



Emerald Sea Dive Club

October 2007

www.emeraldseadiveclub.org

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President's Column

by William Jefferson Clinton assistant to Jill Keeler

“This last Presidential election was something like the sex life of many people. They had to settle for what they could get.”

“If you live long enough, you'll make mistakes. But if you learn from them, you'll be a better person. It's how you handle adversity, not how it affects you. The main thing is never quit, never quit, never quit.”

“We should, all of us, be filled with gratitude and humility for our present progress and prosperity. We should be filled with awe and joy at what lies over the horizon. And we should be filled with absolute determination to make the most of it.”

Guest Speaker -- No Information

Editor's Column

by Darlene Ripley

“If ever there was a doubt about the importance of exercising the most fundamental right of citizenship, it was clearly answered by the first presidential election of the 21st century.” WJC

November is **voting** month. Have you thought about a board position? All board positions are open for the taking. Have you thought about whom you would like to nominate for a board position? Would you like to hold a board position? Also, this year's voting can be done via the web site! On-line voting; just like *Dancing with the Stars*!!

And a **reminder**: PLEASE volunteer to help Jill with the **Xmas Party**. I know she is a super woman but even super women need help. Thank you.



PANIC and DIVING

by Darlene Ripley

There you are with your buddy cruzin' through the water in your split-fins without a care in the world; except to have fun while scuba diving. Suddenly, one of you sees an "observable stimulus", in diving terms this is: the sudden appearance of a shark, loss of visibility, loss of air, entanglement in a kelp bed, a flooded mask, or a missing buddy.

"Panic is the primal urge to run and hide in the face of imminent danger. It is a sudden fear which dominates or replaces thinking and often affects groups of people or animals. Panics typically occur in disaster situations, or violent situations which may endanger the overall health of the affected group. Humans are vulnerable to panic and it is often considered infectious, in the sense one person's panic may easily spread to other people nearby and soon the entire group acts irrationally, but people also have the ability to prevent and/or control their own and other's panic by disciplined thinking or training (such as disaster drills). Panic is usually understood to mean active, but senseless behaviour (e.g. trying to flee in a random direction or suddenly attacking others without consideration)."

<http://en.wikipedia.org/wiki/Panic>

"The main signs and symptoms of panic are:

- Respiratory changes: Changes in the breathing rate and pattern. In a panic attack, shortness of breath is common and the diver may feel that they cannot get enough air into their lungs.
- Cardiovascular changes: Changes can include tachycardia (rapid heart rate) and arrhythmias (irregular

heart beat). The diver may experience heart 'palpitations', a feeling of heaviness or chest pain.

- Gastrointestinal changes: The GI system may become more active, with symptoms ranging from 'butterflies in the stomach' to nausea, vomiting and diarrhea.
- Genitourinary changes: Changes in the GU system include increased urination or the sensation of needing to urinate and tingling sensations.
- Musculoskeletal changes: Muscular tension, headache and tremor are common symptoms.
- Vocalization changes: Tremor in the voice, a high-pitched voice or 'frozen' vocalizations are the main signs.
- Other possible changes include an increase in sweating, a feeling of choking, chills or hot flushes and fear of losing control.

Panic can lead to death in several ways. If the diver is breathing rapidly and shallowly, insufficient oxygen reaches the lungs, causing hypoxia and the build up of excess CO₂. The diver thus tries to breathe even faster and may expel the regulator because they feel it is preventing them from getting enough air. Some divers in this situation bolt for the surface and expose themselves to the risks of decompression sickness. Hypoxia can also lead to loss of consciousness. The increase in heart rate and sympathetic nervous system activity can cause a heart attack in someone with a weak heart.

Panic also prevents the diver from thinking in a cool, rational way. If the situation calls

for rational thought, if the diver is tangled in a line or has an equipment malfunction for example, panic can prevent the kind of reasoning that is needed to solve the problem and will often make it worse.

Divers can prevent panic in a number of ways:

- **Improving physical fitness.** Divers who are fit have more resources that they can use to combat cold, fatigue etc.
- **Improving knowledge of diving.** Knowing the real risks of diving prevents unrealistic fears from taking over. For example, many novice or trainee divers ask me if we are likely to encounter sharks on a dive and how dangerous they are. It usually helps them to know that the chances of being bitten by a shark are less than the chances of being stung to death by bees. If divers were worried by truly risky situations, they would be far more likely to panic when they get behind the wheel of a car. Driving a car is far more likely to lead to danger than a shark encounter.
- **Practising emergency responses.** One of the most useful things that divers can do to prevent panic is to practice emergency response techniques, such as buddy breathing ascents, until they become automatic. For one thing it saves valuable time because in a real emergency you don't have to spend as much time thinking of every step. For another thing, the confidence of knowing you can handle emergencies makes panic a less likely response. You can help yourself even when you are out of the water by thinking what you would do if confronted with specific emergencies. What would you do if your buddy grabbed your regulator and bolted for the surface, for example?
- **Knowing your limits.** When you know what kind of dives you are trained and competent to carry out, you are less likely to get into emergency situations.
- **Improving psychological fitness.** Spigolon and Dell'oro (1985) have proposed that autogenic training can be useful to divers. This involves learning techniques that break the negative circle that goes from difficult situation to anxiety to panic. A diver who, when confronted by difficulties, can direct himself to "Relax - Breathe easily - Think" will be in a better frame of mind to help himself and/or others. A simple way of doing this is to include deliberate pauses at important points in a dive. This will improve your diving and reduce stress. At each major transition point - before donning gear or entering the water; at the surface and before descending; when arriving at the bottom and before ascending; at the safety stop; and finally when arriving on the surface or before leaving the water:
 - Pause
 - Check yourself, your gear, your buddy and the environment.
 - Take time to allow your body and mind to adjust to where you are and what you are doing.
 - Compare instruments and communicate with your buddy as needed.
- **Use appropriate equipment.** If you know that you will be diving under potentially difficult conditions, it can be very reassuring to know that you have the appropriate equipment. For example, if you will be drift diving in choppy conditions so that the boat captain may find it difficult to locate you after the dive, it can be reassuring to carry a signaling device, such as a tall surface marker

buoy, so that you are visible even from a long way away.

- **Know, and have confidence in, your buddy.** Divers on holiday may know very little about their buddy, his skills and his ability to cope with difficulties. I have come across buddies who wandered off on their own, who didn't know basic signals, who had health problems they hadn't

mentioned to anyone, who seemed to have forgotten everything they learned on their Open Water course etc. Make sure that you have a buddy that you can rely on and have confidence in. “ (Dr Peter M Foster, September 5, 2007, *Blue Oceans Psychology* http://www.blue-oceans.com/psychology/dive_psych.html)

To read more about panic and scuba diving, and to save space, please click on the following link:

<http://divesouthafrica.blogspot.com/2005/12/do-you-panic-when-scuba-diving.html>

Hey! Where'd My Buddy Go?

by Bob Bailey

I watched it happen . . . standing on the beach at one of my favorite dive sites and looking out I saw a lone diver surface. Watching to see what he's up to I watched him look around for a couple of minutes, then submerge. A few seconds later, another lone diver surfaced 100 feet away. He did the same thing. A few seconds later the first diver popped back to the surface again. I hollered out and told him to wait on the surface that his dive buddy would be right back. He waited, and in a few minutes, the two were reunited.

We've all heard horror stories about the buddy of circumstance . . . aka the “buddy from hell” . . . the guy who gets in the water without a clue or a care, doesn't follow the dive plan, or quickly gets separated from his dive buddy. Such divers are the bane of a dive vacation, in particular, because they frequently end up causing you to cut your dive short, or spend some stressful

minutes underwater at a time when you're paying big bucks trying to have a good time and maximize your bottom time.

And sometimes, perhaps, we are that buddy . . . even though we may not want to be.

So why does it happen? What can we do to make sure we're NOT that buddy? And what can we do to help assure that the person we get paired up with on the dive boat isn't either?

I like to think that most divers WANT to be good dive buddies. But perhaps they never got the skills to know how to be one. Perhaps they covered the skills, but aren't in the water often enough to be comfortable using them. The reasons are as diverse as the knowledge, skills, and motivation of the individual divers themselves.

Let's start by looking at what I believe to be the biggest single contributor to poor buddy skills . . . awareness. Diving isn't "natural" to us as human beings.

Besides the fact that it puts us in a physical orientation we're not used to (horizontal vs the vertical position we spend most of our waking time in), it also removes one of our most important feedback loops; our vision. We're used to being able to perceive things that are going on around us by using our peripheral vision, essentially, a 180-degree field of view in which we can see and respond to things going on around us. Putting a dive mask on our face reduces our field of view to less than a third of what we're used to. By narrowing our visual range, we inhibit our awareness and therefore our ability to respond to what's going on around us. We have to learn a new behavior, that of turning our head from side to side to see what's in our peripheral view, rather than simply moving our eyes. At first it takes conscious effort. Eventually it becomes more natural, and our ability to extend our awareness improves. So our skills, as a diver, must include teaching ourselves to look around more often than we're used to doing.

Now that we're looking around, what are we looking FOR? Well, our buddy, obviously. Are they in a position where we can see them easily? Are we in a position where they can see us easily? In Open Water class most of us learned the "lead-follow" style of diving, where one buddy swims behind the other. This is great for the person in the back because they can keep constant vigilance on their dive buddy quite easily. But it's not so good for the person in front as they haven't yet invented a dive mask with a rear-view mirror. The diver in the

front constantly has to turn around to check on their dive buddy; and that's a pain. Because it's a pain, the diver in the front is unlikely to be doing it very often. We develop a "trust" that our dive buddy will be there when we turn around to look; and that's not always a good assumption to make. Suppose the dive buddy stops to look at something. Will you know to stop also? Or will you keep swimming, assuming that your buddy is still behind you? For this reason, in most open water situations, it's better for two divers to swim shoulder-to-shoulder . . . or as we like to say, swim to be seen. When swimming side-by-side, two divers can easily and continuously keep track of each other simply by turning their head to look at each other. Even wearing a dive mask you will have a wide enough field of view to be able to see your buddy and if they are suddenly not in your field of view when you turn your head you will know to stop and look around before swimming very far. Because of this, your chances of losing each other are reduced dramatically.

Now we're in a position to be seen; what else can we do? Or what if we're diving a wall or a wreck where side-by-side isn't really practical? Well, in many situations, that's where a good dive light comes in handy.

A dive light can be an "extension" of the diver. Shining it where it's easily seen by your dive buddy tells him you're there, if your buddy can see your light shining on the bottom or on a surface nearby, then they know you are not very far away. We call that "passive communication" . . . giving your dive buddy a visual cue as to your whereabouts. Dive lights can also be used for active communication, using

signals analogous to those you normally provide with your hands.

Other things we can do to be good dive buddies? Slow down! Many divers, especially newer ones, tend to swim pretty fast. Sometimes it's because swimming fast makes buoyancy control (seemingly) easier. Sometimes it's just what we were taught to do. One of the selling points for many of the more expensive models of fins on the market is the "speed test". But what's the hurry? You may not even see that octopus or sea horse that's sitting right there in plain sight; because you just blew right past it. Going slow has a lot of benefits: from improved air consumption, to seeing more, to giving your buddy a lot more of an opportunity to share your dive with you. Consider this, the faster you go, the quicker it's possible to lose your dive buddy. I've seen it happen time and again, one buddy sees something, stops to take a look, looks up to show their buddy, and

the buddy is nowhere in sight; he kept going and didn't even realize that his dive buddy had stopped.

So these are some simple things that every diver can use, practice, and make an every-dive part of their routine: look around, swim to be seen, make use of a dive light when possible, and slow down.

There are other aspects of diving that can also be used to avoid buddy separations: making, discussing, and sticking to a dive plan, descending and ascending while facing each other, communicating with each other during the dive, and a myriad of others. I leave it for some of you to discuss them.

By knowing, and using, these techniques most diver separations that occur would never happen. You and your dive buddy will have a more relaxed dive, probably see more, and have lots more enjoyable things to talk about after the dive is over.



Talking To Your Dive Buddies

by David Ripley

Talking to your dive buddies about your dive-related concerns is as important as properly maintaining your dive gear; however, sharing those concerns with your buddies can be difficult. Your gear could care less what you think of it, your buddies on the other hand may care a great deal about what you think of them. Feelings may be hurt, egos bruised and a

friendship put at risk. But even riskier is endangering yourself, your buddies and everyone else your buddies may dive with by not discussing and resolving behavior you consider to be annoying at the least and life threatening at the worst.

I think it is safe to say no one likes to be criticized and it is virtually impossible to

point out your buddy's short-comings without sounding critical, therefore, I would suggest beginning this type of discussion by opening yourself to criticism first. Ask your buddies if there is anything about your own dive habits that they don't like. Encourage them to be honest and listen to them. You may be surprised to find you are not quite the buddy you think you are. Maybe you swim too fast, too slow, don't always follow the dive plan, kick silt in their faces or stray too far away. Maybe you are too aggressive or just wear too much pink stuff. Whatever your transgressions are, acknowledge them and tell your buddies you understand their concerns and will work on improving—pink stuff notwithstanding.

When it is your turn to share your thoughts about your buddy's habits consider how you felt as they pointed out your faults. Be thoughtful. Be positive, but above all be honest and clear. The whole idea of the discussion is to point out problems as you see them with the intent of improving the safety and enjoyment of diving. Depending on how you present your concerns and how your buddy reacts it is possible you may lose a dive buddy—better on the surface though, than underwater.

And as one final thought—it is more helpful to talk to your dive buddies than about them to others.



Solo Diving

by Darlene Ripley

September's guest speaker was Mike Hooley, presently a TDI/SDI and DAN instructor trainer, who spoke about solo diving. Mike is also the owner/operator of a commercial dive company who does a lot of his work in Alaska, is a sales representative in the recreational scuba industry, and has trained and advised numerous dive safety professionals: I.E. Police, Fire, and County Search and Rescue teams. Before all of this Mike was a PADI instructor.

Mike's dive highlight was training Keiko's dive team in Newport, OR, in cold water procedures, before they went to Iceland and their subsequent diving with Keiko in the Newport Aquarium. http://en.wikipedia.org/wiki/Keiko_%28Orca%29

Anyone interested in solo diving lessons may contact Mike Hooley at: mjhooley@comcast.net



Getting There Is Half The Fun Salt Creek Camp and Dive July 20 -21 2007

by Pam Norton

Getting to Salt Creek is half the fun! After leaving work an hour later than planned, I raced home to pack Victoria, Buddy, Isobel, and the remaining gear Andy couldn't fit into his car, and left for the 7:35 pm sailing out of Edmonds. The ferry was late, I was behind every driver that went 10 miles under the speed limit, and I got lost, and so I didn't make it to the park until about 11 p. m. — one hour after the gates were locked for the evening, sigh.

Luckily my cell phone had enough bars to get a hold of Andy and he met me at the gate. The plan was to unload my car into Andy's and park it in the day use lot until it could be moved in the morning. Observantly Andy noticed a sensor on his side of the gate and deduced it must be motion activated to let cars out but not in. Andy slowly crept the nose of his car to the "eye" and activated the switch and much to our relief, the gate started to open. Andy jumped in his car quickly backing up while I zoomed forward in my car and made it through just before the gate started closing again. We were busted though. Right when I got my car through the park ranger started yelling at us but we waved her off stating that we had reservations and our site was paid in full. Gladly nothing came of it.

Finally, arriving at our site, Victoria and I said hello to the other campers: Skip, Jill, Marylou, and Norman. Buddy, one of our two Corgis introduced himself by marking a tree and Isobel introduced herself by rolling over begging for a belly rub. Andy, the great guy that he is, had the tents set up so there wasn't much for me to do except plant my behind in a camping chair, gaze at the vast starry sky, enjoy the warmth of the fire, and wind down with a glass, or two, or three, of red wine. We finally turned in at 2 a.m.

Friday morning was a bit overcast and marine fog covered parts of the camp ground and bay. I'm not even sure what time we woke up but after a light breakfast we donned our gear and hiked down to the dive site. Apparently, there are three ways to dive Salt Creek. We chose the least dangerous route and trudged down the middle set of stairs and carefully hiked across some moderately jagged rocks, down to a nice, minimally sloping pebble-strewn beach. The hike down really wasn't too bad and the water was very calm with little surge so entering the water was pretty easy as well. With Skip leading the way, Marylou, Jill, Ron, Norman, Andy and I swam through a narrow channel and descended into a prairie of seagrass, a forest of bull kelp, and 35 feet or better viz. We headed north to the outer edge of the kelp forest barely breaking 35 feet and all along the way we were stunned by the beauty of the spiky purple urchins covering rocks like carpet, the size and vibrant reds, yellows and oranges of the different anemone, and thickness and height of the bull kelp. As for the fish life, there were a few young ling cod, cabazon, and lots kelp greenling. After about 45 minutes or so of being totally awed, we turned around and headed in. We all exited the water jabbering like a bunch of seagulls fighting over scraps of food about what an awesome dive that was. How long was our surface interval???

For dive two, Andy and I again followed Skip, Marylou, and Jill for a bit then headed off in an easterly direction. But this time we were less intimidated by the thickness of the bull kelp and had more fun picking our path and just enjoyed the lush forest. The different types of dinner plate sized anemone clinging to the rocky wall were quite spectacular. On this dive we noticed more kelp greenling lingering on the edge of their protective kelp lairs while mastering the art of staying just far enough away to avoid their pictures being taken. Andy spotted what we thought was a type of sponge. It was a yellow half moon shaped mound about the size of a dinner plate. Skip spotted this mysterious animal too. And until this day, we still do not know what the sponge like

animal was or even if it belonged in the Sponge family. The second dive ended much like the first, it was totally awesome.

After the dives, Andy, Skip, and Marylou loaded up our empty tanks and headed into Port Angeles for air fills. In town, Andy hooked up with a local commercial diver to have our tanks filled. In the mean time, Victoria, Clarice, Buddy, Isobel, and I went for a nice long stroll up to the WWII era gun batteries that once were a part of Camp Hayden. The trail up there was beautiful. Following the contours of the rocky bluff, the trail led us on a slow uphill climb that at times opened up to a breathtaking view of Crescent Bay. Victoria was happily taking pictures and the dogs were happily marking their territories. Soon Friday afternoon turned into a relaxing evening and a few of us hung out by the fire talking story and just enjoying the quiet calm of the waves gently washing over the rock below.

I woke up early Saturday morning and decided to take Buddy and Isobel for a walk back up to the gun batteries. I took the trail along the cliffs overlooking Crescent Bay but it was hard to see anything below because of the thick, moist layer of fog covering most of the bay and island. I heard what I thought was a whale spouting so I went down the set of stairs closest to the bay to take a closer look. To my surprise it wasn't a whale but two whales--I think a momma and baby—out fishing for their breakfast. After watching the whales for a bit I finished my walk and headed back to camp. We took our time eating breakfast and getting ready for the next set of dives.

For dive one on Saturday Wendy Drucker and Ron Migas were able to join us and the buddy teams were Skip and Wendy, Jill and Marylou, Ron and Norman, and Andy and I. The water was once again calm with little surge and current. Andy and I headed out in a northerly direction again but this time we took it really slowly and descended deeper into the kelp. Picking our way through the thick forest, we found a couple of huge but friendly cabazon, some more picture-shy kelp greenlings and an umbrella crab! Andy found bell jelly that, according to Hamby's big book, is quite a rare find.



My favorite part of this dive was coming across the floating rock forests. As the bull kelp matured, their buoyancy overcame the rocks that they anchored themselves to so the rocks floated around in a mid-water column. That was very cool.

Dive two, it started to rain . . . I'll get back to that later. Andy and I again headed out the same direction swimming over the familiar rocks carpeted with purple urchin and in about 8 feet of water, something on the rocks caught by eye. I slowed and tried to fix my eyes on the rock and at first I couldn't figure out what I was looking at and then it moved. I then realized I was looking at a Giant Pacific Octopus trying its hardest to be like the rock it lay on. Getting Andy's attention by flashing my dive light back and forth, I made the hand signal for octopus. Andy got it and with excitement he quickly came over with camera in hand ready to capture this beautiful creature and started snapping away. We

stayed with the GPO for quite awhile, Andy taking picture after picture until turning bright red, the GPO finally lost his patience with us and slowly exited into the sea grass like an actor exiting the stage. He was absolutely the most beautiful creature I've ever seen. Contently, Andy and I continued our dive absorbing the beautiful colors of the sea life clinging to the rocks, walls, and kelp that made up this beautiful and special site. We ended our dive excited, satisfied, and wondering when we would be back.

At about 2 p. m. it started to rain and rain and rain. At times the rain was heavy then it would lighten, start raining heavy again, and lighten up. You get the gist . . . I kept hoping rain would lighten up and I know Marylou probably got tired of me saying, "I think its clearing up"—but it just never quit. Dinner Saturday night was a big potluck at Jill and Marylou's campsite. We had BBQ pork sandwiches, different types of yummy salads, corn on the cob, bread, and dessert. Although the tall pine trees provided some shelter from the rain, the picnic table with all of the food was really becoming soaked. Luckily, Andy brought an extra large tarp and the guys decided to hang it so that it covered the picnic table and much of the camp site. So with rope and hammer in hand, they went to work. With task complete, Ron did his best imitation of King Kong clinging to the Empire State Building and got a good laugh from the group. After dinner, it was still raining.

It rained all through the night flooding most of our tents. We had a little Lake Erie forming at the foot of our air mattress so I had to have Isobel and Buddy climb into bed with us. Needless to say, our sleeping accommodations became crowded quickly. I didn't sleep well that night. I kept listening to the rain come down and I kept thinking just how big our little Lake Erie was going to get and if Norman and Clarice would mind a little company in their camper. At some point early Sunday morning, the rain thankfully stopped.

We started Sunday morning by wringing out the wet clothes and towels and packed our gear. The plan was to head to Lake Crescent for a rinse off dive before heading home. Once the gear was all packed, we said our goodbyes to Jill, Ron, Norman and Clarice and Andy, I, Victoria, Skip, Marylou, and Wendy headed out for the next dive.

Once at Lake Crescent we geared up again. Unfortunately, Marylou found a pretty large leak in one of her hoses so she decided to bag the dive and she and Victoria hung out. Skip and Wendy were faster at donning their gear and waded waist deep into the lake to wait on Andy and me. Skip took the opportunity to psyche us out by saying something to the effect of, "When you get to where I'm standing stick your face in the water . . . you won't believe what you see". I'm thinking it was probably something freaky like a Lake Crescent monster of some sort. Andy and I took the bait, waded out to where Skip and Wendy were standing, took a look, and we were rewarded to the most unbelievably clear blue water, it was surreal. Andy and I descended down to about 40 feet and followed Skip and Wendy down the rocky steep slope to about 110 feet. There wasn't much to see except for a few curious rainbow trout, sunken logs, and a few fresh water sculpin but the color and the clarity of the water was quite a treat. We poked around the deep for awhile and slowly made our way up slope. On the way, I spotted a pretty large crayfish hiding

between some rocks. I tried to catch the little fellow so I could give it to Skip (just to see if he would eat it), but lucky for the crayfish, I'm a lousy fisherman.

Salt Creek is an amazing and pristine dive site full of diverse sea life. The camp grounds were clean, quiet, and the surrounding scenery was beautiful and peaceful. We have our campsites all picked out for next year so we can do it all over again next summer . . . well, minus the rain!



Photo courtesy of Andy Norton

Salt Creek, 2007

Seattle Aquarium Volunteer Experience

by Cheng Wong

Hello, all . . .

In August 2007, two rangers from the Seattle Aquarium came to our Emerald Sea Dive Club meeting to give a presentation on Giant Pacific Octopus.

At the end of the presentation they mentioned that they needed volunteer divers for the aquarium's new exhibit . . . a 120,000 gallon tank of Puget Sound water on display for the public.



Currently, they have 105 divers and they need 150 divers for the full schedule on



feeding the critters, cleaning the acrylic window from inside the tank and communicating with visitors while divers are inside the tank. The next day, I contacted them to follow up with the procedure for the volunteers' orientation and the check out dives.

Today I attended the first volunteer training (3 more to go, next 3 Saturdays) and received my badge and a uniform shirt to go in and out of the aquarium from its side door. The badge is also good for the discount parking rate when we are there. I am so excited to have this new adventure through my diving journey.

Bob was very interested in doing the volunteer work for the aquarium with me but he already obligated these weekends to scuba teaching and boat dives before I got involved in becoming a volunteer diver.



Fellow divers, the Seattle Aquarium is still in need of more than 30 volunteer divers. If you have time to spare, you should check-in with them because I already feel that I have gotten more depth added to my diving experience than just from my usual underwater sightseeing and taking pictures of those lovely critters in our waters.



Photo courtesy of Greg Goebel

ESDC Pumpkin Carving Contest ci 1998

EDMONDS FISHING PIER CLEAN-UP

by Fran Murray

Once again we had a successful and very fun Pier Clean-up. I want to thank all who participated in the water as well as topside – Johanna, Greg, Mary Lou, Skip, Sharan, Jerry, John, Brad, David, Darlene, Laura, Buck, Steve and John. I couldn't have done it without you! Thanks, too, to U/W Sports for giving us a free air fill for our efforts.

The array of stuff was pretty run of the mill except for Laura and me finding a firearm. Of course, we would have preferred not to see it at all. The police were notified and promised to let us know about it when their diver's retrieve it and do the forensics. What a story.

Our sale to the fishermen was very successful, too. We raised \$695 for the club and added to that \$78 from my garage sale the weekend before. The best part is that I don't have to store a bunch of stuff in my garage all winter.

We'll do it again in the spring.

UNDERWATER PUMPKIN CARVING CONTEST

25th Anniversary Fund Raiser

NOON Sat 27th October 2007

EDMONDS UNDERWATER PARK

EDMONDS, WA

There will be two divisions for the event:

- 1) Scariest 2) Funniest

We will start with a briefing and rules review at noon. Previous participants can pass on the hints for success. We will then head offshore to start the carving. Standard diving equipment is required as is signing in and out with the beach master. Pumpkins are provided. The challenge is carving the mildly floating pumpkins and wielding your dive knife underwater. The depth will be about 25 feet and the time limit is ~45 minutes.

Any knife can be used but must travel safely to and from the beach. Previous groups have complained about the floating pumpkins so they are vented and soaked prior to the dive so they are less buoyant. But still plan on a shallow dive with maybe an extra few pounds at hand. You will dive as a buddy team; either bring a buddy or team up with another carver at the Park.

Sharpen Your Knife and Think up a Pumpkin Face

Judges will be grade school kids.

Pumpkins are provided but you can bring your own.

Tickets are still \$10. You keep your handy work at the event's end.

The money raised supports the volunteer effort at the Edmonds Underwater Park as all the offshore improvements are supported by donations. Recent donations have implemented new diver trails, buoys, and two features. Just sign in at the park beach between 11:15 and noon at the table. We start the briefing at noon. Beware parking is limited arrive early.

Prizes will be suitable to the Holiday Sprit and Diving.

QFC at Westgate in Edmonds provides the pumpkins and treats.

Since 1987 - Underwater Sports has Contributed Generous Prizes.

Hope you can come and support the Park's on going - all volunteer effort.

Bruce Higgins 0709010

The investment made in the Edmonds Underwater Park during 2007

The stewardship effort came in well for all of 2006.

156 hosted dives of which 117 were work dives
407 person dives would be over 1,600 hours of diver time
770 blocks were placed – on 23 dives
76,660# of rock and concrete (including anchors and intersection markers) – on 49 dives
3,750# of concrete dug up and relocated within the park (in park transfers) – on 4 dives
13,160 ft of line laid as trail – on 29 dives

2007 has been a year of trails and some new features. The rate of progress is typical again this year. Cross the holidays we placed a number of culvert next to the “Sinko-D-Myo Dos” just south of the Hiccup. The idea was to provide a feature that the hull could shield. So far so good.

Mid year, due to tidal conditions, work continued work on Glacier Way with a row of smaller block mostly on the south side to make the trail wide enough to be found more year round. We used a new hull we placed early in the year, the “Melinda II” (on top of the Melinda I) as the freighter for much of the material.

Late summer is buoy maintenance and trail work time and this year was no exception. With all the trail efforts early in the year we started another culvert project just north of the Erratics.

Maintenance:

Buoy maintenance proceeded much as normal during 2007. Many new buoys were added in 2006 so there was more maintenance this year.

Maintenance was done at the Passages as some of the culvert had shifted and we acquired another concrete lamppost.

Pieces were added to the Frame (north on Northern Lights) and On Edge as the plastic pallets were tied into triangles to provide more stable structures.

New Features:

As a surprise a secret project was hatched to put a railroad trail pyramid just shoreward of the Tripods at Sleepy and it is massive by comparison. It was unveiled as part of the 30th anniversary celebration and is acquiring life nicely. Work on this project was a big time commitment but sure is impressive in scale.

We had the donation of some new hulls – the Melinda II (placed on top of the Melinda) and the Paul Christie (placed on top of the remains of the Molly Brown, a wooden sail boat) just north of Jetty Way at Telegraph Way. (Our hope it continue the replacement of vanished wooden hulls as donations permit.) The new project area north of Erratic Way along Glacier Way has only just begun with stacked culvert.

Continued Concerns:

The arrival of an invasive colonial tunicate – *Didemnum lahillei* – in the Park has been a distraction since its' positive identification September 2004. The effort has become periodic inspection but I suspect we are just in a holding pattern between outbreaks. None was found during our observations in 2007.

Signs placed during 2006 on Jetty Way seem to be a hit so more are scheduled to assist divers.

Thanks of your support!

Safe and Responsible Diving

Bruce Higgins



You Better Belize It!

by Andy Norton

Wouldn't you know it? After a year of planning and even more important, saving money for our first tropical dive vacation, along came some guy named Dean to screw it all up. I mean, come on! Dean isn't even an intimidating name! Think of the last big time boxer, football great or wrestling legend who was named Dean. "Dizzy" Dean, of baseball fame? Not exactly scary. But sure enough, this Dean wanted to make a name for himself. That would be Hurricane Dean, the category 5 storm that just had to waylay our plans.

Pam and I began our adventure by boarding the midnight flight to Houston. I'm not one who can sleep on a plane so it made for a long night, but the excitement of heading for the tropics was enough to keep me going. We were tested in that excitement however upon arriving in Houston and finding out that our flight to Belize City would be delayed for about four hours. Ample opportunity to spend some quality time in the airport lounge, but four hours of CNN airport news was enough to make us sick as we charted Dean's path across the Caribbean. Heading directly over or north of Jamaica would likely spare Belize of any ill weather. Passing south of Jamaica would mean more anxious watching.

The flight from Houston to Belize City was uneventful, although I have to say that upon arrival, it was an eye opener to see what passes for an "International" airport in other countries! But at least we were on the ground and ready to start the vacation. The first thing we noticed was the heat. They say it's not so much the heat but the humidity. Well, it's both in Belize! You start sweating from places you never knew you sweated from. Ewww. Anyway, we hopped aboard a tiny Cessna for a quick flight out to Ambergris Caye, our final destination. Now that was cool. We opted to go by air rather than by boat after reading numerous suggestions to take advantage of the view. What a beautiful flight. Seeing that turquoise water and the waves breaking on the extensive reef was incredible. I was even able to spot a couple of dolphins and numerous rays in the waters below. I wanted to jump from the plane and start my diving adventure right then and there!

We arrived in San Pedro and met the caretaker of our house who then escorted us to the island grocery store, where we got to see some of the true meaning of island living in the form of the exorbitant prices of all things mainland. Want some peanut butter? Fourteen dollars, please. How about some Oreos to snack on? Ka-ching, another fourteen dollars! Anything imported costs significantly more out on the island. After a 20-minute boat ride, we finally arrived at our rental villa, the hopeful home for the next ten days. As we were traveling with our two daughters and two other couples, we had rented a four

bedroom, three bathroom private villa about four miles north of San Pedro. The cost of the house versus rooms at a resort actually worked out to be very similar. The house was fantastic with its huge rooftop veranda, sweeping ocean views, pristine beach and private swimming pool. We were in heaven. Of course, it was all just a teaser. We soon found out Dean was headed straight for us. The caretaker had orders to board up the house and we were instructed to evacuate after only a day and a half in paradise. The same island flight back to Belize City wasn't quite as exciting. Accompanied by a friend of the caretaker, we were headed inland to Belmopan, the capital city of Belize, so we could ride out the storm with pretty much the rest of the Belizean coastal populace. The lineup for water taxis at the San Pedro public dock was crazy, as was the traffic headed out of Belize City. A steady convoy of completely stuffed buses met us in Belmopan. They seemed to just keep on coming over the next two days. It was Sunday afternoon, and Dean was expected to make landfall some time in the very early hours of Tuesday morning.

Our first stop in the search for a hotel was the Belmopan Inn. Hmm. It's in the capital city, it has a pool, it's supposed to have a restaurant and bar, and it was affordable. What more did we need? I'll spare you the ugly details. After a brief tour, we opted to go look behind door number 2. Our next stop was the Bullfrog Inn. Now this place was fun. No pool, but a good restaurant and bar and pretty decent rooms for a reasonable price. Only problem was we could only get one night there. It was booked solid. So that same day, we scouted out a local Chinese-owned hotel nearby where we would spend the next two nights waiting for Dean to pass.

May as well make the best of it, we figured. We had planned on going inland for various tourist attractions anyway. We decided to head to the Mayan ruins of Xunantunich (translated as Stone Woman, the modern name given to the site), near the Guatemalan border. What an incredible sight. One of the towers, known as El Castillo, is the second tallest structure in Belize at 130 feet high. Xunantunich is thought to have been one of the major trading posts and ritual sites in the Mayan empire. The sheer size of the place and the construction methods required to build it were mind-boggling. Especially when you consider when it was built and the fact that it was only one of many sites just like it throughout the Yucatan peninsula and Central America. A visit to Belize should definitely include a visit to any of the Mayan ruins.



Next on our adventure checklist was a trip to Caves Branch River for cave tubing! At last, a use for our dive lights. Along with an inner tube, the outfitters also equipped us with a headlamp, as most of the trip was spent in total darkness. A thirty-minute hike up the trail brought us to the entry point of the cave system. The Yucatan peninsula is made largely of limestone, making it incredibly rich in cave structure. Discovered only in the last half century, the local river runs through this particular cave system for a fair enough distance to make for an hour and a half float through the caves. During the hike, the first rain bands from the hurricane began crossing land. It was quite dramatic how the wind suddenly picked up! We all jumped into our tubes in the cool river water and floated down river. Very impressive! As we exited the caves, the first rains from the hurricane greeted us. It was coming down so hard I was afraid to look up for fear of losing an eye! Still, it remained warm and made for a pretty fun time the rest of the way down the river as well as the hike back to the parking lot. Hurricane Dean made his approach and landfall that night, but it was barely noticeable in Belmopan. Some wind, some rain. Very much like your usual blustery winter evening in the Pacific Northwest. Well, except for the tropical temperature!

Come Wednesday, we finally made our way back to Ambergris. Dean had completely knocked out power and had done a lot of damage to the north end of the island, so we weren't able to return to the rental villa. Many resorts were operating off generator power and most of San Pedro was already getting power back up. We opted to stay at the Banana Beach resort for the remainder of our trip, which was about a mile south of San Pedro. The resort had a full bar and restaurant, a pool, beautiful rooms and was right on the beach. And the staff was absolutely fantastic; over-the-top friendly and helpful. Not a bad alternative at all, which was very welcomed considering how things had gone.

Thursday was spent hanging out by the pool and shopping in San Pedro. Many businesses were still closed as everyone worked to recover from the storm. The water around the island, normally a beautiful turquoise blue in color, had turned a muddy brown that reminded me of the Duwamish River flowing into Elliot Bay. Visibility was way down and wave action outside the reef was rough enough that no dive operators were going out yet. Friday finally brought our first opportunity to at least do some snorkeling. We convinced our group to head out with a guy named Alphonse for a tour of the Hol Chan Marine Reserve and Shark-Ray Alley. Alphonse has gained a bit of fame as the recent snorkeling guide for the Travel Channel's Samantha Brown during her trip to Belize. This guy really, really knew his critters! His passion for sea life was incredible. He would clap his hands and point, then pop up to excitedly tell us what we were seeing and give a little information about it. There was so much to see, it was impossible to keep up! Shark-Ray Alley had some in the group a little nervous, but eventually everyone jumped in to check it out. We were all rewarded with a great time among the nurse sharks and rays that swarmed the bait tube Alphonse tossed out. They've become very accustomed to feeding and handling and were completely docile. Regardless of personal opinions on feeding and handling of sea life, I definitely got a chance to see the positive effect this up-close opportunity had on our friends. The look of fright changing to wonder was terrific to see, especially for our daughters.



So, this is a club for scuba diving?? Well, as luck would have it, we were finally able to get some time at depth on Saturday. Being the only day we could dive, we decided to cram in as much as we could and signed on for four dives with Ecologic Divers. We were treated to four very different sites along Belize's famous barrier reef. Two fairly new divers joined us for our first two dives. Our first dive site was Esmeralda, where we logged 49 minutes of bottom time with a max depth of 94fsw. We followed the Dive master on this awesome drop through about a 6-foot wide gap between coral walls that took us from about 60 to 90fsw. It was a great buoyancy skills challenge and nothing like any freefall drop I've done around here (as in, we could actually see the bottom!); tons of colorful fish, coral and nurse sharks everywhere. Our second site was San Pedro Canyons. The canyons live up to their name in that it was full of these incredible swim-throughs. We spent 53 minutes on that site at a max depth of 72fsw. After a long lunch break back at the resort, Pam, the DM and I went out to our third site, which was named the Tackle Box. Nothing fancy to that name. It just happens to be the bar and restaurant straight in on shore. Tackle Box again treated us to more of the same structure and sea life. We got down to 86fsw for a short time as our max, with a total bottom time of 51 minutes. Finally we were off to our last dive site. Unfortunately I didn't catch the name of it. That didn't make it any less memorable though, as it was my first sighting of a Moray Eel; actually, two! One was in its den while the other was out swimming in the open. Our DM had a lot of trust in something with such a big mouth and so many teeth, offering up his hands to encourage the eel to check him out. I was quite content to just stay back and get a few photos! We had 49 minutes bottom time on that one, with a max depth of 55fsw. All of the dives were filled with amazing amounts of coral growth, sponges and colorful fish life everywhere. The nurse sharks patrolling all around us added a very cool twist to the dives. Four dives in a day with a total bottom time of 3 hours and 22 minutes was definitely better than nothing, especially with the water temperature a cozy 86F even at 95fsw. The storm had stirred up a lot of sand to the point that it made for a snow globe effect, so viz was only around 30 feet (normally 100+). As a Northwest diver, I'll still take that any day! I wish I could say the same though for being topside. Remnants of the storm meant for some pretty high seas with 10-12 foot swells. Not too bad until your being smacked into the side of a small boat while trying to climb the ladder. That will get to your stomach!

We finally headed for home Monday morning. All in all, it was a great trip. Dean actually allowed us to meet some people and do some things that were not in our original plans. The scenery was beautiful and the people were really great. Things I learned: A guy named Dean can actually be a pretty bad dude! It can be the heat AND the humidity. Belikin beer is great for re-hydrating in Belize, especially in mass quantities. Some of the best vacations can be those that didn't necessarily go as planned. Overall, I'd have to say our trip was absolutely unBelizeable. Is that cliché, or what? As they say in Belize, "You betta Belize it!"



They Lost It - Can You Find It

On October 6 and 7 our own Rich Carton will be learning to find and safely recover lost items. This class consists of 4 open water dives with the class sessions taking place during our surface interval. The class will teach you how to conduct and plan a search and how to safely recover your find. If you would like to join Rich you must be either advanced certified or have a navigation specialty. Contact me at gmdollar@verizon.net for further information or see me at the October meeting.



Rescue Diver Class in November

Most divers go through three stages as they gain experience. First, in their open water class and during their first dives after class they tend to be focused on themselves. All of their attention is directed toward the basics of breathing underwater, trying to achieve neutral buoyancy, watching their gauges and, if they have any processing power left, maintaining buddy contact. At this stage it is all they can do to take care of them selves and, with luck, be available if their buddy needs help.

With experience the new diver finally begins to look outside themselves. The processes they found so daunting in the beginning begin to become ingrained. First they can breathe without thinking about every breath, and then they find that they can look at their gauges or computer without stopping all other activities and that they may actually be able to observe what is going on around them. Hopefully, even buoyancy control no longer requires all of their attention. The new diver can now be considered to be a competent Open Water diver and is ready for new challenges and new activities. This is a good time to introduce new skills with an advanced course or a specialty course that will require the diver to focus on events and objects outside of them selves.

Finally as a diver continues to develop even these skills become second nature. A diver is now capable of taking on the challenge of assisting other divers. At this stage becoming a rescue diver is a logical extension of the diver's skills. If you are ready for this challenge we will be offering a rescue class starting on November 5. Over four classroom and pool sessions and continuing on into one or two days of open water diving, you will learn the skills of a rescue diver.

You will start by reviewing self rescue and buddy assist skills and techniques. You will progress to analyzing other divers and their equipment with an eye toward intervening prior to an incident occurring. Finally you will learn how to safely perform a rescue. We begin by introducing concepts and skills through reading and in a classroom session then move on to practice those skills in the pool. Finally you will spend one or two days in open water responding to incidents as they occur.

When you have completed the rescue class you will have the skills and knowledge to be a safer diver, a better buddy and, if necessary, a rescuer. You will also learn to recognize and prevent problems before they occur and you will have found your own limits. At this point you will be eligible to begin Dive master training or apply for the Master Scuba Diver rating if you have the other prerequisites. You will also be eligible to be a big buddy in the Emerald Sea Dive Club Big Buddy Program.

To begin the rescue diver class you must have advanced certification and have current CPR and first aid training. For further information contact me at gmdollar@verizon.net or see me at the club meeting.

Editor's Photo of the Month

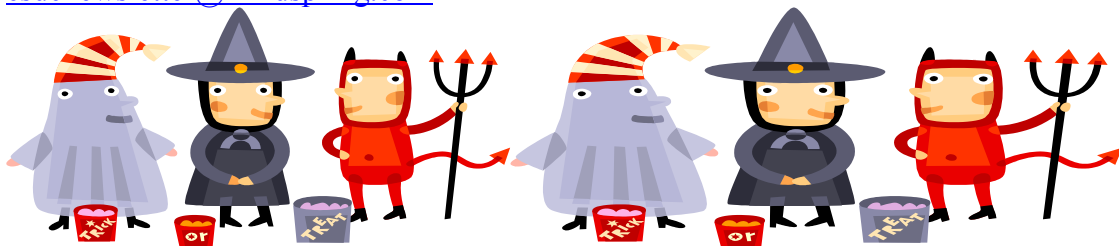


Photo by David L Ripley

crab

Photo Contest

ALL photos intended for the photo contest **HAVE** to be into David no later than October 3, 2007. Please submit to: dripley2@mindspring.com or esdcnewsletter@mindspring.com

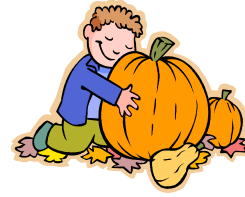


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Big Buddy Coordinators	Pam Norton and Wendy Drucker	andy_norton@comcast.net astromoi@earthlink.net



Other Stuff

Membership Dues

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

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 December for contributions in October, November, and December.

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 ESDC 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, October 3 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: Any Time Divers Looking For Divers Anytime

▣ Greg Becvar	360-659-2853	tridoxia@yahoo.com
▣ Bruce Bury	425-788-8063	bury1of6@aol.com
▣ Skip Stacy	425-775-2410	



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

Newsletter Articles Deadlines

November	October 29 th
December	November 26 th

DIVE CALENDAR

DATE	DIVE/EVENT	SPONSOR
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
Thursday October 18	Day Island Wall 10:15 a.m. Optional second dive at DI or Titlow. Debriefing to follow at Steamers or Beach Tavern.	Greg Goebel 206-915-8371 greg@brinybay.com
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 ... VOTING
Thursday – Sunday November 8 – 11	Hornsby Island, BC All inclusive	Loogpla Cowden 206 399 5682 loogplacowden@att.net
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 Hornby Island, B.C.

Nov. 8-11, 2007

by Loogpla Cowden

Hornby Island, BC is on the west coast of Canada and lies between Vancouver Island and the Mainland. The island is best known for its exciting dives with six gill sharks and playful sea lions. You'll be doing some drift dives and wall dives with colorful invertebrates and fascinating rock formations. It is a guarantee that you'll encounter Giant Pacific Octopus, wolf eels, and harbor seals.

We will be staying at a lodge that faces the ocean that overlooks the harbor with an awesome view of the marina, mountains, and sunsets.

We'll be making two boat dives per day and unlimited shore diving with tanks and weights, and all homemade meals are included!

If you would like to join us on this fabulous trip, please see me at the meeting or e-mail me at loogplacowden@att.net, or call at 206-399-5682 for more information.