



# KELP KRAWLERS DIVE CLUB

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

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## MEMBERSHIP

**Kelp Krawler dues:**  
\$15 single or  
\$25 for a family  
Membership.

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## JUNE Prez Sez:

By Amy Kurtenbach

### **Diving While Sick?**

I am in the process of completing a technical diving course, with a few other Kelp Krawlers, at Capital Divers. It has been a great class and I have learned a lot. I will be writing an article on my technical diving course in a following issue so stay tuned. I have learned a lot. The weekend of May 4<sup>th</sup> was to be our scheduled deep dive in Nanaimo that was to consummate about 10 classroom sessions, three tests, and two prior deep dives. I was excited! Then it happened. My nose started to itch. On the weekend prior to the trip, I developed signs of a cold. As the week progressed, my symptoms develop into full out congestion and nasal drip....it was official, I had a cold.

Diving with a stuffy head is unsafe. I know this. We learned this in our Open Water courses. When your head is congested, you can have a difficult time clearing your ears and sinuses while descending. The ascent can be equally unpleasant. I have never experienced the agony of a reversed squeeze, but I am sure it is no cake walk.

Researching my health condition in literature and on the internet in a feeble attempt to find a cure for what ails me (or an excuse to dive), I was reminded that when you can't equalize the pressure in your ears, it's easy to rupture an eardrum or cause other serious injury. A bloody nose caused by sinus pressure is the least of your problems. These conditions can happen while ascending or descending. I know this....,but there is Sudafed and Benadryl I can take. Diving with drugs.....hmmmm?

I found more on the internet, "A cold or the flu that has settled in your lungs, can interfere with diving. Breathing the chilly, dry compressed air can cause respiratory irritation and coughing, which in turn in-

creases your chance of losing your regulator or inhaling water. 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 and flu increases your body's metabolism, causing you to use up air more quickly, and possibly cause you to feel disoriented." Great, but maybe I could take a Sudafed and a Benadryl?

No dive is worth your health and the safety of you or your partner (even if you are guaranteed to see a six gill shark). More so, you blow an eardrum you may not be able to dive for months or ever again. I will not be diving. I will be putting. That you can guarantee. But, I responsibility decided not to dive.

Think about the following list. I used it to make my decision to dive or not to dive. (This is not a complete list, and it does not apply to everyone or every ailment. You should consult you doctor before diving ill ~my disclaimer). Dive safely and stay healthy.

\_\_\_ 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 have a headache?

\_\_\_ If asked to engage in a physical activity, would you feel physically up to the challenge?

\_\_\_ Have you gone two hours without coughing?

\_\_\_ Is the dive really worth it?

\_\_\_ Would your mother, wife, husband, significant other, someone who truly loves you, approve of your decision?

\_\_\_ Are you honestly using the brain matter between you ears?

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## **Pulali and Pinnacle on the Down Time**

**Sat. Jun 2, 2007**

**Divers:** Amy Kurtenbach, John Brown, Steve Fornoff, Steve Sutton, Kelly Rossman & John Cipriano

Article By: John Cipriano

### **DIVE 1: Pulali point**

The group left the Pleasant Harbor Marina at 9:30 on a postcard perfect day, it was clear sunny & warm and the water was like glass reflecting the snow capped mountains to the west as we Headed several miles north. Approx. 30-45 minutes later we arrived at Pulali point west wall, which projects into Dabob Bay from the West in a general North to South direction.

As we got ready for the first dive; it was sunny, 80+ degrees, water was like glass and just couldn't ask for a more perfect day! We all jumped in while Don kept the "Down Time" live for pick-ups on the inside of the small cove. A small red marker buoy at the rocky top of the reef marked the starting point which we all used to descend to about 40 feet. Visibility at the surface to about 40 feet was not bad and ranged from 15 to 25 feet at the bottom of the line. At depths past 50, it extended the visibility to 25-30ft. Heading southwest following the bottom to approx. 60 feet put you on a series of small walls that cascade down to depths over 100 feet. The wall extended for about 50 yards with plenty of nooks & crannies loaded with critters to investigate. Amy, John and both Steve F & S observed a variety of Nudibranchs including a few giant swimming Nudibranchs in that area amongst Ling cod, Gobies, Decorator, Kelp, Dungeness and Red Rock crabs.

At one point in the dive, John B. was caught by surprise, when out of the darkness a large ball of 10 inch man-eating baitfish engulfed him looking for a quick snack with a taste for crushed neoprene. Kelly & I Passed through the Lion's mane layer, several at 60 feet and headed deeper, on a bearing of 190 degrees almost perpendicular to the shoreline and out to 135' looking for more photo opportunities, the visibility really cleared up, better than 50+ feet on average as we ran across several small clusters of rocks with a variety of rock fish and some rather large Ling Cod.

Back on the boat, dining on BBQ hot dogs & chicken noodle soup we waited for John & Amy to wrap up their dive, we must have counted a dozen Bald eagles several on limbs and 2-3 at a time soaring just over head or diving for fish. Just as Amy popped her head up near the shore, one of the eagles in flight just above, plunged down on her aborting the last second & missing her by a couple feet as if it figured "whoops - this ones way too big" ...it was really something to see!

### **DIVE 2: The Pinnacle**

We headed south to the "The Pinnacle", or "The Seamount" for the second dive which is located about four miles from Pleasant Harbor Marina. The Pinnacle is an

irregular rock formation rising from a bottom at roughly 100 feet to the top of the mound at about 20 feet from the surface (at low tide). Don has placed a temporary anchor & mooring buoy for the "Down Time" on the South side of the rock structure to aid in navigation, anchoring and also relieves damage to the reef from repeat visits. The buoy also serves well as a starting point for the dive; dropping you in at the South end of the ridge down to a small bolder slope at the bottom that levels off at approx. 85 feet. The visibility was variable and seemed to change abruptly from North to South sides and as expected; clearing with depth.



The Pinnacle rock formation is shaped like an egg with the pointed end to the Southwest. The top is very irregular with a shallow rocky ridge covered with kelp & various species of thick vegetation at depths ranging from 20-30 feet. On the North side there is a rock face that starts about 30 feet and goes down to about 45 feet. The East side is made up of large rocky slopes and drop-offs with crevices nearly big enough to swim into usually inhabited by huge Lings. Visibility ranged from 10' to about 20' on the north side, until you ran into a reddish cloud or bloom, for about 20yards dropping the vis. to 1-foot making it hard to see your buddy let alone your own hands. The vis. cleared up dramatically to about 30-40' on the south side at 45- 85' deep, which

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was a good thing because the entire south side was a Lion's mane minefield, dozens of them spaced approx. 10-20 feet apart, not a problem but you had to keep an eye out for the danglicals! We didn't encounter any Octo's this time out but found plenty of big Lings & Rock Fish, on the south end.

At the end of the dive we all headed back to the deck, Amy, Kelly & I dove back in practicing our cannonballs & floated around on the surface as Orca bait while others stayed on deck & dove on the fresh baked cookies!

To sum up, the weather was perfect, water was warm and it was an incredible day, thanks to Diane & Don for the wonderful service & good-eats - can't wait for the next trip!



**CLUB MEMBER SPOTLIGHT**



Say "Hi" to fellow Kelp Krawler **Kevin Meyers**, who has quite a sense of humor. When asked what his favorite kind of diving was he replied "scuba...of course". And like many of us, his scariest dive moment is the first time breathing under water. Titlow Beach is his most favorite and exotic dive to date, which will change, if he is able to get to The Galapagos Islands like he would like to.

Kevin has been diving since 2005 and would like to add a full face mask to his collection of dive gear (cold water have anything to do with that?). His ankle weight are the oldest piece of equipment he has owned.

His favorite critter is the octopus and he would like to come back as a dolphin in his next life. His reason being that he loved the film "Flipper".

The most interesting facts about Kevin are the following: When asked, he stated that he has a peripheral psychic....huh?....apparently that is the ability to see the future, but only from the side. HAHHAHA. And his astrological sign is "OPEN".

**AIR SHARING TECHNIQUE**

By Mark Reece

One of the first new diving techniques I learned upon moving to Washington from Utah, and diving the cold waters of Puget Sound, was a different way to share air in an out of air emergency. This method is used by cave and wreck divers but works outstandingly well for recreational divers too. It's called the necklace and long hose method.

The way a necklace and long hose method works is like this: The primary reg hose is 5-7 ft long and is routed from the 1<sup>st</sup> stage on your tank, under the right arm and up across your left chest. It then goes up around the left side of your neck, around the back of your neck, and hangs down around the right side of your neck. It hangs down on your upper right chest. Typically the primary reg has a bolt snap attached so that it can be clipped off to a D-ring on the right shoulder strap of your BC when not in use. The back up reg is on a short hose that is routed around the right side of your head, over your shoulder, and has a shock cord attached in a loop so the reg hangs from your neck like a necklace, thus the term.

With this method, when the out of air diver gives you the signal that they are out of air, you donate the primary regulator that you are breathing from, to the out of air diver. The routing of the long hose sounds complicated, but it really isn't and it is extremely functional. You grab your primary reg by the hose, not the reg, with your palm towards your face. You then pull the reg from your mouth, turning your hand towards the out of air diver and shoving the reg in their mouth. While doing this you duck your head and the hose naturally uncoils from around your neck, and the out of air diver is now breathing from your primary reg and you are a safe distance away from a panicked diver.

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**Calendar of Events**

**June 19th** CLUB MEETING, 7 PM. Dirty Dave's Pizza.

**July 8th** CLUB DIVE: Pac Adventures—Northern Hood Canal (Advanced Divers only)

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You then pick up your backup that's been hanging on your necklace, and put it in your mouth. SHAZAM! The emergency is over.

You then deploy the rest of the long hose from under your arm, and you now have up to seven feet of hose between you and the out of air diver. You can now safely and comfortably exit the water by swimming towards your exit or ascending side by side. In an overhead environment such as a wreck or a cave, you can safely exit in a line with the out of air diver in front.

We have been lucky enough to learn this and many other techniques from our technical diving friends. If you have any questions just ask any of us technical diving freaks. There may be more of us than you know, or care to know.

**Upcoming Trips:**

**PORTHOLE CHARTERS**  
 June 23-24, 2007  
**Diamond Knot**—Tech Diving

**Neah Bay** Aug 5-7, 2007

**Neah Bay** Aug 17-21, 2007

**FELLOW DIVERS**

As cruise director I've been working with Don Coleman (For those who don't know - Don of Pac Adventures <http://www.pacadventure.com/> ) to schedule something a little out of the ordinary, a trip North just short of the Hood canal Bridge to the Sisters rocks. This is the group of rocks that break the surface near the Hood Canal Bridge. The site has two small pinnacles that rise from a depth of about 60 feet to the surface. The current encourages lots of invertebrate life as well as Octopus, Wolf Eels and Rock Fish - Due to it's proximity to the bridge and boat traffic in the area it's considered an

intermediate to advanced dive and is typically not visited on a regular basis.

Considering Don's schedule and the tides for next month, Sunday July 8 is the only possible day in July

This is about a 2.5 hour boat ride from Pleasant Harbor so we'd like a full boat to make this happen. If the long boat ride up and back is a concern we could schedule pickup at Port Ludlow so the boat ride would be shorter. If we have experienced divers we may be able to do Sisters and Klaus Rock out of Pt Ludlow or do two dives on Sisters.

Please let me know if your interested in advance so we can start to put this together and get it on Don't Calendar for the 8th of July.

Also please advise if you prefer to leave Pleasant Harbor or Port Ludlow. John Cipriano

**WANTED**

- Newsletter Articles
- Dive Reports
- Upcoming Trips
- Anything of general interest to the club

**Submit by the end of the month to Carolyn at [justmecb@gmail.com](mailto:justmecb@gmail.com)**

**LOCAL DIVE SHOP INFORMATION**

**Capital Divers 866-3684**  
 Nitrox, argon and hyper filtered air fills available.

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

**Hood Sport 'n Dive (360) 877-6818**

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

The shop has now moved to a new location in Hoodsport 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)

The Olympia Shop is now pumping hyper filtered Air. Discounted air cards for Kelp Krawlers: 10 fills for \$25.