



# KELP KRAWLERS DIVE CLUB

February 2008

[www.kelpkrawlers.org](http://www.kelpkrawlers.org)

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### **Kelp Krawler dues:**

**\$15 single or**

**\$25 for a family**

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membership form**

## February Prez Sez:

By Amy Kurtenbach

Daylight saving begins on March 9th. Can you believe it? In less than three weeks there will be daylight past 6pm! I love when daylight savings kicks in! For me it is the beginning of spring, or a sign that it is, "oh so close". For me, daylight savings means the beginning of evening twilight dives in the Hood. We are so close to breaking out of this cycle of cold weather. As I watch my daffodils rise from the ground I have to smile...spring is coming!

## Winter Diving - New YMS Minesweeper in Lake Wash- ington

By Scott Boyd

Snow flurries and white caps in the forecast didn't even faze me when one of my dive buddies dropped a not-so-subtle note in my inbox asking if I wanted to dive a newly discovered wreck in Lake Washington. Half filled with helium for a nice mix, I topped off my tanks and deco bottles in the freezing cold garage, and laughed, knowing that the pressure in the tanks would actually go up when I jumped in the water. You've got to like that.

We hauled the boat up to Seattle, finding both the Sand Point and Stan Sayers ramps were closed for repairs, so we drove around in Kirkland and found a tight little 9' wide ramp to launch my 8 ½' wide boat! With inches to spare, we eased past the concrete bulkheads and motored out into Lake Washington. The wind was breezy, wet and cold as we geared up. The thermometer read 37 degrees, and my hands were already numb. You know it's going to be a fun dive when the snot is running all over your face and you haven't even jumped in the water yet.

We descended slowly down the shot line, which I had placed right next to the

Wheelhouse of the new YMS Mine-sweeper. The top of the wheelhouse came into view at about 175', we peered inside and could see file cabinets and shelving strewn about the floor. Dropping down to the breezeway at about 185' we swam forward, following the curve of the hull to the bow of this 140 foot long wood hulled ship. The wreck is in amazingly good shape. We checked the sides of the bow, and unfortunately, there were no numbers or name visible to help identify the wreck.

Swimming back along the port rail, we discovered a large fishing net draped over the back of the wheel house, so skirted that and dropped down onto the main deck. The engines were missing from the engine room, but the twin propellers are still sitting in the mud at 200' and deck winches are still in place on the deck. The visibility was very low, and at one point I noticed that if my buddy and I were separated by 12', with our 18 watt HID lights shining in opposite directions, I could no longer even see the glow from his light. Not so good, so no photos on this dive as the camera won't even focus in such low visibility.

After 20 minutes of leisurely exploration, it was time to head back to the surface. Deco was uneventful, but COLD. The water was 41 degrees on all three computers that we checked during our 20' stop. Brrrr! The surface conditions had deteriorated while we were down on the wreck, and poor Janet's heater had turned off. She was quite insistent that I get back on the boat and get that heater fired up again. It sounded like a good idea to me, you have to keep the Admiral happy!

This new YMS minesweeper lies in 200' of water, out in the middle of Lake Washington off of Houghton. The vessel is about 140 feet long with a 25 foot beam and displaced about 270 tons. It is in the same general vicinity as the other two minesweepers (YMS 389 and the Healy),

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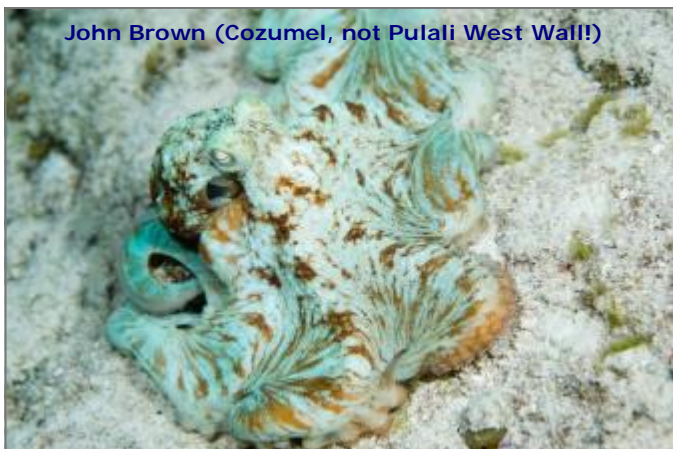
but is in much, much better shape. Hopefully, continued exploration will soon yield the name and hull number of the newly discovered wreck. I'm looking forward to heading back out to the wreck in the spring when the viz improves for some good pictures.

## Octopus Count

By Amy Kurtenbach

Kelp Krawlers: Steve Sutton, Wendy Rude, Don Novello, Leroy Linquist, Dan & Karen Pellier, John Brown, and Amy Kurtenbach

The Octopus Count was over President's Day weekend. On Monday February 19th, eight Kelp Krawlers boarded Pacific Adventures Charter with Don and Diane Coleman for a two-tank dive charter. We departed the dock at 10:30. The weather was gorgeous! We had sunny blue skies, flat water, and a surface temp of 60 degrees. Because the weather was cooperative we were able to dive Pulali and Pinnacle. Taking into account the past storm conditions we have been experiencing in the canal Don shared with us that these dives have been popular because of better visibility conditions. The Central Hood didn't get the sediment like divers have been experiencing in the southern canal and Sund Rock. The visibility was 20-35 feet depending on the depth. Kelp Krawlers saw plenty of ling on eggs. Everywhere there was ling on eggs. It was too bad we were not counting ling on eggs. The final count for the Kelp Krawler octopus dive was one Octopus the size of a tennis ball at the Pulali west wall at 88 feet. Good job John Brown for finding the critter!



John Brown (Cozumel, not Pulali West Wall!)

## Steamboat Island Dive

By Deb Fitz

Now don't get me wrong, I don't have anything against sharks, personally. I'm really looking forward to my first

six-gill sighting. But when it comes to a shark with an attitude, that's another story.

Mike and I were diving Steamboat Island. There was a very small tide exchange that day and we were looking forward to a long dive with very little current. The viz was good as we made our way around the point and started exploring the boulders at about 60 feet. Enter the shark, stage right. OK, technically it's a spiny dogfish, but at 4 foot it was the biggest dogfish we'd ever seen. The shark swims off, we give each other a high five and Mike goes back to taking photos while I examine the flora clinging to the rock walls. Wow, look! The shark's back. Cool! He gets a bit closer this time and we get a real good look before he swims away again. Back to the dive and back comes the shark. Now I'm starting to get a bit nervous. Most of the dogfish I've seen are pretty timid and take off right after you spot them and are never seen again. This guy is hanging around and he's getting pretty close. I shined my light in his eyes and he swam off again and I'm hoping it's for good. No such luck!

Mike was concentrating on his photography when the shark came back again and he's up close and personal this time. Now I'm getting really worried. I've never heard of a Puget Sound diver being attacked by a dogfish and I don't want to be the first. I figured he wasn't big enough to do too much damage, but I really didn't want him putting a hole in my drysuit if he decided to see what I tasted like. I shined my light into his eyes again, but this time he just kept on coming. I thought about everything I read about shark attacks and how people had managed to escape. So I bopped him on the nose with my light and it worked! He swam away. For a minute or two. Now he's back again and that's it. He wins. I'm out of here. I gave Mike the let's go up sign. Mike's a bit reluctant, so I give him the universal shark sign and my own new "this shark's gonna munch a hole in my drysuit " sign. So up we go.

We headed home, cleaned up the gear and then reached for our laptops. I googled "shark attack, Puget Sound" and couldn't find any history of a dogfish attack. Mike googled "shark, Steamboat Island" and next thing I know, he's laughing. This shark has a history! Janna Nichols mentioned him in her review of the dive site and commented on the fact that he's "not timid". Janna referenced "Northwest Boat Dives" for more information on our shark, so we checked it out and sure enough, there he was again. The "resident dogfish with the confidence of a great white". Now I can just hear him thinking "Gotcha!" as we headed to the surface. Score: Shark 1, Deb 0. He won that round. But I've got his number now and I'll be heading back for a rematch soon!

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## Conservation Corner

By Steve Sutton

From time to time we will add new features to the newsletter, and this month welcomes the conservation corner. There is so much to learn about diving we sometimes forget to learn how to become better stewards of our playgrounds. With rampant pollution, over fishing and global warming the issues are so large that individual attempts at trying to help seem futile, but there are things we can do to help. Each month we will explore simple but important ways everyone can help.

In my study of photography, I came across a section in the book "The Underwater Photographer" by Martin Edge where he offers the following ideas (© Martin Edge from [www.edgeunderwaterphotography.com](http://www.edgeunderwaterphotography.com) — excerpted). These are photography centric, but can be applied to general diving.

1. Subject accessibility: Around three quarters of subjects near or on a reef are not accessible and can not be photographed without damaging the reef. Shoot from a distance while hovering, from the side or look for a more accessible subject.
2. Maintain good buoyancy and stay away from the reef or shelf. If you can't get a good vantage point, find a different angle. Check areas where choral gives way to rubble or sand, where you can safely touch bottom. If you can't get close enough, it is easier to use a wide angle lense rather than macro.
3. If you get too close, use the 2 finger technique and touch the reef in a sandy spot devoid of life and gently push off. For photographers, configure your camera so it is neutrally buoyant and can be worked

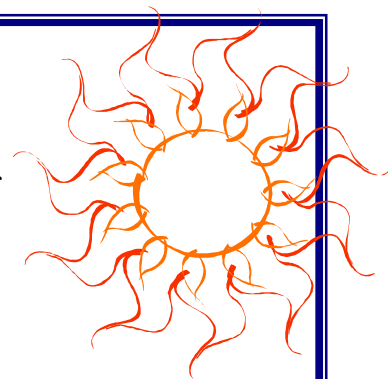
with one hand, so the free hand can keep you off the reef.

4. Give the critters a break. Sometimes getting hit by so many bright strobes is not good for them. You can tell by their demeanor if they are being bothered too much. Limit yourself to 2 shots to give others a chance. This applies to today's bright lights as well. Shine the light to the side of the critter, not directly in their eyes. For signaling them at night, draw circles around them and quickly flash across them.
5. Buoyancy is key! Don't churn up the bottom and don't thrash the choral. It takes many, many years to grow choral, but only a few seconds to kick it apart. Stay horizontal, no egg beaters. When going to a new environment, always do a buoyancy check to adjust for new equipment, conditions, etc. Avoid leg weights if possible. Tanks can be positioned on the BCD to help trim you out. In the northwest kicking the silty bottom only takes a second to ruin the visibility for a long time.
6. Tuck in those hoses, they are tough on the environs and create drag. Careful with the light at night when taking a picture (ed: my worst sin) - don't just drop it and let it dangle and pick it up later. You don't know what it will hit, and hit, and hit.
7. Pick your picture environment carefully. The ocean is a big place and there will always be a great shot just a ways away that may be easier on the environment.
8. Don't touch the critters (ed: my addition): those critters have a protective layer on their skin that keeps them safe from infections, etc. It is a temp-

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## Calendar of Events

- |            |   |
|------------|---|
| March 18th | CLUB MEETING: 7 PM, Dirty Dave's Pizza.   |
| April 6    | Dive with Pac Adventures - contact Don at <a href="http://www.pacadventure.com">www.pacadventure.com</a> for details. |
| April 15th | CLUB MEETING: 7 PM, Dirty Dave's Pizza.   |



Check the club web-site [www.kelpkrawlers.org](http://www.kelpkrawlers.org) for upcoming activities.

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tation to pet those friendly woolfies, but resist! Turtles will stop coming so close if everyone wants to touch or ride them. You may also find out that your finger looks just like food to them! Remember, you are a very temporary guest in their home.

## **To Your Health — 'Tis the Season**

By Carolyn Fornoff

Everyone I know seems to either have a cold or just getting over one. So with great currents at Day Island and Titlow I come down with a cold! Here are some thoughts as you think about diving with a cold.

Diving with a cold and a stuffy head is unsafe. When your head is congested, you will have a problem clearing your ears and sinuses while descending. When you can't equalize the pressure in your ears, it's easy to rupture an eardrum or cause other serious injury. In addition, injury to the mucous lining of your sinus passages can cause serious bleeding. These conditions can happen while ascending or descending even during a shallow dive.

If the cold has settled in your lungs breathing the chilly, dry compressed air can cause lung irritation and coughing. Coughing underwater is no fun and increases your chance of losing your regulator or inhaling water. In severe situations the added stress can lead to an increased chance of a panic attack, a rapid ascent and a life-threatening arterial gas embolism.

The fever that can accompany colds increases your body's metabolism, causing you to use up air more quickly. (Amy, that could limit your dive to only an hour!) ☺

You should also caution when taking various cold medications. DAN has a lot of information regarding over the counter medications which I found very helpful.

Checklist: Should You Dive?

Unless you can answer "yes" to all of these questions, you should not dive. No dive is worth your health, safety or life.

- Can you breathe easily through both sides of your nose?
- Have you gone at least two hours without having to blow your nose to clear it?
- Can you equalize your ears with minimal effort on land?
- Has it been at least a day since you have had fever, chills or sweats?
- Do you feel up to it physically?
- Have you gone at least two hours without coughing?
- If you are taking medicine, will it last until at least two hours after the dive is scheduled to end?

This article is not meant to be a substitute for any medical care. If you have any health concerns please contact your doctor.

## **Good Health and Diving**

By Amy Kurtenbach

Many of our passions; food, chocolate, video games, watching TV, etc..., may not be good for our health, but our obsession for scuba diving actually may be (for our bodies anyway)! Scuba diving is a sport and it is physically demanding. Whether you obsession is currents, technically dives, wrecks, scooters, or watching the shrimp at 15', you're moving and moving is exercise. The experts tell us that staying physically active is important. If you read your monthly DAN magazine or any dive magazine, you will learn that poor physical fitness is a contributing factor in many dive accidents.

To reach your fitness goals and to be physically fit, you must be consistent with exercise. Experts tell us that a

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# **LOCAL DIVE SHOP INFORMATION**

**Capital Divers            866-3684**

[www.capitaldivers.com](http://www.capitaldivers.com)

The shop has now moved to a new location at 1621 Harrison Ave W, Olympia, WA, right across the street from Shure Kleen Car Wash. Nitrox, argon and hyper filtered air fills available.

**Hood Sport 'n Dive        877-6818**

[www.hoodspordndive.com](http://www.hoodspordndive.com)

The shop has now moved to a new location in Hoodspport with convenient boat access. Stop by, say hello and fill up with some nitrox while you wait. Offering discounted access to the Sund Rock Marine Preserve for paid members.

**Underwater Sports        493-0322**

[www.underwatersports.com](http://www.underwatersports.com)

Farewell to Justin and welcome to the new manager, Rick Cooper! Stop in and check out the new bright lights!

## Visibility Report

Visibility at Sund Rock is improving, but the layer of silt is still present. Keep well off the bottom and things will be fine. Reports further north are much better— Pulali West Wall and Pinnacle were 20-25' visibility with no fine silt.



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regular schedule of three, thirty-minute sessions a week of exercise will do well for our bodies. As divers, it is important for us to be able to swim and not be overexerted. Overexertion means breathing more air (less dive time). As divers we need to swim around the dive site, swim to the North Wall at Sund Rock, swim away from lings on eggs, or to sharks with six gills. Then there is the hauling of the gear. Try as I might to find a Sherpa, I still find myself schlepping my doubles, singles, deco bottles, and scooter, to the water. I personally take a weight lifting class at my fitness club call Power Pump. I regularly complain and moan a day later when my muscles hurt, but those muscles come in handy for donning equipment and hauling gear (when my man is not around).

You can read about the benefits of exercise in books, website, or health report, but the following are known benefits of exercise. Who cannot deny the rewards of improved cardiovascular, pulmonary efficiency, or increased muscle strength? Or the longevity that comes with low blood pressure, weight loss, weight maintenance, better sleep, reduced stress, improved metabolism, mental sharpness, and most importantly...more energy (for diving of course)!

For some closing facts, below are the stats on calories burned while diving that I found on the internet. Just think; diving for two hours could be good for your health and your figure. Finally, an addiction that is good for you. Just be wary of the burgers, fries, fried chicken, and beer following the dive. They are not so good, just yummy...

For a 185 lb person, diving 60 minutes (calories per hour burned):

- Heavy diving @775 cal., medium diving @600 cal., light diving 400 cal.

For a 135 lb person, diving 60 minutes (calories per hour burned):

- Heavy diving @550 cal., medium diving @430 cal., light diving 300 cal.

For a 225 lb person, diving 60 minutes (calories per hour burned):

- Heavy diving @920 cal., medium diving @720 cal., light diving 510 cal.