

The "Down Under" Newsletter

The Official Publication Of The Yakima Dive Club



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From Karissa

Galeophobia:



Galeophobia is the fear of sharks in the ocean or even in swimming pools. It is ranked 54th on the top 100 phobias list on Fearof.net. I think that movies like Jaws helped with that ranking. There are many websites out there that give suggestions on how to overcome phobias and fears. A couple common ways to they suggest are confronting them directly and education about the source of the fear. According to National Geographic the three most dangerous species of sharks are Bull Sharks, Tiger Sharks, and Great Whites. Below are some brief facts about them to educate and places to jump in and spend some quality time with them.

Bull Sharks can grow to a length 11.5 feet and weight of 699 lbs. These aggressive predators are nicknamed the pit-bulls of the sea. Bull sharks can live in both salt and fresh water because they don't have the same salt concentration as the seawater they swim in. Beqa Adventure Divers in Beqa, Fiji has established to underwater viewing ledges at 60 feet and 100 feet. With the support of several safety divers, brave divers can sit and remain in one spot and watch the Bull sharks swim above them.

Tiger Sharks commonly grow to a length of 14 feet and weigh up to 1400 lbs. They are named for the dark vertical stripes found mainly on juveniles. Tiger sharks, nicknamed wastebaskets of the sea, have a completely indiscriminating palate and garbage such as old tires has been found in their bellies. They are listed as Threatened on the endangered species list. Divers can head to Tiger Beach in the Grand Bahamas, Bahamas to get up close and personal with this. It is said that these sharks may bump you as they swim by to look at you.

Great White Sharks, the largest predatory fish on earth, are credited with 30-50% of the 100+ annual shark attacks throughout the world. Luckily most of these are not fatal, they are just naturally curious and like to take sample bites and swim away. These misunderstood, solitary sharks are listed as Vulnerable on the endangered species list. Rodney Fox turned a near fatal shark attack into a life of advocating for Great White. Rodney Fox Shark Expedition is the only tour in the world that offers ocean floor cage diving off the coast of the Neptune Islands in Australia.

Here are reference links to learn more about any of the items above.

- <http://animals.nationalgeographic.com/animals/fish>
 - <https://marinebio.org>
 - <http://www.sportdiver.com/photos/shark-week-2013-top-10-shark-dives-whale-sharks-to-great-white-sharks?image=7>
 - <http://www.fearof.net>
 - <http://www.rodneyfox.com.au/tours/diving/>
- A little chuckle for you:** Naming my new dog "Shark" was a mistake. I've been banned from all my local beaches. (courtesy of : <http://laffgaff.com/shark-jokes-and-puns/>)
- *****

**March 8 Meeting Site
IS Peking Palace at 601
North 1st Street**

**Articles For April's YDC's
Newsletters**

Here is your chance to send in your best write-up and/or photos for the April editions.

Please submit by March 28th!

Yes, the articles should be related to diving, optional; the **first day** of April!

Yakima Dive Club Minutes

February 9, 2016 - Sea Galley Restaurant (meeting was in the west corner cove due to banquet room being used by another group.)

President Karissa opens meeting with a welcome to all and asked how many read the newsletter and are familiar with **Project Aware and the 50 days-50 states diving tour?** The tour will be at Edmonds on Saturday, June 4th. After discussion, **our dive club shall be there** to show support. Sign-ups shall start at the next meeting.

The meeting continued **with introductions and each told about their 'weirdest' dive.** (modified to unique or memorable dive). **Welcome to visitors Clarence (Buzz) and Linda.**

Minutes from January: Kenn - Accept as published in the newsletters

Treasurers Report: Paul - We are in the black

Membership Report: Dues are due. Current Roster was passed around for changes.

Historian Report: Dennis - This is our 27th year. Please send photos throughout the year to him to be included in our 2016 memorabilia.

Meeting Sites: Discussion of various sites was held. The **March meeting shall be at a different place. Specifics shall be emailed to all and appear in the March newsletters.**

Club Dives:

February 21, Sunday: Seacrest Cove 2 (Alki). Leader: Dick C. Sign up with Dick. **Very important to contact Dick by Friday, February 19th to confirm.**

Yellow House - March 18-20. Sign up

with Kenn. Sign up page was passed around.

Summer camping/motel/diving weekend adventure: Dennis - Shall have some possible sites and dates at the next meeting.

Other Sites/Dates

Club Events (Dates & Leaders needed)

Pond Clean Up (Sarg H. Pond - not available April 23 or May 28-29) Kenn & Karissa shall work on this together. Suggested either the first or second weekend of May.

Summer BBQ

Crab Fest???? Site-Date ????

River Float

BB& B's

Halloween Pumpkin Carving/Costume

Christmas Gift Exchange

Other - *Sally/Steve were asked if they would consider doing 'Survivor-Diver' again* this year. They felt that new 'leaders' would be better to have some new ideas for it. ***Shall continue this at the next meeting.***

Club Constitution & By-Laws Update on revisions. Shall be done by the board and presented to the membership for vote upon draft completion.

Club Promotions: the following are 'works in progress'.

Yakima Herald Outdoor Column: Karissa

YVC possible addition to curriculum: George D.

PNWU of H.S. Community Fair in August: Mandy

Dive Report

Ty W. just returned from Hawaii.

Great diving and adventures. He shall have a video to present at the next meeting.

Carmody Scuba Travel Updates: Returning to St. Lucia on February 18-25, 2017

Yakima Dive Club Shirts? Discuss at the next meeting

Next Meeting: March 8. *Site shall be emailed out and presented in the March newsletters.*



YDC's February Club Dive at Seacrest/Cove 2. Page 4



<https://youtu.be/eSpo4K-r7bk>



Chocolate Before Diving? Really?

See Page 7

YDC February Meeting





Yakima Dive Club

at the Yellow House

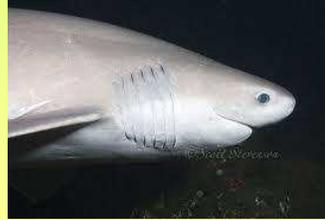
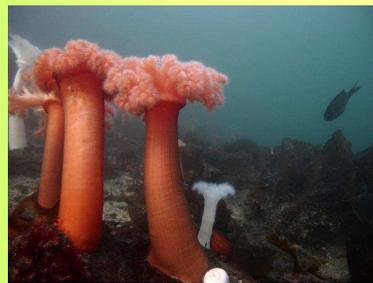
March 18-20



• Join us for a weekend of diving adventures, post celebration of St. Patrick's Day and welcome the 'first day of spring'.



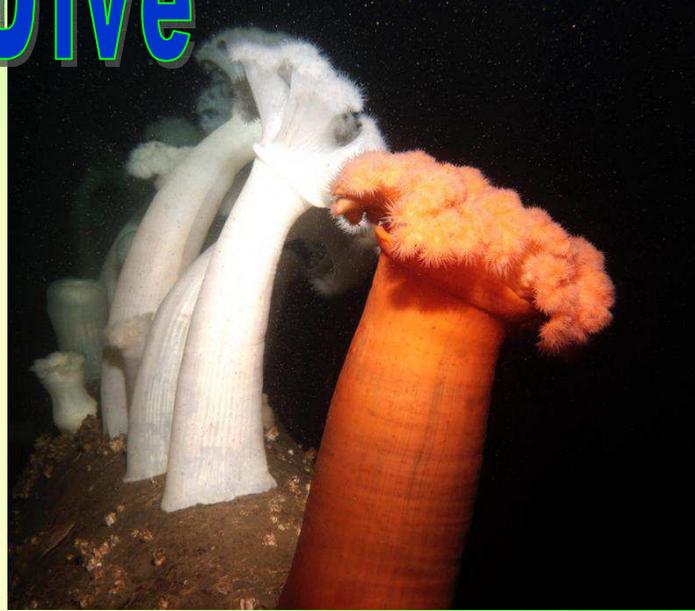
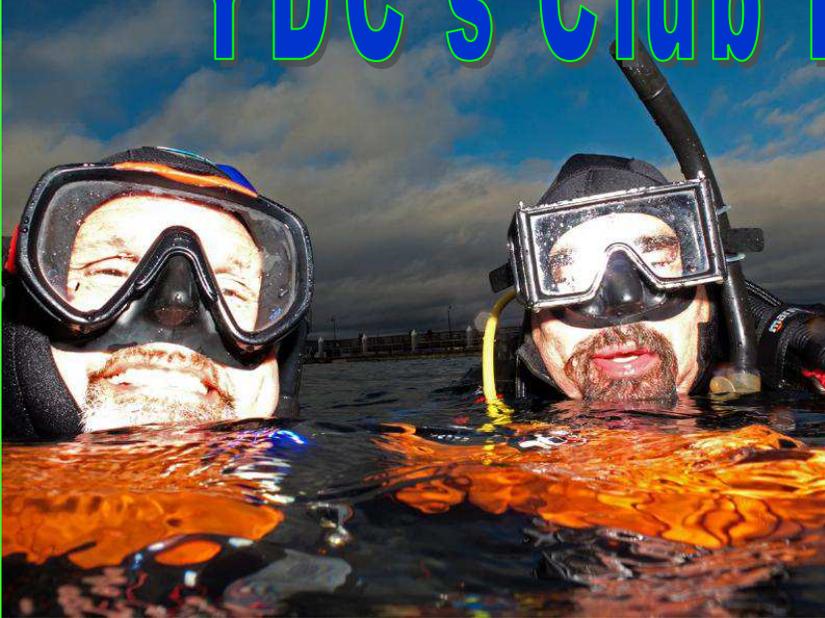
- Diving is 30 yards to the waters of Hood Canal.
- Three days and two nights for \$120.
- Full kitchen
- Washer and dryer
- Two large flat screen tv's with cable and dvd movies
- 3 bedrooms (first come, first assigned to)
- Beds and trundles in the dorm for up to 11.
- All bedding and towels provided
- 4 bathrooms
- Hot tub
- Huge BBQ
- Wi-Fi
- Divers Inn:
- Drying room with rinse tank
- Gear up room with benches
- Half bath
- Outside rinse shower
- Grocery store and gas station 3 blocks from house
- Hoodsporn n Dive commercial business shop 2 blocks from house



Reports of 6 gill sightings



YDC's Club Dive



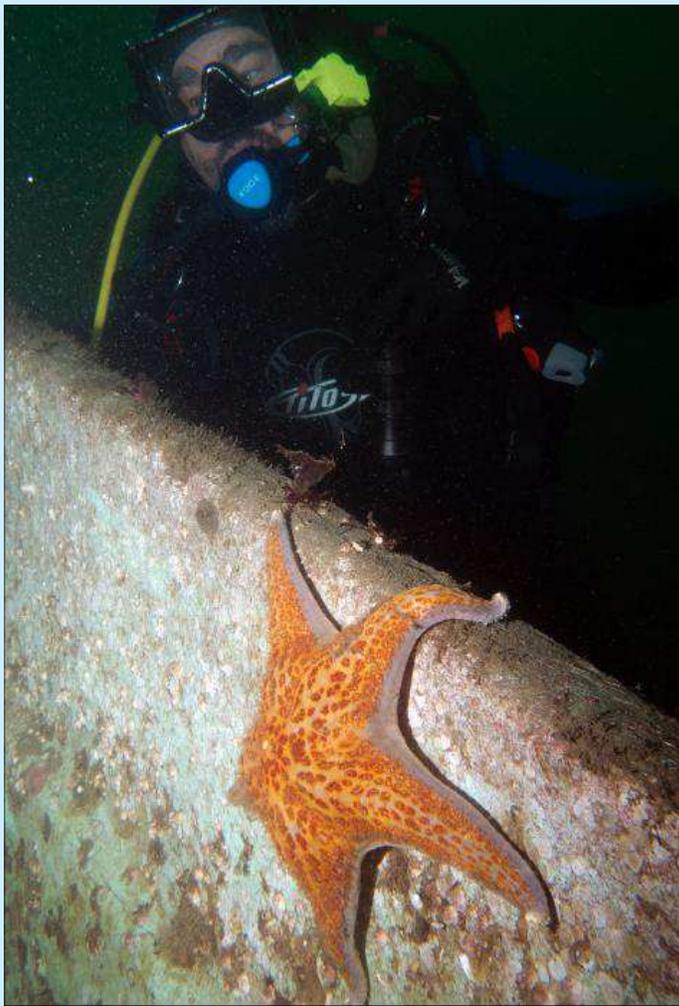
From Dick Carmody

Rocky Brooks, from Prosser and the Atomic Ducks, met Dick at Seacrest Cove 2 for a dive on Sunday, February 21. We had about a quarter of an inch of rain in less than a half hour just before the dive. But the sky did open up and allowed great views of downtown Seattle waterfront along with some wind. The rain didn't help the viz and cooled the water temp to 47, but we broke open to almost 15 feet as we got deeper. Several classes had been there earlier in the morning, so they had also stirred up the muck. And we crossed an advanced class doing their navigation square swim who really stirred things up.

But it was a good dive. Besides the usual crabs and shrimp, we saw some great anemones on the pilings. We also saw a nice ling, about 20 pounds, and almost ran into a couple of ratfish! There were 2 bunches of squid eggs and several starfish on the Honey Bear.

Great time to get in the water and enjoy the Sound and Seattle. *****





Carmody Scuba

Contact Dick or Leslie
for details.

March 5-12, 2016, Bon-
aire, Divi Flamingo

April 2016 Little Cay-
man Island

October 2016 Wakatobi

For Sale:

Women's size 10 O' Neil Wet
Suit (Farmer John bottom with
jacket) for sale \$50 and a pair
of Scuba Pro Split Fins, size
Medium in Gray \$30

Contact Sally R.



March 18-20

We have the Yellow House
reserved!

YDC-2016 Meeting Dates

March 8
April 12
May 10
June 14
July 12
August 9
September 13
October 11
November 8
December 13

How To Prepare For Your First Night Dive

BY [TRAVIS MASHALL](#)
POSTED DECEMBER 12, 2015



Shutterstock

Exploring the underwater world
at night can be even more in-
credible than diving during the
day.

FIVE TIPS FOR YOUR FIRST NIGHT DIVE

Night diving is one of the most
magical experiences you can have
as a diver. But diving in the dark
does require a little extra prepara-
tion to stay safe. Here are five tips
to get you ready.

1. Be Gear Savvy

Night dives include equipment you
might not use during the day, such
as underwater flashlights and tank
strobes. Be sure to install the bat-
teries, check the bulbs and famil-
iarize yourself with how these
items work beforehand so you're
not fumbling in the dark.

2. Give Yourself A Hand

Hand signals are hard to see at
night, so night divers use their
flashlights for modified signals.
For example, wave the beam of
your flashlight on the bottom in
front of your buddy (never in the
eyes) to get her attention.

3. Dive It During The Day

The best way to prepare for a night
dive is to explore the site during

the day beforehand. You'll know
the layout of the reef, your entry
and exit points, and exactly which
sections of the dive site you want
to see.

4. Brush Up On Compass Skills

During the day, it's easy to navi-
gate by underwater landmarks in
good visibility. At night, you'll
only see the patch of reef illumi-
nated by your flashlight, so your
compass is the most reliable way to
get around.

5. Practice Going Slowly

Slower is always better underwa-
ter. You breathe less air and see
more when you take your time.
That goes double for night diving.
Not to mention that getting lost or
having to make a long surface
swim can quickly turn from frus-
trating to dangerous in the dark.

Membership Dues Are Due For 2016

*The Yakima Dive Club collects
dues once a year from members.
We don't send out invoices, we
just expect that you will either
pay at the meeting or mail your
dues to the post office box.*

First year membership is free.

*If we don't receive your dues
by March, we assume you
don't want to renew and we
take your name off the ros-
ter.*

Single \$20 Family \$25

View and Share Our 2016 Yakima Dive Club's Promotional Video At:

<https://youtu.be/Lkgqfi6Oo3w>

Eat Chocolate Before Diving - Really!

By [Gretchen M. Ashton](#) Jan 25, 2016

There is still a lot of discussion among researchers about the variables and specifics of how cocoa works positively on cardiovascular health, physical performance, and reducing risks of DCS, but it does.

Eat chocolate before diving — it's not only delicious, it's good for



your dive health. Chocolate on the outside soothes the skin; chocolate on the inside soothes the soul and much more. Giving someone chocolate as a romantic gesture is no coincidence; it has long been touted for its aphrodisiac qualities. When ingested in small amounts, chocolate helps energize the body during exercise and assists post-workout replenishment of muscles. Best of all, chocolate has properties that help maintain heart health for divers and reduce the physiological stresses associated with decompression sickness (DCS), aiding in post-dive recovery.

There is still a lot of discussion among researchers about the variables and specifics of how cocoa works positively on cardiovascular health, physical performance, and reducing risks of DCS, but it does. Generally speaking, outcomes point to activation of nitric oxide (NOS) and antioxidant and anti-inflammatory effects.

Yes, Eat Chocolate Before Diving

You've got our permission to eat chocolate before diving, but a little bite goes a long way. An average chocolate bar is 40 to 45 grams, or about 1.5 ounces. According to the studies, ingestion of just 30 grams of dark chocolate one hour before diving can prevent something called endothelial dysfunction. Endothelium cells form an inner lining in blood vessels, where the presence of NOS and inflammation factor into the body's ability to process substances going to and from the blood and body tissues. NOS hinders bubble formation. Simply stated, properties in dark chocolate help with off-gassing and prevention of DCS.

Eating chocolate before a workout helps maintain blood-glucose levels, higher insulin levels and re-



duces oxidative stress, helping divers exercise harder and longer, as well as build more muscle and recover faster. Divers wishing to lose body fat will benefit by eating chocolate after a workout to avoid interfering in fat loss. Dark chocolate or cocoa is the best choice and it is important to consume it within 45 minutes after exercise.

Low-fat or non-fat chocolate milk is recommended as one of the best post-workout recovery drinks. Some exercise enthusiasts crave chocolate milk after running or training at high intensities. Chocolate milk provides carbohydrates, protein and amino acids (the building blocks of protein), restoring tired muscles, providing energy to build muscle, speeding up recovery and preventing delayed-onset muscle soreness. Studies describe

benefits from eating three to four ounces of dark chocolate prior to high-intensity exercise and workouts lasting at least 90 minutes. This equates to 1/4 cup of 70 percent dark cocoa powder added to milk, water or non-dairy milk. Reducing the portion of chocolate to 1/8 cup is a reasonable recommendation for less intense and shorter workouts.

Research also shows that chocolate helps prevent cardiovascular illness and high blood pressure, which rank at the top of medical conditions reported by divers. Plant-based nutrition is key to maintenance of health. Along with consuming fresh fruits and vegetables to help reduce the risk of coronary heart disease and stroke, divers can enjoy the fruit of the cocoa plant, which has a beneficial effect on blood pressure, insulin resistance and vascular and platelet function.

Remember to enjoy chocolate in moderation and avoid high fat and sugar varieties — this isn't carte blanche to eat a Hershey Bar each day. Chocolate is categorized based on the amount of cocoa solids it contains; the lower the cocoa percentage, the more milk and sugar has been added and the lower concentration of benefits. Dark chocolate ranges from 35 to 80 percent cocoa solids. Baking chocolate is unsweetened and nearly 100 percent cocoa. Milk chocolate contains 20 percent or less of cocoa solids, and white chocolate is made from just the cocoa butter, vanilla, milk and sugar.





The dry suit is a woman's with a custom size 8 boot, 1 inch cut off, 30 1/4 inch inseam. The BCD is certainly not new, but has been well maintained and the bladder is good. The dry suit is in very good shape. It makes no sense to have them hanging in the closet.



Asking price, \$25.00. for the BCD, \$200.00. for the drysuit.

contact info is:

Gary Cecil.. .

541-480-8979

ggskjcec@centurylink.n

God's Pocket Resort

One of the best cold water diving places in the world according to several dive magazines!

Bill just emailed us that there was a cancellation for the week we are going to be there.

3 or 4 openings. May 3-8. Six Days, fine nights, four days of 3 or 4 tank diving.

At this time, there are six of us from our dive club going. More the merrier!

Facebook: <http://www.facebook.com/group.php?gid=119713988046643>

Twitter: <http://twitter.com/divegodspocket>

Pinterest: <http://pinterest.com/godspocket/>

Website: <http://www.godspocket.com/>

Trip Advisor:

[http://www.tripadvisor.ca/Hotel_Review-g184839-d1078414-Reviews-](http://www.tripadvisor.ca/Hotel_Review-g184839-d1078414-Reviews-God_s_Pocket_Resort-)

[God s Pocket Resort-](http://www.tripadvisor.ca/Hotel_Review-g184839-d1078414-Reviews-God_s_Pocket_Resort-)



Eric and Joanne have XS Scuba luggage interested in selling.

They have two exactly the same, they are well taken care of and each have a matching duffle bag which is one of the pictures.

Asking \$50 each which would include the duffle bags.



They also have four - aluminum 80 tanks. They all need to be VIP'd and hydroed. They know that is expensive and are willing to just give them to someone

who would like to go through the process of having them usable again. Sick of them taking up space in our garage :)

Contact Eric and Joanne
erichanses@hotmail.com

WebDonuts.com

<https://youtu.be/eSpo4K-r7bk>



6 Ways to Care for Dry-suits

BY [ROGER ROY](#) POSTED FEBRUARY 5, 2016

Drysuit Exposure Protection

Follow these 6 tips to ensure proper maintenance of your drysuit and ensure that it keeps you staying warm and performing perfectly for years to come.

Put the suit on a wide hanger, zip it up, and wash it with fresh water and mild soap. Insert plastic cups or small buckets into the openings to keep water from getting inside the suit. Flush valves and wash seals to remove any body oils, and scrub zipper teeth.



Turn the suit inside out, and wipe down the liner with a damp rag to clean any sweat residue. Wash and dry the insides of the boots with towels.

Let the suit hang until dry, and then turn it right-

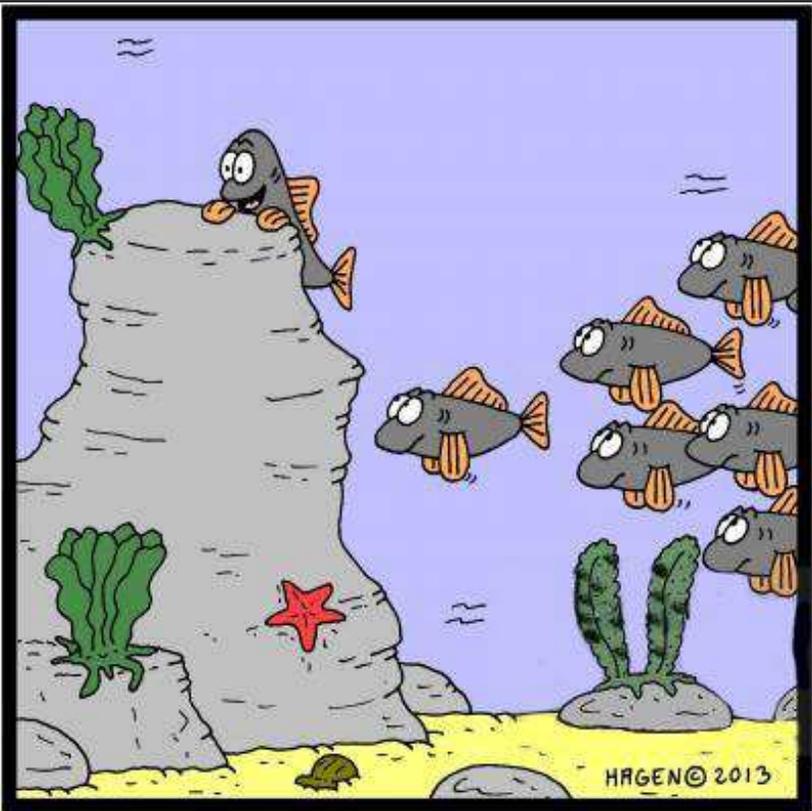
side out to inspect for tears. Look for abrasion; obvious scuffing might be a sign of trouble to come, warranting the addition of protective patches.

If you noticed a leak, repair it after it has thoroughly dried and before storing. Many leaks can be repaired at home; follow the manufacturer's recommendations.

An annual overhaul enables you to get the valves serviced by a professional. This would also be the time to replace any questionable seals, service the zipper, and repair any leaks.

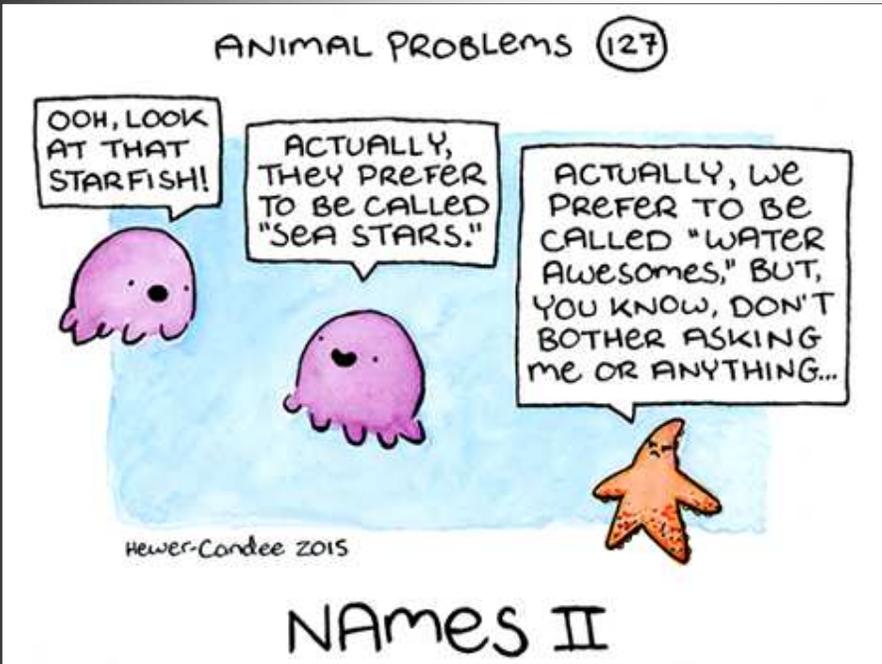
Store the suit with the zipper either fully closed or fully open. If left partially open, the slider will leave a mark in the zipper track that might not seal the next time you wear it. Some divers store their suits on extra-wide hangers; others fold them loosely and stow them in a plastic bag to protect from ozone.

Next Meeting:
March 8, 2016
6:30 P.M..
Peking Palace
601 North 1st
Street



It's OK guys, they're recreational SCUBA divers, not spear-fishermen...

<https://youtu.be/Lkgqfi6Oo3w>
(Y.D.C. Promo **2016**)



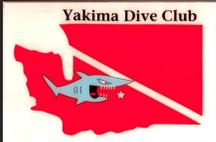
NAMES II

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