



KELP KRAWLERS DIVE CLUB

June 2010

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PREZ SEZ

By Dave Miller

SUMMER PARTY

Well, summer is being pretty slow at gettin' here... But we're gonna party anyway! I hope most of you can join us at the Prosperity Grange Hall on Saturday June 26, 2010 at 4:00 PM. We are having a POT-LUCK dinner, so bring your favorite dish. The club will provide soda and water. You are welcome to bring your own beverage of choice. Prior to dishin' out the eats, we will have a presentation by Leon Scamahorn of Innerspace Systems Corp. If you were ever curious about "Closed Circuit Rebreather Systems" this is the place to be. Innerspace is a developer and manufacturer of this type of equipment. Leon will explain the fundamentals and history of the technology, and show us examples of what is available. Perhaps you could arrange to fulfill a fantasy of trying one of these babies out!

Also at the podium, we welcome Laura James of Seattle. Laura is a videographer, photographer, and is very active in all aspects of the dive community. She has filmed documentaries of diving trade shows and expos world wide, and is a regional (and national) rep for several cutting edge diving products. She will be talking about the awesome Eunis Dive Computer, the "She-Pee" women's drysuit evacuation product, and Scooterfun. Laura has also told me of some other great gadgets she really digs, lately, that she will share with us.

All-in-all, this should be a fun time. We have also invited other dive groups and friends to join us. Everyone is welcome, so please invite friends and family. I have been promoting this event pretty heavily, and wish to thank those who have responded with their RSVP. However, the response has not been overwhelming. If you think that there is a good chance you can attend, I would appreciate it if you could take a sec right now and e-mail me with the number of people in your party, and a wild guess at what you might bring for the pot-luck. This will help me better prepare for the event. Please send your RSVP to:

kelpkrawlers@comcast.net

There are several people who are diving that day on charters and with classes. If some groups are running behind, be sure and come anyway. We are not on a rigid timeline. This is all about fun! I can be reached by phone anytime at 360-791-2244. Thanks everybody! Hope to see ya there!

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Safe Diving,



GEAR ABBEY!**A monthly column for “gear-heads”**

Gear Abbey,

I've been diving for some time using the fins I bought for my Open Water Certification class. A shark or a seal... or something ate one of them on my last dive. Well, I mean I came up from the dive one fin short and I'm not sure what ate it. So now I'm looking for some new ones, and I had no idea there were so many varieties. Which ones should I buy?

Signed, Floundering Fiona.

Dear Floundering,

You've asked a very good question. Fins are designed for one thing and, pretty much, they all do the same thing. Their job is to propel you through the water with a minimum of effort. You need to ask yourself; what kind of diving are you going to do and in what kind of conditions?



Some fins are very rigid and will really push you through the water, but they take maximum effort to swim with. Then there's fins that are very flexible and are easier on the legs, but won't do much good against a current... and will make you a little slower.

There are fins that are negatively buoyant in the water, and some that are buoyant and will float. This can affect your trim, or position in the water. Some fins are too flexible and you can't use them in strong currents, or to swim backwards with. They come in a rainbow of colors and a wide range of prices.

First let's talk about basic fin definitions. There is a strap that goes around behind your heel and holds your foot in the shoe part of the fin. The long and wide surface that causes you to move forward is the actual fin part. The top, as seen looking down on the fin when you are wearing it, is the face; and the part on the ground is the bottom. The face and the bottom do most of the work.

The straps can be of a more fixed adjustment design that takes a little bit of work to adjust the fit, or there are quick adjust and quick release. These are nice to use, but create more parts to break.

The fin surface can be long and narrow or short and wide. For some people, the narrow and long fins are easier to

swim with while using the standard flutter kick. If you use the frog kick, the width doesn't matter. You will not want to use long and narrow in overhead environments because it is too hard to remember how long the dang things are, and you could damage the environment.

Most fins are designed for comfort and performance while flutter or scissor kicking, and they are made to push you only in a forward direction. Some types of diving require you be able to move backwards, as well, while keeping your hands still... so keep that in mind.

One style is the “Split-Fin”... These have the face split. They allow the face to flex and let some water pass through, so your foot can move quicker and easier, but you won't swim quite as fast. There are fins that have a flexible piece of rubber where the split would be, which also allows the fin to flex and rebound like a rubber band to propel you forward faster. Yeah, right! Some fins have holes in the face to allow some water to pass through, which increases the ease of kicking.

There are even fin designs with a hinge that runs across the face, with springs running lengthwise that act like a rubber band on the down stroke of your leg. It supposedly springs back like a screen door, once again supposedly pushing you forward faster. The key word is “supposedly”. You can even change the number of springs to change the effect. However you cannot swim backward because the fin flexes too much in the wrong direction.

Light weight fins are great for travel, but can really screw up your trim if they are buoyant... which most of them are. You can end up with your feet over your head and fighting not to swim downward all the time. They also tend to be more flexible, so you don't get much forward motion from them.



Negatively weighted fins have the advantage of aiding gravity to help push the fin downward, thus moving you through the water... This really helps you against a current. If you drop one, though, you'd better hope you're not in a hundred feet of water, as it will head for the bottom.

Sooooo, if you want maximum forward propulsion, the ability to swim backward, and swim against currents, and need maximum control in close environments... I suggest you pick the plain black “Jet Fin”. It's made of hard rubber; it's nega-



tively buoyant, somewhat stiff and very durable. Its simple design allows you to flutter kick, frog kick, swim forward in a current, swim backward against a current and get where you want in a hurry. They are shorter and a little wider so you have excellent control with them. They do not make a fashion statement, however. You can get them in any color, as long as it's Black. They run a little over \$100. They will last a life time, and then some. The only thing that can break is the strap. The straps are easily and cheaply replaced.

ScubaPro Jet Fins



If you are only doing recreational diving in clear, warm and quiet water, you can use a more flexible fin. They come in every color under the sun, they are usually easier on the legs and knee joints and you can pay from \$100 to \$300. But beware of durability, and the colors have a tendency to fade over time.

Now Fiona, you know Gear Abbey likes the simple, functional and durable equipment... So you can guess I would recommend the Jet Fins for all applications. You'll never have to replace them unless you run into another fin eating shark, seal, or some other creature. Good luck with your choice.

Signed , Gear Abbey

Gear Abbey...

Mark Reece



Everything you always wanted to know about Bull Kelp, but where afraid to ask! By Dorothy Linzee

We call ourselves the Kelp Krawlers, but do we really know much about kelp? At the last meeting I brought with me some freshly pickled kelp and a few of you were actually brave enough to take an adventure bite. Larry and Karen began to salivate after the first bite and requested that I share the recipe in our next newsletter.

So, before I reveal this secret bull kelp pickle recipe, handed down to me by the great mermaids of the

(Continued on page 4)

sea... actually the internet, I would like to share with you the role that bull kelp plays in our underwater ecosystem.



Habitat and Lifecycle

Our local species of kelp is called bull kelp (*Necoreocystis Leutkeana*). Its habitat is rocky subtidal zones from northern California to the Aleutian Islands in Alaska. However, bull kelp should not be confused with Elk, Elkhorn or Giant Kelp, which grows in forests along the California coastline. These larger species are perennial, while our bull kelp is an annual seaweed, though some specimens do survive a second year. Bull kelp growing in the shallows may reach a length of 20 ft. or less, but when it grows at the edge of the ocean it may grow to 200 ft long, and floats thru the water like a kite caught on an ocean breeze.

It is one of the world's fastest growing seaweeds, growing up to 2 feet per day. The adult form is asexual and can produce trillions of spores from leaf sacs in late summer. Only a few survive to germinate to become male or female gamophytes. Sexual reproduction produces the beginning of the diploid sporophyte stage, which will grow into a mature specimen. The tiny offspring cling to rocks at a depth of 69 feet salt water (fsw) or shallower. First, they grow a root like structure called a holdfast. Out of the holdfast grows a single hollow stem, called a stipe, topped by a hollow bulb and 32 to 64 blades of ribbon like fronds. The fronds gather minerals from the water and energy from the sun for photosynthesis. The hollow stipe and bulb are quite buoyant due to the gasses contained

inside. One of the gasses found inside the kelp is carbon monoxide. This is not a usual gas to found inside any living thing, and the kelp does not produce it, but rather collects it from the environment.

Bull kelp provide food, shelter and a safe resting place for many species including young fishes, sea urchins, crabs, seastars, nudibranches, and snails. Sea otters and shore birds find their favorite foods among the kelp and use the kelp as a place to rest.



Eventually the kelp, like all things, must die, or are torn away by storms. Tangled kelp rafts form and usually wash ashore. Do you remember the last time you walked the beach at the ocean and peered into the kelp, looking for life that has found refuge? Some rafts have been known to travel up to 100 miles and may carry other organisms to new locations. This is important for organisms that do not have a planktonic dispersal stage.

Food Value For Humans

I'm sure you will agree that kelp is great food if you are a sea urchin or a nudibranch. But, KELP, for human consumption? I am a partly reformed hippie and have been eating the seas vegetables since the 70's. The Japanese have been eating sea vegetables for thousands of years, in fact, most shoreline inhabitants around the world have been consuming sea vegetables since ancient times. Western cultures however are

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only beginning to enjoy the taste and nutritional value of these tasty morsels. They offer a broad range of minerals found in any food, and are especially rich in iodine which is needed for thyroid health and the prevention of some forms of cancer, especially breast and prostate.

How do you harvest bull kelp?

First you will need a shellfish and seaweed permit. It costs \$11.00 for the year, buy it anywhere you would get a hunting or fishing license. The law requires that you have a scale on hand and you may not gather more than 10 lbs per person per day. You must not tear up the kelp by the holdfast, cut it with a knife or shears 2 ft. up the stipe from the holdfast. I believe this will allow the specimen to grow back.

Sea vegetables can collect heavy metals such as arsenic, from polluted waters, so take care where you harvest. I chose to collect my kelp in the San Juans.

John and I did our collecting on scuba in 10 fsw. The kelp was surprisingly buoyant once cut free, so make sure to be negatively buoyant before snipping! For those who don't dive, the kelp may be gathered from a boat on a very low tide. When the tide is low much of the body of the kelp will be lying on the surface. We collected in mid May, so the kelp was not full grown. Each specimen minus the fronds only weighed about one pound and produced about two quarts of pickles. I have read that the kelp is still good to harvest in June, but becomes tough later.

Kelp Pickles

2 kelp stipes should be enough for this recipe

(discard the top inch of the bulb as it is tough, and the lower portion of stipe that is thin and solid).

Brine - note this brine requires no added salt since the kelp is already salty

6 c. white vinegar (avoid using the petroleum distillate kind)

3 cups sugar

1 Tbs turmeric

Mix above ingredients in a large pot and begin heating to dissolve the sugar.

Add 12 cups kelp that have been cut into O rings cut 1/8" to 1/4" thick

Add 1 onion cut into crescents

Boil in the brine for 15 min. the kelp will shrink down into the liquid.

Clean 4 – 1 qt canning jars and into each jar drop:

3 cloves of peeled garlic

6 peppercorns

A pinch of celery seed

1 Tbs pickling spice (take care to remove all but one clove per jar or will be too spicy)

Optional - 1 dried hot pepper (if you like spicy pickles)

Pack the hot kelp and brine mixture into the canning jars. The liquid should come to 1/2" from the mouth of the jar. Process in a canner to seal, follow the instructions with your canner, usually 20 minutes.

If you would like to skip the canning process, simply throw all the ingredients into a large pot, boil 40 minutes, cool and refrigerate.

Enjoy your delicious sea vegetable as a side dish or tasty snack. Don't forget to bring some to a meeting to share.



Kim's Great Adventure

By: Kim Stenek

You might say, I had a "whale" of a good time at the Northwest Dive and Travel Expo in Tacoma!

To begin with, I attended Cathy Church's photography class. Wow! What a whirlwind of information! When the class was over, I walked out with a new dive buddy! Speaking of buddies... our dive club was well represented. Everywhere I went, I ran into another friendly, familiar face! It feels good to be part of such a fun-loving and active dive club.

The show was amazing, and the vendors were interesting and very approachable. Even Jamie, our Aquanaut friend, was busy selling his very own invention; "Dive Horses". As a matter of fact, when I went by his booth, he had just sold one!

As I slowly walked from booth to booth, signing up for free trips and gear, (a girl can dream, can't she?) I couldn't shake the feeling that the vendors were treating me more like a celebrity than a customer.

The mystery was solved when I was offered a free t-shirt that had a \$20.00 price tag on it. When I asked why the vendor would give me the t-shirt instead of charging me for it, he pointed to my badge and replied, "Well, Mrs. Church, maybe we could do some business together..." It was then that I realized that the badge I had worn for the photography seminar had Cathy Church's name on it in bold print and my name in teeny tiny letters. Had any other vendors mistaken me for the world-renowned underwater photographer, Cathy Church? Probably not, but you'd better believe I'll be wearing that badge to next year's Dive and Travel Expo!



Cathy Church and Kim Stenek



Photo by: Don Noviello



Benefiting



Seattle Children's

HOSPITAL · RESEARCH · FOUNDATION

The fourth annual *Dive Around The Clock* will take place:
 Friday July 16, 2010 (starting at 4:00 PM) and
 Saturday July 17, 2010 (ending at 4:00 PM)
 At Redondo Beach in Des Moines, WA

In 2009, *Dive Around The Clock* raised over \$22,000 for Seattle Children's Hospital Cancer Research Program.

The goal of *DATC 2010* is:
 24 Hours - \$24K
 (Raise \$24,000 in 24 hours of diving)

Register now for 2010 Dive Around The Clock at
www.divearoundtheclock.com

The Kelp Krawlers Dive Club is donating \$500 to this cause. Thank you KK members. Carolyn Fornoff is our contact person for this event. Specific information will be forthcoming. The Kelp Krawlers will have a specific timeslot for us to meet and dive as a group. However, anyone is welcome to attend any time they like, and dive as often as they want (should). This event will be our club dive for July. We hope to see ya there.

Dive Around the Clock



Children's
 Hospital & Regional Medical Center

Conservation Corner: We are Ambassadors

By Steve Sutton

For the most part, divers are very good about recognizing the need for ocean conservation because of the love that we have of the sport and the environment we visit. We have learned to do what we can to protect marine life and habitat. There are those, however, who have not yet gone beyond the idea that diving is just an entertainment sport and the marine life is there to play with.

In a recent trip to Roatan, I witnessed an event that at the same time highly surprised and saddened me. During a night dive after a puffer fish was spotted, the dive master grabbed the fish and massaged it until it puffed up. As if that weren't enough stress on the fish, he then handed it to a pair of divers who played with it as if it were a beach ball pushing it back and forth. After the dive, a one on one discussion came up with the dive master about the stress caused to the fish and the dangers to its health. Amazingly, the dive master said he didn't know that. If in fact he didn't know it, he now does, and hopefully he will pass the knowledge on to other divers... as he should be doing as a steward of his local waters.

If we don't speak up when we see things like this happening, the behavior will most likely not change. In most situations, if done appropriately, no one should get upset or embarrassed in such a discussion. As a brand new diver, I remember very distinctly my first close encounter with a sea turtle and getting a stern reminder later from a fellow diver that I should not be touching it... a good lesson for me.

Let's resolve to be conservation ambassadors in our travels near or far, and do our part to help protect what we love. Speak up when you see inappropriate behavior.

Phosphate update: We had discussions earlier about the importance of using low phosphate detergents. It is now the law - as of July 1 the amount of phosphorus in dishwasher detergents allowed statewide must be no more than 0.5%. This is a great step toward a healthier Puget Sound.

Nisqually Reach Nature Preserve Research Dive

Special thanks to Don Noviello for organizing our May club dive, which was a survey dive to help gather baseline data for the proposed Nisqually Reach Nature Preserve. This dive took place at Tolmie State Park, which is located in this Nisqually Reach area. The group collected information on the various species they encountered, and documented their sightings.

Thank you to the Kelp Krawlers that participated: Heidi Kirk, Jeff Evans, Paul Onstott, Jackie Winter and Don. It is a long walk and surface swim with your gear at that site. The weather wasn't so great either.

Don will have more information soon about other potential research dives for this project. Let us know if you want to join in! On this trip, the group identified 11 different fish species and 32 invertebrate species which they have submitted to Dan Hull at NRNC.

Thanks again, guys... I am excited to see our club involved in this type of activity!



