



www.emeraldseadiveclub.org

October 2008

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WANNABE PRESIDENT'S COLUMN



McCAIN



PALIN

Here are you four semi-finalists. What a choice, if you vote according to differences. Differences such as: the old white guy, the young female beauty contestant, the young black guy or the old white guy. **Americans have always had a chance to vote for: the old white guy, the old white guy, the old white actor, or the young white guy.** What a difference 200 years makes! Who knows, at the end of the second 200 years our choices will probably be: the old black gay woman, the young Hispanic man, the Asian woman, AND the old white guy. **What a difference 200 years will make.**



OBAMA



BIDEN



People going to Indonesia in October and November be sure to submit your absentee ballots BEFORE you leave!!!

Editor's Column

By Darlene Ripley

Hello, my fellow dive club members. I know it has been a long time since I have written a column and I know you miss it because of my facetious prehensile into the world of diving. I felt the presidential elections were more important so I hope the *Wannabe President's Column* has given you some information to take to the polls November 4. Remember, as much as you may want to vote Independent, Green, Communist, or another party DO NOT THROW YOUR VOTE AWAY. You know from years of experience the only winners are Republican or Democrat and the other parties take away the "majority" vote for the two major parties. We do not need another recount or marginal win or a questionable win. We NEED a definite winner!

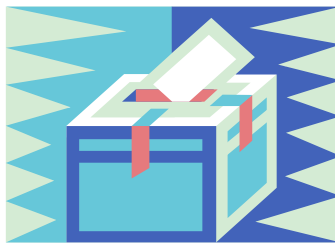
ESDC board member elections are November 5, you may vote online or at the November 5 meeting. Future e-mails will give further details. We will be nominating in October and voting in November. Please give this serious thought before nominating someone or yourself. Some positions take a lot of time and others take hardly any time but all positions have responsibilities that MUST be carried out in a timely fashion.

If you consider yourself, or a friend, to be creative, enjoy writing, enjoy editing others' work, nagging people to submit articles, photos, etc. you might consider running for Newsletter Editor. I think the time has come for a change because between David and I we have been editors for FIVE years and I think it is time for fresh ideas and fresh graphics! I urge new members to volunteer because new members see things differently, they are not part of the "ol' boys' club" . . . no offense to you ol' boys out

there!



Come on, my fellow divers, get out there and support a candidate or two or six!



2009 CALENDAR PHOTO CONTEST REMINDER

by David Ripley

This year's calendar photo contest ends September 30. Your final four submissions must be e-mailed to the website by midnight of the 30th.

If anyone has suggestions concerning publication of the calendar please submit them to the newsletter editor via e-mail or to myself at the September or October meeting.

Remember—Bob Bailey (whose outstanding photos would almost certainly occupy two pages in the calendar) has decided not to enter the contest this year thereby guaranteeing one or two other photographers a place in the calendar.

Thanks to all who have entered the contest thus far. If you are a procrastinator, you are running out of time—submit Now! You'll feel better afterward.

CHRISTMAS PARTY



Annual Christmas/Holiday/Year End PARTY will be taking place in Snohomish at the Historic Waltz Building on the evening of December 6. . Thank you to Adria, Skip, Pam, Marylou and Laura for volunteering to help Jill with the arrangements.

SANTA is looking for 2008 dive stories for the Christmas Party. If your buddy has done something completely STUPID and/or EMBARRASSING during your 2008 diving adventures please send an e-mail to **SANTA** at tridoxia@yahoo.com and he will make sure your buddy is recognized for their outstanding behavior and will, again, embarrass your buddy in front of the entire club. It is LOTS of fun!

WINNER OF SEPTEMBER'S DOOR PRIZE DRAW

Pan and Andy Norton won \$50.00
Congratulations!!

POKER DIVE WINNERS

Congratulations to:
David Ripley, 1st place, \$55.00
Darlene Ripley, 2nd place, air fill card
Ed Nichols, 3rd place, **red** split fins
Steve Murphy, 4th place, wet gloves

Editor's Photo of the Month



Photo by Greg Becvar

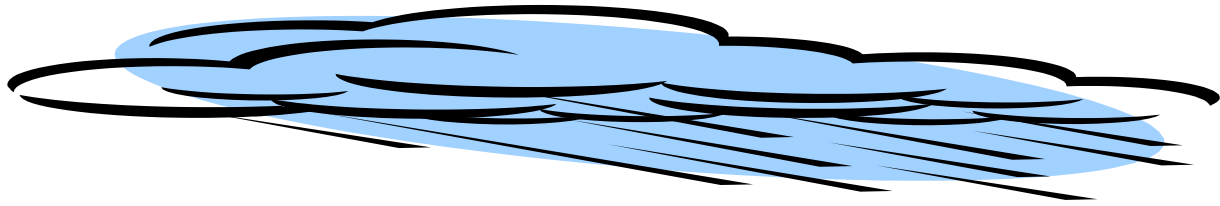
Looks like a cow ate too many pumpkins to me but
Greg told me that it is a "deflated" plumose anemone.

Dive Nitrox

By Pam Norton

Want to learn how to dive with Nitrox? Here are a few advantages.
Extend bottom time in the 60 to 90 fsw range by reducing the decompression penalty
Absorb less nitrogen so shorter surface intervals
Many people feel less fatigued
Beneficial for multiple dives in one day. (think dive trips!)

Our very own Jerry Dollar will be teaching a Nitrox class Wednesday Oct 8. If interested, please contact Pam Norton at pam_norton@comcast.net or 425-218-4300



Port Hardy – Six Days in the Rain

by Bob (Grateful Diver) Bailey

Photos by Bob Bailey and Cheng-Hui Wong

About 375 miles northwest of Seattle, just off the northern tip of Vancouver Island lies heaven, or at least, there lies my vision of what heaven could be like.

Ever since I received certification in 2001, I have heard that the best cold-water diving on the planet is in Port Hardy – or to be more precise, in the straits and islands that lie about an hour’s boat ride northeast of that town. Although I have been to several places on Vancouver Island: Victoria, Nanaimo, Barkley Sound, Quadra Island, and Hornby Island – I’d never managed to make it all the way to Port Hardy. I was determined that 2008 would be the year I would go. So a few months ago, I contacted John DeBoeck, who owns a place called “The Hideaway” which is located near some of the most well-known dive sites in that area, and made arrangements for a six-day trip in late August.

Our original plan included Cheng, our friends John Rawlings and Valerie Lyttle, and I. Unfortunately, a family emergency required John to drop out of the trip. Cheng, Valerie and I piled six tanks and enough dive gear to outfit a small army into my Honda Element and off we went.

Now, Port Hardy is difficult to get to. From the Seattle area, you have to make your way across the border into British Columbia, board a ferry for Nanaimo, and drive five hours north to Port Hardy. The best way for a working stiff like me to plan a trip like that is to dive mid-week and use the weekends on either end of the trip for travel. Although it is possible to make the entire trip in a long day, it is much more practical to do it in two. We left around mid-morning on Saturday, made the trip to Nanaimo, and



then drove north for a couple hours before finding a motel room in Courtenay for the night. The next morning we would still have a 3-hour drive over the mountains to Port Hardy, where we were to meet John DeBoeck for a scheduled 1 p.m. departure to The Hideaway.



When we awakened the next morning, the weather had turned rainy and cold. Despite that, we had an beautiful drive up over the mountains to Port Hardy. We got an

occasional break in the weather and even a gorgeous rainbow at one point to highlight the mountain scenery. Along the way, we encountered a bear and cub grazing by the roadside.

Note to self ... next time, don't pack the camera in the luggage.

We rolled into Port Hardy a bit early, and decided to go sightseeing in town. After checking out the strip mall, both intersections, and the few B&B's along the waterfront, we decided to return to the marina ... it seemed to be where all the action was in Port Hardy anyway.



John showed up while we were having lunch at a local pub called The Quarterdeck, I can personally recommend the seafood chowder, and told us he had some shopping to do. We unloaded the car, piled all our gear on the boat, and waited. We met another guest of the Hideaway – Jett Britnell, a professional underwater photographer. An hour or so later, John returned with what seemed like a couple hundred pounds of groceries and Lisa, who would be preparing our meals for the week. I realized that up here, hundreds

of miles away from the bustle of civilization, “island time” means exactly the same thing it means in the Caribbean . . . our 1 p.m. departure happened closer to 4. Finally, we were off for the hour-long boat ride to The Hideaway.

The ride – even in cold, blustery, rainy weather – was stunning. Eagles, heron, seals, sea lions, deer, and other critters are readily visible along the shoreline of the rocks and islands that dot the coast of northern Vancouver Island. As we turned in between a couple tiny islands, a hand-painted sign proclaimed that we were entering “Clam Cove” ... an inlet that offers sheltered anchorage for boaters, and is home to The Hideaway.

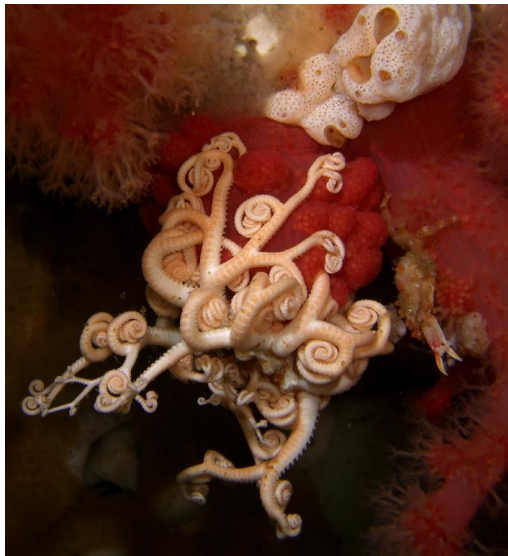
As we approached The Hideaway, my initial thought was “So THIS is where Spanky and the gang went when they grew up” ... thinking back to an old TV show I used to like when I was a kid. The Hideaway is a collection of what looks like homemade buildings perched atop a series of docks, floating a bit away from shore . . . a tiny, rustic floating enclave encircled by natural beauty. If one is looking for creature comforts, this is not the place to go. But it offers shelter, warmth, a clean bed, good food, great company and it's an easy 10-minute boat ride to some of the most spectacular diving to be found anywhere on the planet. This place is built for divers, not tourists.



And as the week played itself out, I also discovered that John DeBoeck is the perfect person to be running the place, a classic jack-of-all trades whose knowledge of the dive sites, when they were diveable, and what to look for, bespoke someone who has spent endless hours exploring the very places people come here to seek out.

I also found out right away that John and I share similar priorities. We pulled into the dock, met John's "crew", Ness and Farrell, and one other guest, a woman from Florida named Carol. We offloaded the boat, set up our dive gear, loaded up the skiff, and within an hour of arriving, we were off on our first dive, to a place called Eagle Rock.

Despite the nasty weather, as soon as my mask hit the water I knew we'd picked a great week, 50 feet below me the top of the wall was clearly visible, and looking down the wall I could see as far as the



ambient light would reach ... easily 100 feet. John had told us to follow a kelp stem to the bottom to avoid being blown off the wall (the bottom of the wall is far below recreational depths) but with this visibility, there was no possibility of losing our way. We plunged down into the cold, clear water with abandon, giving each other signs of pure delight at this kind of visibility.

The wall was a massive expanse of colorful anemones, sponges and soft corals dotted with basket stars, orange-peel nudibranchs, and other visual delights. It was sensory overload in a way that a camera would never do justice. We spent about 45 minutes on the wall, and then headed for the kelp in the shallows, which provided its own delights with schools of juvenile yellowtail rockfish, lovely brooding anemones, and a literal jungle of bull kelp.

Eventually we headed up for our safety stop, only to find the upper layers thick with several different kinds of jellyfish. Swimming around in mid-water, we spent several minutes taking pictures of jellies before finally surfacing, 64 minutes after we had descended. I have not experienced an hour underwater like that since returning from Indonesia; only on a few dives there had I seen the abundance of life that we saw on this dive. Clearly the accolades I had heard about these dive sites were not an exaggeration ... this place is the Holy Grail of cold water diving.



The twilight trip back to the lodge was magical, despite the cold rain pelting down on us. There was just enough light to make out the silhouettes of eagles perching in the trees along the shoreline, and herons standing like silent sentinels on the stems of bull kelp in the shallows. Wisps of clouds shrouded the hillside, giving the landscape an ephemeral look of almost unnatural beauty. There, across the water, the welcome glow of The Hideaway beckoned. The lights on the dock and smoke rising from the chimney had a warming effect on my chilled body, and within minutes, I was off the boat, out of my dry suit, and tromping indoors to the warmth of a wood stove, a mug of hot chocolate and a hearty home-cooked meal.

Despite the fact that we were up until well past midnight that first evening ... getting sleeping quarters sorted out, luggage unpacked, pictures downloaded onto laptops, and an early start to a week's worth of swapping diver tales and getting to know each other, I was still up before dawn the next day. Power for The Hideaway is supplied by a generator that is turned off at night and is not turned back on until 7 a.m. --so electricity from the batteries and inverter is at a premium. I edited pictures on my laptop until dawn, then went out and prepared my gear for the day's three dives. The weather had taken a turn for the worse with a cold, blowing rain and gusting winds.

Note to self, next time I plan a trip to Port Hardy, bring warmer clothes and rain gear even if it IS August.

John said we would stay pretty close to home today, which did not prove to be an impediment at all. We did two dives at a place called North Wall, sandwiching a dive off a tiny island called Seven Tree (which has more like 20 trees on it). Each of these had its own charm. North Wall had some current, and because we did one dive on ebb and another on flood, we did a mild drift in opposing directions so it was like two different dive sites.



Seven Tree Island proved to be one of my favorite dive sites of the trip, with a deep wall on the outside of the island and a shallow reef on the inside ... the former featuring clusters of anemones with candy-striped shrimp and the latter just choked with sea pens and orange peel nudibranchs. It was on this dive that I took one of my favorite pictures of the trip. During our safety stop I found a kelp leaf just covered in beautiful, gem-like brooding anemones.

As it turned out, this was our best weather day of the trip, with occasional breaks in the rain and perhaps 10-15 minutes of sun peeking through the clouds from time to time. During the day

John also made a trip back in to Port Hardy to pick up two more guests ... Reine and Tina from Belgium.



Tuesday brought the worst weather of the week ... with periods of heavy rain and high wind. Our first dive was on a pinnacle called Hussar Point. I think John brought us here primarily because it was sheltered and we were able to dive despite the weather. Although it was an interesting dive, with lots of massive Puget Sound King Crabs, it was not nearly as spectacular as our earlier dives. Still, swimming along a shallow, anemone-covered bottom between the pinnacle and a nearby shoreline was quite nice, and there was a variety of interesting things to see on the pinnacle itself. Since there was a current running, we shot a bag and ascended the line to end this dive. Once again, we were able to entertain ourselves with the

thousands of tiny jellyfish infesting the water from about 20 feet to the surface. At the end of the dive, we found a beautiful lion's mane jelly to photograph.

Our second dive of the day was the apex Browning Wall. If I had to choose just three words to describe the site they would be “Oh My God” ... I would be at a loss to do it justice with any other verbal description. There is not just life growing on every conceivable surface here, there is life growing on the life. Barnacles the size of your fist covered with soft corals, sponges, tunicates, basket stars, and just about anything else that could find a place to hold onto. Forget about touching anything here, it would be like leaving fingerprints on a Rembrandt. We spent the next 70 minutes just letting a gentle current push us northward, peeking into every available surface to see what wonders it would hold. Grunt sculpins, war bonnets, Red Irish Lords, scaly head sculpins, more kelp greenlings than I have ever seen in one place before, and nudibranchs ... opalescents, flabellinas, dorids, and the ever-present orange-peels. I didn't want to come up, despite the fact that I was cold and my bladder was demanding attention ... and when I did, my first words to John were “Let's please do it again”. If there is a diver's heaven on this planet, I had just found it.



However, doing it again would not be an option on this day, the weather had gotten downright nasty, and we were all glad that it was a short boat ride to Clam Cove and shelter and more than happy to dock the boat and make our way indoors to warm up and dry out. There was no evening dive, no one besides me even wanted to entertain the idea.

The next three days were pretty much a repeat, although the winds calmed down, the rain was relentless, and we were not able to make the trek to Nakwakto Rapids that we had hoped. However, we did get two more dives on Browning Wall, a dive on the Wreck of the Themis, a spectacular dive on a pinnacle called Hunt Rock, and a couple night dives on a wall at a place known as the Rock of Life. Each of these had its own beauty, and all were memorable in their own way. We also had the good fortune to spot a pair of humpback whales feeding in the area on our way back from Hunt Rock. John steered the boat in their direction, and slowed down long enough for us to get a better look, but they never came closer than a hundred yards or so off our port bow.



On Friday, after a final dive on Browning Wall, we packed for the trip back to Port Hardy. We said our good-byes to the crew and guests who would be staying behind and set sail in a light drizzle. As I had been predicting all week, as we approached Port Hardy, the sun broke through the clouds.

Just about the same time, a pod of orcas appeared in front of us. John changed course, pulled us within a reasonable distance, and shut off the engine. As fate would have it, part of the pod approached us and came quite close to the boat as we sat there with our cameras, enjoying this bonus spectacle.



Eventually, the orcas passed us by and we completed our journey to Port Hardy. Our journey home had barely begun when we started talking about making plans for a return trip in 2009.

I now understand what all the fuss was about. Reading about the diving in Port Hardy is one thing, experiencing it is something else altogether. I have been to Heaven. I now only wonder how it will affect my enthusiasm for diving in the Purgatory we call Puget Sound.



For more info on The Browning Pass Hideaway see

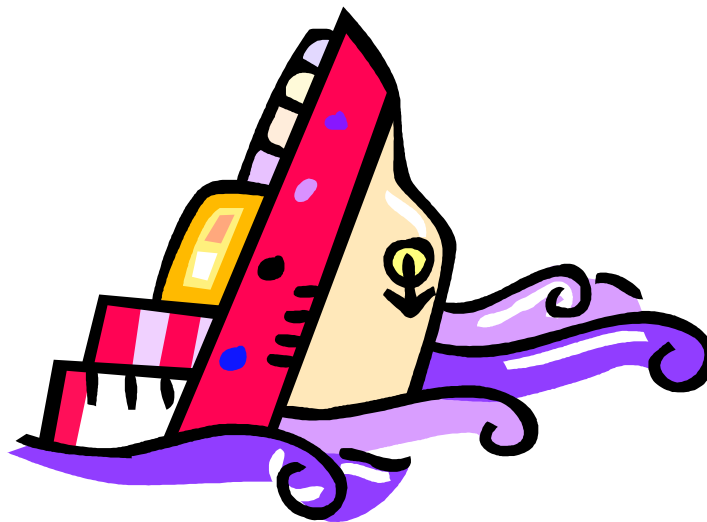
<http://www.divevancouverisland.com/s/hideaway.php>

To see our complete photo show go to <http://photoshow.comcast.net/watch/SC3rt6XB>

SINKING OF THE HMCS ANNAPOLIS

By Skip Stacy

THE THIRD CALLING-----For the third time in many years Emerald Sea Dive Club has been honored with an exclusive invitation from the Artificial Reef Society of British Columbia to become involved in the preparations for sinking of their latest Canadian Navy battleship, the 371 foot HMCS Annapolis. The former destroyer is to be sunk in Howe Sound sometime in 2009 to be added to quite a list of ARSBC accomplishments. Howie Robins, the president of the Society contacted Loogpla Cowden to organize a couple of trips with volunteers to WORK (there's that word) on this project. The Artificial Reef Society of British Columbia has pretty much been a world leader in sinking these large dive destinations and sea life habitats and our own Emerald Sea Dive Club has been involved somewhat with the last two, including the Cape Breton, out of Nanaimo and the "737 Project" lowered into the water off of Chemanius, BC. Our volunteers were honored with plaques bearing their names attached to these underwater reefs and my personal perspective is quite rewarding to find the plaque with the names on it on the Cape Breton and as I have not had the chance to dive the 737 (YET) I am sure it will be equally rewarding. The plan is to carpool up and split costs and parking on Sunday, **October 5**. We will depart Horseshoe Bay (Sewell Marina) at 8 a.m. **sharp** each day by private boat and return after a full day's WORK. We will be aboard the HMCS all day so we must provide all of our own food, snacks, liquid refreshments, WORK clothes with a change off good clothes, gloves, protective eye wear and boot type footwear (tennis shoes will not be allowed), your own tools (socket set, pliers, vice-grips, pry bar); dust masks will be provided. This is actually more fun than WORK. I forgot to mention parking is \$12.00 so even more reason to carpool. Let's all get together, sign up, eat, carpool, and have fun. Punch up the ARSBC or Howe Sound-Horseshoe Bay-Sunshine Coast for more nice information and pictures, maps and other things to do (Porteau Cove-Squamish). Howie and his group are experienced at this and it's a pleasure to be invited.



See story of first workday, page 19.

NANAIMO & HORNBY ISLAND

By Ann Miller

Nanaimo, BC, Canada

Ocean Explorers Diving/Ian Hall

www.oceanexplorersdiving.com

Friday, October 10th

The price for 1 day of diving (two boat dives) is CAD\$140.00 + 5%GST = **CAD\$147.00** per person. This includes two boat dives, air fills, tanks & weights. Food and lodging are separate (the Buccaneer Inn is about 5 minutes away and costs approximately \$70.00 per night)

Advanced divers only as the dives are deeper than 60'. **The deposit is TBD.**

Hornby Island, BC, Canada

Hornby Island Diving/Rob & Amanda Zielinski

www.hornbyislanddiving.com

Friday, October 10th – Sunday, October 12

The price for 2 days/2 nights (arrive Friday, dive Saturday/Sunday, depart Sunday) is CAD\$370 per person + 5% GST = **CAD\$388.50**. This is the club price, FYI retail is CAD\$420 per person. This includes 2 nights accommodation (Friday & Saturday), 4 boat dives (2 Sat/2 Sun), all meals from dinner Friday through lunch Sunday, air fills, tanks & weights.

The deposit is \$185 per person (first day's stay) and is due by May 28.

If interested, please contact:

Ann Miller Home: 425-408-1617 Cell: 206-730-5640 Email:
ann12775@comcast.net

Lionfish Invade the Atlantic US Coast

Read all about it and watch the video

<http://oceanservice.noaa.gov/education/stories/lionfish/>

CANTAMAR DIVE

Dan and Jill have put together a springtime diving trip to a “new” destination. It is Club Cantamar <http://www.clubcantamar.com/english/index.html> in La Paz, Mexico. We are leaving March 18, 2009 and returning March 28, 2009. This is a 10-day, all-inclusive package, which means our lodging, food and diving, are included.

10 nights/6 days diving Full board.....\$1228 p/p (double occupancy)
 10 nights/6 days diving Full board.....\$1146 p/p (triple occupancy)
 Day of fishing..... \$125 p/p (min 2 people)
 7th Day of diving..... \$100.00 p/p



Single rooms are also available; however, they will cost more.
 Non-diving packages are also available, please ask me for that information and I will forward it to you.

Package includes:

- Airport transfers round trip from La Paz international
- Accommodations in double standard room
- 2-3 dives per day
- Daily breakfast and dinner at the restaurant of Cantamar
- Lunch on diving days on the boat and lunch at the restaurant on non-diving days
- Sales taxes

Does not include:

- Tips for the crew
- Rental dive equipment
- Nitrox
- Spotter plane fees to look for whale sharks (\$20US p/p, optional)
- Plane reservations on Alaska Airlines is \$448.00 plus tax for a total of \$564.10
- The flights are:

Flight	Departs	Arrives	
Alaska Airlines 454	Seattle (SEA) 7:00 am Wed, Mar 18	Los Angeles (LAX) 9:36 am Wed, Mar 18	
Alaska Airlines 268	Los Angeles (LAX) 10:45 am Wed, Mar 18	La Paz, MX (LAP) 1:06 pm Wed, Mar 18	
Alaska Airlines 267	La Paz, MX (LAP) 2:56 pm Sat, Mar 28	Los Angeles (LAX) 5:27 pm Sat, Mar 28	
Alaska Airlines 473	Los Angeles (LAX) 9:00 pm Sat, Mar 28	Seattle (SEA) 11:41 pm Sat, Mar 28	

Here's the scoop – Contact Dan at 425-343-6037 or aquarealmdivers@yahoo.com or contact Jill at 425-356-9444 or jillk@bjbrewster.com. A \$100.00 (non-refundable) deposit by September 3 (our meeting date in September) will hold your spot; the remaining balance is due by January 7 (the first meeting of the New Year).

Dan is offering to conduct an advanced open water class for \$100.00 per person and a nitrox class for \$100.00 per person or both classes for \$150.00 per person plus books and materials. Contact Dan if you are interested in these classes while in sunny La Paz, Mexico.

The Salubrious (*suh-lōō-'-brē-uhs*) Nook

By Bruce Delphia, DAN Training Staff Specialist
(c) Jan/Feb 1999 Alert Diver (not edited, original text)

What's the most frequent diving injury? Decompression illness, right?

No, it's ear injuries. The most common injury divers experience is some form of barotrauma to the ear. Barotrauma means injury from pressure (baro = pressure + trauma = injury). This type of injury occurs for a variety of reasons, but generally it develops when the pressure in the middle ear is not equal to the pressure of the outside environment as the diver descends in the water column. (But see [Barotrauma on Ascent](#)) Because of the rapid relative gas volume change as the diver descends at the beginning of the dive, the first 14 feet / 4.2 meters of the descent is where the ear is at most risk of injury.

ANATOMY OF THE EAR

No discussion of the examination of any part of the human body could be complete without a working knowledge of the anatomy of that part. The ear is made up of three compartments: the external ear, the middle ear and the inner ear.

The External Ear Auricle and the External Ear Canal

The auricle (pinna), is the first and most obvious view of the ear. It's what we generally refer to as the ear, although it is just the outside section of it. Funnel-shaped and mostly cartilage covered by a thin layer of skin, it channels sound (and water) into the ear.

Directly behind the tragus, the cartilaginous prominence in front of the external opening of the ear, the ear canal curves inwards approximately 24 millimeters in the average adult. The outer portion of the ear canal contains the glands that produce earwax (cerumen). The inner portion of the ear is covered by thin, hairless skin. Pressure on this area can cause pain.

The Middle Ear

At the inner end of the ear canal, separating the external ear from the middle ear, is the tympanic membrane, or eardrum. The middle ear is an air-filled space that contains the ossicles - three tiny bones that conduct sound. (many of us learned them as the hammer, anvil and stirrup: in medical terminology they are the malleus, incus, and stapes. See [How the Ear "Hears"](#))

The Eustachian tubes, one in each ear, connect the middle ear and the back of the throat (nasopharynx). They keep the middle ear "equalized" by keeping the air pressure on both sides of the eardrum the same. Because they are surrounded by cartilaginous tissue they don't allow for expansion. Therefore a diver must equalize his or her ears by gently "opening" the tubes—that is, by introducing air through them and into the middle ear.

The Inner Ear

Separating the middle ear from the inner ear are two of the thinnest membranes in the human body, the round and oval windows. These membranes embody one of the reasons divers are taught to gently blow to equalize their middle ears — damage to the round or oval windows may cause a leakage of fluid from the inner to the middle ear. This can cause a ringing or roaring in the ears, and even hearing loss. Window rupture can also cause severe vertigo and vomiting, a dangerous — even deadly — combination when underwater.

COMMON INJURIES TO THE EAR ASSOCIATED WITH SCUBA DIVING

Otitis externa (swimmers ear): This is an inflammation of the external ear caused by infection.

Some people are prone to developing this kind of infection. If the ear remains moist from immersion in the water, this moisture, coupled with the warmth of the body, creates an inviting growth area for many microorganisms, especially opportunistic bacteria. For more details on this, see [Can You Prevent Otitis Externa, or Swimmers Ear?](#).

Signs & Symptoms: The ear canal can become inflamed and may partially close. The external ear canal is red and swollen and may itch. Touching the outer ear may cause intense pain.

Treatment: Prevention is key, especially in those persons who have previously shown they are susceptible. Domeboro Otic , solution, available at drugstore, may function as a prophylactic and treatment for otitis externa when it is used as directed.

Barotitis Media (middle ear barotrauma): This is by far the most frequently reported injury among divers. People with barotitis media generally develop symptoms immediately following the dive, but delays of up to one day or longer have been reported. When the diver descends, the pressure can cause injury to the middle ear. This overpressure of the middle ear can cause serious fluid and blood to leak into the middle ear, partially or completely filling it.

Signs & Symptoms: A feeling of fullness in the ear may develop, like the feeling of fluid inside the ear. Muffled hearing or hearing loss are other indications of middle ear barotrauma. On examination with an otoscope (a special device medical personnel use when examining the ear) fluid may appear behind the tympanic membrane, causing it to bulge and appear red. In other cases, the eardrum may be retracted or sunk in. Either condition warrants immediate medical attention.

Treatment: First, diving must stop. Also, changes in altitude—as with flying—must be considered a concern as well. See a medical practitioner. The combination of drugs and time will usually allow this injury to heal in a few days, but cases have lasted up to several months. If you have been on decongestant therapy for seven days and have experienced little or no relief, it's time to see your otolaryngologist, an ear, nose and throat (ENT) specialist.

Otitis Media (middle ear infection): This is not a diving malady, but may look the same as middle ear barotrauma to a non-dive-trained medical practitioner. Because the treatments can vary, it is important to realize that an ear problem immediately following a dive outing usually signals a pressure-related injury rather than an infection.

Inner Ear Barotrauma: This injury generally occurs when divers attempt to forcefully equalize their ears. This "hard" blowing over-pressurizes the middle ear and can result in implosive or explosive damage to the round and oval windows.

Signs & Symptoms: Vertigo, vomiting, hearing loss, loud tinnitus (a ringing or roaring sound in the ear).

Treatment: Place the injured diver in a sitting head-up position. Get the injured diver to medical help right away, preferably to someone knowledgeable in diving medicine since inner ear barotrauma may be difficult to distinguish from inner-ear decompression sickness.

Tympanic Membrane (TM) Rupture: Barotraumatic injuries to the ear may result in perforation or rupture of the tympanic membrane. This may occur in as little as 7 feet / 2.1 meters of water.

Signs & Symptoms: Generally there is pain and bleeding from the ear. This may not always be the case, as a number of dive-related traumatic TM ruptures have reported no pain at all. Hearing loss and tinnitus may also be present, but not always. A discharge from the ear of commingled fluid and blood may be a sign of TM rupture.

Treatment: Go to the nearest medical practitioner immediately for an examination. Do not re-enter the water if you suspect TM rupture: water entering the middle ear cavity may cause severe and violent vertigo. Do not put any drops of any kind in your ear. Do not attempt to equalize your middle ears.

External Ear Canal Superficial Vessel Rupture: This occurs more often in divers who wear hoods. Occasionally, the overpressure may rupture a blood vessel inside the external ear canal, causing some minor bleeding.

Signs & Symptoms: A minute trace of blood trickling from the ear canal. Later, the injured diver may find drops of blood on his/her pillow or bedclothes.

Treatment: In order to distinguish between this injury and other, more severe injuries, it is necessary to stop diving and seek evaluation by a medical practitioner.

On a general note, a physician should examine any ear problem that drains purulent material (pus) or has a foul or disagreeable odor.

SUMMARY

Ear injuries are the most commonly encountered injuries to divers. Permanent hearing loss may result from barotrauma to the ears. The likelihood of injuries is reduced by preventive measures such as:

- properly equalizing
- never diving with a cold or other congestion, and
- abstaining from diving if you cannot clear your ears.

Several types of ear injuries can occur. All of these injuries should be examined by a qualified medical practitioner. If in doubt regarding the practitioner's knowledge of diving medicine, bring this article with you or encourage them to call +1-919-684-2948 and ask for the Medical Department here at DAN for a consult.

Otoscopic examination of the ear by a qualified medical practitioner knowledgeable in diving and emergency medicine may be useful in determining what type injury has occurred. In remote areas of the world or on board liveaboard dive vessels you may have to wait a while until you can get medical help. DAN's advice is to encourage you to get to a medical facility as soon as possible.

Good diving, and keep your ears dry!

How the Ear "Hears":

Sound travels as vibrations through the air of the external ear canal. These vibrations are transmitted through the tympanic membrane to the ossicles. The movement of the ossicles transmits the vibrations through another thin membrane into the fluid in the cochlea in the inner ear, where they are converted to fluidic pressure changes. Special structures and cells in the cochlea convert the fluidic pressure changes into nerve impulses. The nerve impulses are

then transmitted to the brain through a portion of the eighth cranial nerve, where they become sounds.

Barotrauma on Ascent

Barotrauma of ascent can also occur. It happens when gases in the middle ear expand with ascent and become blocked, causing tissue damage similar to barotrauma of descent. This malady is less common, because, in all probability, any blockage will usually be felt first upon descent by blocking the Eustachian tubes.

TGIF DIVE #9

Mukilteo T Dock

September 19, 2008

By Pam Norton

Here it is, September already and time again for another TGIF dive! Andy, Victoria and I met up with Ed McNichol—Ed somehow managed to snag a parking space right up front, valuable property on a busy Friday night on the bustling Mukilteo waterfront. It's the second time I have witnessed his incredible luck. Ed and I were going to be the only ones making this dive as Andy was flying out to MN that night. We talked about our plan and what types of critters we are expected to see then decided it was time to gear up and wade into the glassy calm water.

After a thorough buddy check, Ed and I swam out to the end of the marine science pier, descended into 20 feet of visibility and followed the intake pipe down slope to where it ended in about 45 feet fsw. At the end of the intake pipe a wide variety of critters hung out either bedding down for the night like rock fish or just waking up like the shrimp preparing to scavenge an easy meal. Sitting at the end of the intake pipe was Quillback rock fish and in its mouth was a fairly good sized shrimp. I flashed Ed and gave him the underwater sign for look and aimed my light the rock fish's mouth. I watched to shrimp inside the rock fish's mouth looking for signs of life, but I believe the shrimp was actually dead but too big for the rock fish to swallow. So you could say the rock fish had eyes bigger than its mouth! Although the rock fish seemed distressed, I hope it does find a way to finish swallowing the shrimp and lives to tell its tale another day. The circle of life can be brutal for sure.

After exploring the end of the intake pipe a bit for a bit longer, we headed west down slope to about 100 feet maximum depth. On the way down we found buried in the sand a couple of very large Red Rock crabs. Waving my gloved hand back and forth as if shooin away a fly, I uncovered the rock crab. Realizing its cover was blown; the crab popped up, moved side to side trying to determine the route of its escape, and quickly scurried off. Zig zagging our way back up slope we came upon a large brightly orange colored Crescent Gunnel caught out in the open. Gunnels' are shy creatures and are usually found with their little heads poking out of the mouth of bottle or tucked snug as a bug in the rug among kelp. This poor little guy was stuck with no place to hide so it went into "if I stay really still the mean humans will not see me" mode and was paralyzed by our presence and lights. Realizing this survival tactic was not working on fooling us, it darted off as if shot from cannon into the dark and well out of view.

Making our way south at about 60 ft we found the Geodome. The Geodome is a large geometric dome sculpture (duh hence the name Pam) constructed using PVC pipe. Covered with barnacles, anemones, and kelp, many creatures call the Geodome home and in the center of the dome stands a statue of an Angel placed there to honor and remember a fallen diver. Adria Ali swears that a juvenile wolf eel makes the Geodome his home but I looked and looked and could not find it. So either master wolf has moved on or Adria has learned how to tell big fishy tales! By now we were getting low on air and it was

time to make our way up slope to our planned 15 foot safety stop. Along the way we explored the string of tires, corvette fender, strawberry pot, and various single tires. All had creatures on them, in them, or near them.

At our 15 feet safety stop I wanted to show Ed a cool trick. I demonstrated lying belly down on the sand and covered my bright dive light with my hand. He did the same. After a few moments, we both slowly uncovered our lights to see curious flounder and brave surf perch giving in to their temptation and coming in close to check us out. It was totally awesome. We surfaced to find Andy's and Victoria's smiling face, a very welcome sight. Apparently Andy and Victoria had a little bet going about how long our dive was going to be. Andy won but he cheated because he knew our dive plan, the depth, our pattern, and my air consumption. No fair Andy!

Unfortunately Ed couldn't stay for dinner because he had to rush back to the dive shop to get his cylinders filled for the next day's Poker dive, which I understand, was a big success. So Andy, Victoria and I grabbed a bite to eat then it was off to the airport to send Andy back to St. Paul MN for a visit with his new niece, Olive.

Our next TGIF dive is at 6 pm on October 17th at Bruce Higgins Underwater Park. We hope you can join us!!!!

TANK GAWD IT BE FRIDAY DIVES

Hey everyone, don't you just love Fridays? Unless you are Skip, for most of us it signals the end of yet another workweek and hopefully the beginning of a relaxing weekend. How about starting the weekend off right? Each month, Pam and I will be hosting an event we are calling the "TGIF" Dive. On a chosen Friday night, we will meet up at one of our favorite local dive sites at 6:00 p. m. for an after work splash. And with this club, dinner usually follows!

Meet up at 6:00 p. m. and splash when ready. Care to join us? If you cannot make it one month join us the next one? Be sure to check the ESDC club calendar for all of our monthly TGIF dive dates: <http://www.emeraldseadiveclub.org/EventsCalendar.aspx>. We hope to see you there! Oh, and these are of course night dives. Please remember to bring your primary, secondary and tank lights. Celebrate TGIF dives with Andy & Pam Norton on the 3rd or 4th Friday of each month. It is a great way to unwind and rid your soul of the stresses of a hectic month. See calendar, pages 26-27 for further details. Dive in!

HMCS ANNAPOLIS

By Skip Stacey

What a site, our little open bow craft rounded the point of land off Gambier Island and in the distance; we could see the small gray hulk of our victim. It loomed larger and larger and the glassy calmness of the water and its mirrored reflection seem even larger. Not the sight of anything really beautiful but to divers who someday would view it in its watery resting place it was just absolutely marvelous (can't remember the actress). The day started out very early at the Marysville Park-n-Ride where I met ESDC members John Hind, Loogpla and Ashley (hopefully, a future ESDC member) from Lighthouse Lynnwood. One last volunteer would meet us at Horseshoe Bay, Gordy from Lighthouse Lake City. I think almost everyone knows Gordy over the years so that made our group of five. A almost full harvest moon paced us all the way to daylight and breakfast in Horseshoe Bay then meeting with Howie (president of the Artificial Reef Society of British Columbia) meeting a few Canadian counterparts and the captain of our ride, we loaded our gear and bodies up and made the 30-40 minute ride. It was a warm calm sunny day. We unloaded and lugged our tools and necessities up the steep gangplank and had a release form and briefing then it was below decks to start. John had the power saws-all so he was off to cut up ductwork while the rest of us stripped wood, panels, and desks. The morning flew by and I think everyone stopped to watch Gordy once in awhile because he could reach everything. Later in the afternoon, a couple of us shorties ended up standing on buckets. By lunch break, we almost had a whole compartment completely gutted so it was out to the hanger deck into the sun and a big lunch (hope you did not think anything to do with the club would be small on the food side). As usual, we had enough to eat three times over and then it was a tour with Howie and pictures, a little more R & R then back to finish our tasks. John was cutting duct like there was no tomorrow and the rest of us tore out the carpet that remained in our room. Once done with that, everyone split up and tackled 5 or 6 smaller compartments and actually got quite a bit done. Time to board our little vessel came kind of quick. A small breeze had moved in, just enough to splash some spray on those of us in the bow. It felt good in the warmth but I think Ashley got soaked. Once on land and unloaded, some had to leave and the rest of us met for a nice dinner at Ya-Ya's in Horseshoe Bay. Too soon to leave, John's dog was lonely and had not held it that long before (you know what I mean). An even fuller moon paced us from Bellingham to the Park-n-Ride and it was time for everyone to part ways. I slept very well that night and we are doing it again Oct. 5 and there are some spots left. I am getting the list for the volunteer plaque to be mounted prior to sinking and I am already wondering how many dives it will take to find it. There is only one way to get your name on it so join us. There will be more groups going up and it is a nice long rewarding day.



BOARD MEMBERS

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

BOARD APPOINTEES

Greeter	Pam Norton	pnorton@rwbeck.com
Web Masters	Andy Norton and Glenn Bulat	andy_norton@comcast.net glennbu@gmail.com
Big Buddy Coordinators	Wendy Drucker	wcdrucker@clearwire.net

WHOOZY WHATZ ITZ

If you have ever needed information or wondered who to speak with about anything in particular here is your list of to whom to ask what. Your FAQ station. If YOU have anything you would like to have posted in the FAQ section, please submit to esdcnewsletter@mindspring.com. Thank you.

Whom do I contact regarding not receiving a monthly newsletter ?	Darlene esdcnewsletter@mindspring.com
Whom do I contact regarding rules of the Calendar Photo Contest ?	David esdcnewsletter@mindspring.com
Whom do I contact regarding a guest speaker ?	Rich crich4scuba@verizon.net
Whom do I contact regarding the One List ?	Andy andy_norton@comcast.net
Whom do I contact regarding upcoming dives ?	Shawn shawnm1833@yahoo.com
Whom do I contact regarding joining ESDC ?	Laura lorlich@ssoe.com
Whom do I contact regarding my mailed-in application that Laura never received?	Skip skipstacy@comcast.net
Whom do I contact regarding questions, comments, or concerns about the website ?	Andy andy_norton@comcast.net Glenn glennbu@gmail.com
Whom do I contact if I have a technical questions or a problem with using the website ?	Glenn glennbu@gmail.com
Whom do I contact regarding a problem with the dive calendar on the website?	Shawn first shawnm1833@yahoo.com Andy second andy_norton@comcast.net
To whom do I send my photos for the contest?	Glenn glennbu@gmail.com
Whom do I contact if I have an idea for the website ?	Glenn glennbu@gmail.com
To whom do I make a complaint about the club or its members? Also accepts questions, comments, and concerns.	Jill jillk@bjbrewster.com
Whom do I contact regarding the Big Buddy program?	Wendy wcdrucker@clearwire.com
Whom do I contact if I need a dive buddy and I am new to the area?	Wendy wcdrucker@clearwire.com Skip skipstacy@comcast.net Greg tridoxia@yahoo.com
Whom do I contact if I would like to become a board member ?	Contact any board member listed in this newsletter
Whom do I contact if I would like to plan dives ? A dive? Help with hosting dives ?	Wendy wcdrucker@clearwire.com
Whom do I contact if I would like to become a Diver on the Loose ?	Darlene escnewsletter@mindspring.com



OTHER STUFF

Membership Dues

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

Winning \$50.00

You could win a **\$50.00** ESDC check up to four times a year, depending on your luck. There are several ways of winning:

- 1) by hosting club dives
- 2) by submitting stories, articles, or information to the newsletter
- 3) by signing up a new member

Every time you sponsor a club dive, submit to the newsletter, or sign up a new member 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, and fun! Remember, a club dive is a dive approved by Shawn Miller, Activities Coordinator, and placed on the clipboard and on the ESDC web site. This is a great way to meet club members and have lots of fun. Remember: the more dives you book, the more submission to the newsletter you make, and the more new members you sign up the more chances you have of winning.

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

If you would like to join the One List go to www.groups.yahoo.com/group/ESDClist then click on "Join This Group". The One List is 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!** If you have trouble with this process then contact Andy andy_norton@comcast.net.

HELPFUL HINTS FOR THE ESDC YAHOO GROUPS "ONE LIST"

By Andy Norton

The Yahoo Group's "ESDC list" site, more commonly referred to as "The One List" (<http://groups.yahoo.com/group/ESDClist/>) is a fully functional website. You can search and view the entire history of posts made to the list, share files such as dive site reviews, maps, general articles, photos and more.

Why join the One List? Exclusively maintained as an ESDC member benefit, the list is available only to paid members. It is a great way to find or tell dive buddies about dives that haven't been officially posted to the club calendar, announced at a meeting or in the newsletter. To inquire about dive conditions, find help for planning dives, post reviews of dives, dive charters or services, chat about current events in the diving community, list equipment for sale, or post any other activities or subjects that you think might be of interest to club members. You can post as often as you like!

How do I join? There are two ways to join the One List:

1. The first is by way of invite sent to any email address you choose to provide to the list moderator.
2. The second and far more preferable way though is to create a Yahoo ID (or use the one you already have) and sign up with that.

Why use a Yahoo ID? If you only use an email address, you can only send and receive email and you cannot personalize how you receive messages. The One List website will not be available to you. Use a Yahoo ID though and you get access to the entire One List site and all of its features.

How do I get a Yahoo ID?

1. Visit this link to get started: <https://login.yahoo.com/>. Look in the lower right portion of the page where it says, "Don't have a Yahoo! ID?" and click on **Sign Up**.
2. Follow the 3-step setup and you should now have your own Yahoo ID.
3. Go to the ESDC "One List" site, <http://groups.yahoo.com/group/ESDClist/>, and click on the **"Join This Group"** button on the right side to get started!

But what about all that SPAM? Bombarded by email messages is the most common concern members have expressed. You have complete control over that! After you have signed up with a Yahoo ID, you can choose what email address you want to use and how you want to receive messages (if at all). Here is how to edit your membership settings:

- Sign in with your Yahoo ID.
- Click on "Edit Membership" on the One List home screen:



- Scroll down to Step 1 to edit what profile you are using related to the One List, and what email address you want to use to receive messages:

Step 1. Your Contact Information

The profile shown below will be used to identify you when you access photos, messages, and other great features of your Yahoo! Group. The email address will be used for group messages.

Yahoo! Profile

Select the Yahoo! Profile you would like to use for this group. This profile will be used to identify you when you access the group's Web features.

arn_26

scubafiveo

[\(Add new profile\)](#)

Email Address

Choose the email address that you would like group messages sent to.

arn_26@yahoo.com

[\(Add new email address\)](#)

- Scroll down to Step 2 to edit how you receive messages. You can choose to receive Individual Email, a Daily Digest, only special notices direct from the moderators, or choose not to receive anything at all and only browse posts directly via the One List website:

Step 2. Message Delivery

Yahoo! Groups lets you choose how you stay in touch.

Individual Email

The option to choose if you want to get each group message and special notice individually and immediately, as it is posted.

Daily Digest

The option to choose if you want to see all messages but limit the amount of email you receive. We'll compile an email of up to 25 messages and send daily (special notices too!).

Special Notices - Receive only important email notices from the group moderator.

Web Only - Don't get notified of the latest happenings. Read messages only on the web.

- Click the button on the lower right to "Save Changes", and get busy posting or receiving messages!

So do not be left out. Join the One List today! Please do not hesitate to contact me if you have any problems or need a better walk-through of the process.

Andy Norton – andy_norton@comcast.net

OUR NEXT MEETING

Wednesday, October 1 at **Shawn O'Donnell's**

122 128th Street SE

Everett WA 98208

425-338-5700

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

GUEST SPEAKER



James E. Trask

WA SCUBA Alliance

Retired First Sergeant – U.S. Army, 25-years

Chairman – Marine Advisory Council, Metropolitan Parks of Tacoma, 2 years

President – Pacific Northwest Aquatic Association, 4 years

Manager – Boeing Aerospace Company, 19 years

Education: AA degree in Criminal Justice, Certifications in Project Management, Applied Economics, Computer Applications, Business

Management and Lean Manufacturing. Diver since 1998, Advanced Open Water Certification

I will bring to this organization the ability to create a teaming environment which will allow it to move forward as the leading dive organization in the Northwest. I will do everything needed for “Enhancing our Waters for Divers”.

How to Get to Shawn's:

Heading north on I-5: Take exit number 186 for WA-96 E/128th St SW. Turn right at 128th St SE/WA-96.

Heading south on I-5: Take exit number 186 for WA-96 E/128th St SW. Turn left at 128th St SE/WA-96.

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/ESDClist



Divers on the Loose -- Any Time Divers Looking For Divers Anytime


© Greg Becvar	360-659-2853	tridoxia@yahoo.com
© Skip Stacy	425-775-2410	skipstacy@comcast.net
© Sean Barker	425-351-6850	SeanhBarker@comcast.net
© <u>Ed LaBouy</u>	425-241-3931	brownwatered@comcast.net

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

Newsletter articles deadlines

November	October 27
December	November 24

DIVE AND EVENT CALENDAR

DATE	DIVE	SPONSOR
Sunday October 5	HMCS Annapolis work party Howe Sound, BC	Loogpla loogplacowden@att.net
Friday – Sunday October 10 -12	Nanaimo & Hornby Island	Ann Miller H: 425-408-1617 C: 206-730-5640 ann12775@comcast.net
TGIF Dive October 17	Edmonds UWP 6 p.m.	Pam 'n Andy pnorton@rwbeck.com andy_norton@comcast.net
*October 30 to November 15 	North Sulawesi, Indonesia Lembah Strait and Bunaken National Park	Laura Orlich 425-985-8976 or Nancy Chase 877-357-0022
TGIF Dive November 21	Cove 2 6 p.m.	Pam 'n Andy pnorton@rwbeck.com andy_norton@comcast.net
Saturday December 6	Christmas Party Waltz Building	Jill jillk@bjbrewster.com 425-356-9444
TGIF Dive December 19	Edmonds Oil Dock 6 p.m.	Pam 'n Andy pnorton@rwbeck.com andy_norton@comcast.net

LAUGHING



BUBBLES

Rules of Diving

- * Don't take up diving to get a suntan.
- * People who look good with a mask on are usually ugly without one.
- * Diving unprotected with a stranger is like having unprotected sex with a stranger.
- * Never clear a snorkel on a Mexican Federale'
- * Anyone who says they have never been afraid while diving hasn't been diving or is a bad liar.
- * Never use a sun intensifier lotion within 30 miles of the Equator.
- * People say the funniest things when you shut their air off.
- * Never have sex underwater above a coral reef.
- * Dry Suits and Beers do not mix
- * Buddies are never where you need them to be.
- * You WILL run out of film before the Whale Shark Swims By
- * 60 minute camcorder batteries aren't

One should never make a night dive on a coral reef after taking:

- *Acid
- *Prosaic
- *Sleeping Pills
- *Marijuana
- *Black Russians

How to avoid shark attacks:

- * Never leave Kansas
- * Roll in manure before diving. Sharks hate anything breaded
- * Always dive with a buddy. On sharks approach, point to buddy
- * Dive with a briefcase. Shark may mistake you for an attorney and leave you alone out of professional courtesy

You can spot divers by:

- * Funny Tan Lines
- * Big Watch
- * Says "Huh" a lot
- * Bad shocks and springs in car
- * Scars from trigger fish bites
- * Expertise on anti-histamines

You can spot old time divers by:

- * Funny Tan Lines
- * Big Expensive Watch
- * Old Jeep with bad shocks
- * Log Book has volume number on cover

- * Deaf in at least one ear
- * Has multiple scars
- * Has cylinders older than you are
- * Talks about making their first wet suit
- * Dive gear is faded
- * Limps from Dysbaric Osteonecrosis

You can spot newbie divers by:

- * Sunburned
- * Timex Watch
- * Nice car
- * Fills in all the blanks in their logbook
- * No diving related scars
- * Says "Wow, did you see that" a lot
- * Equipment looks nice
- * Perfect hearing

