of these trips, please see Loogpla at the meeting or call her at 206-399-5682.