



2018



# SharkBait Dive Club

## April Speaker Katie Kozma, Reef Check

Katie is the California Training Coordinator for Reef Check Foundation, a non-profit organization based out of Marina Del Rey, CA. Katie received her Bachelor of Science in Biology, with an emphasis in Marine Biology, from San Diego State University. While completing her undergraduate studies, she earned her AAUS scientific diver certification, conducted independent research on fish foraging strategies in eelgrass habitats, and performed eelgrass habitat assessment surveys. Following graduation, Katie spent three years teaching marine biology in San Diego to K-12 students from across the United States and visiting students from around the world. Katie's responsibilities with Reef Check include organizing and conducting research surveys throughout the Southern California region and training volunteer eco-divers in the California monitoring protocol. She's also responsible for the Reef Check California Youth Education Program. Katie develops the youth program curriculum and provides exciting educational experiences for all participants, combining meaningful classroom activities with hands-on demonstrations in the field.



Founded in 1996, the Reef Check Foundation exists to help preserve the oceans and reefs which are critical to our survival, yet are being destroyed. With headquarters in Los Angeles and volunteer teams in more than 90 countries and territories, Reef Check works to protect tropical coral reefs and California rocky reefs through education, research and conservation. Every year, Reef Check trains thousands of citizen scientist divers who volunteer to survey the health of coral reefs around the world, and rocky reef ecosystems along the entire coast of California. The results are used to improve the

## SAVE THE DATE

## COMING UP

- April 10 Club Meeting  
Graziano's Italian, Yorba Linda
- April 14 Boat Dive  
Cee Ray to Catalina
- April 15 Beach Dive  
Heisler Park Laguna Beach
- April 22 Earth Day
- May 2 Chamber Day
- May 20 Beach Dive  
Fisherman's Cove, Laguna Beach
- June 2 Newport Harbor Underwater Cleanup
- June 8 World Oceans Day
- June 23-24 Scuba Show Long Beach

management of these critically important natural resources. Reef Check programs provide ecologically sound and economically sustainable solutions to save reefs, by creating partnerships among community volunteers, government agencies, businesses, universities and other nonprofits.



## Did You Know???

### What is Eutrophication???

Eutrophication is a big word that describes a big problem in the nation's estuaries. Harmful algal blooms, dead zones, and fish kills are the results of a process called eutrophication—which begins with the increased load of nutrients to estuaries and coastal waters.

Sixty-five percent of U.S. estuaries and coastal water bodies are moderately to severely degraded by excessive nutrient inputs, which lead to algal blooms and low-oxygen (hypoxic) waters that can kill fish and seagrass and reduce essential fish habitats. Many of these estuaries also support bivalve mollusk populations (e.g., oysters, clams, scallops), which naturally reduce nutrients through their filter-feeding activities.

The primary culprits in eutrophication appear to be excess nitrogen and phosphorus—from sources including fertilizer runoff and septic system effluent to atmospheric fallout from burning fossil fuels—which enter waterbodies and fuel the overgrowth of algae, which, in turn, reduces water quality and degrades estuarine and coastal ecosystems.

Eutrophication can also produce carbon dioxide, which lowers the PH of seawater (ocean acidification). This slows the growth of fish and shellfish, may prevent shell formation in bivalve mollusks, and reduces the catch of commercial and recreational fisheries, leading to smaller harvests



and more expensive seafood.

This NASA Earth Observatory image shows the region where the Mississippi River meets the Gulf of Mexico. It illustrates how sediment is moved from the land to the sea. The Mississippi River carries millions of tons of nutrient-rich sediment into the Gulf each year.

### What causes a sea turtle to be born male or female?

In most species, gender is determined during fertilization. However, the sex of most turtles, alligators, and crocodiles is determined after fertilization. The temperature of the developing eggs is what decides whether the offspring will be male or female. This is called temperature-dependent sex determination, or TSD.



### What is SPAT???

Oysters are a type of shellfish that live in brackish and saltwater bays, estuaries, and tidal creeks. When oysters reproduce, they spawn tiny larvae that freely navigate the water column until they find an appropriate habitat with a structure to settle on. Once the larvae permanently attach to a surface, they are known as spat.





### **Volunteer Divers Needed**

Bill Maley is a club member and is looking for divers to assist him and his team providing rescue standby for boat and waterski races in the area. Give him a call or E-mail him if you are interested in participating.

## **Divers and Medics Needed**

### **Rescue Standby for Boat & Waterski Racing.**



Schedule: Weekends most months. No minimum attendance.

Locations: Parker, Elsinore, Havasu, Mission Bay

Reimbursement: Lodging, Fuel, Food & Other (\$50+/day)

Training: In-water extrication and immobilization. First Aid & Oxygen certification.

Medics = EMT or higher. Comfortable in the water.

Divers = Advanced by certification or experience.

### **Contact**

Lead Medic: Bill Maley      [wotbill@cox.net](mailto:wotbill@cox.net)      (949) 933-6754

Lead Diver: Dan Eisenbeisz      [dan@isnbice.com](mailto:dan@isnbice.com)      (949) 510-3362

Website: <http://www.meetup.com/wmi-corp-water-rescue>

## Upcoming Dives

### Change in Beach Procedure

Participation in our beach dives has been pretty spotty of late and to save Martin the hassle of getting to the dive site and having to abort because no one is there we have initiated a RSVP protocol. If you are participating in our beach dive, E-mail Martin at [n1diver@aol.com](mailto:n1diver@aol.com) or call at 714-833-9167.



[www.clipartof.com](http://www.clipartof.com) - 441036

### Beach Dive April 15, Heisler Park 7:00 AM

Having been a preserve for many years these waters teem with friendly fish and lobster. You will find barred sand bass, sheephead, calico bass, opaleye, schools of jack mackerel and more, including the ubiquitous bright orange garibaldi.

For the best diving, head out to the outer edges of the kelp (about 150-200 yards out) and circle around to the left. Water clarity varies but averages about 15 feet. The bottom is quite interesting with rocky ridges and small pinnacles reaching up to 25 feet down from a 35-40 foot bottom.

From the bluff it is easy to observe conditions and how the kelp forest pans out. There is shore access at other places in the park, but the easiest is at the northwest end directly out from the statue right off Cliff Drive. Here there is a ramp that leads down to a sandy beach with generally easy entry. If you want you can wheel your gear down to the sand and there you will find a freshwater shower. At the top of the bluff are restrooms, picnic tables and barbeques. Parking is metered at \$2 an hour with the new-fangled meters taking quarters and credit cards. Look for Martin.



### Boat Dive April 14 Cee Ray to Catalina

#### Details

3 dives

Bring your own tank and gear (air fills on boat)

Boarding - 6am

Cost - \$150, includes food and air fills.

Please call or visit the Seas The Day Store in Brea as soon as possible to make your reservation. Spots for this trip normally fill quickly. Scuba gear also available for rent.

Seas The Day Scuba  
1039 E. Imperial Hwy  
Suite F1  
Brea, CA 92821  
(949) 220-0500





## Relief in a Wetsuit

There's a well-worn saying among divers: there are those who pee in their wetsuit, and there are those who lie about it. There's a physiological effect called immersion diuresis. When you drop into water that's colder than the ambient air temperature, vasoconstriction (narrowing of the blood vessels) occurs. Extra blood is sent to the central organs, which your body interprets this as a fluid overload. The body signals the kidneys to produce urine and your brain tells you it's time to drain the main vein.

Pee proponents often describe how a mid-dive release can make a cold dive much warmer. Unfortunately, the effects are temporary and counter-productive.

Warm urine fools your body into thinking it's no longer in a cold environment. So when cold, fresh water enters your suit, your body isn't prepared. Now you're worse off than before and your body must expend extra energy warming up that cold water. If fresh water isn't being introduced, either because your suit has great seals, or you haven't "flushed," that means you're soaking in your own urine. That's gross. Here are some better ways to keep warm while diving.

### How to Pee Like a Pro

Take care of business at the beginning of a dive rather than waiting until the end. This creates a greater opportunity for urine to wash out. Avoid foods that make urine extra-odiferous such as: asparagus, brussels sprouts, garlic and salmon.

Don't pee in a friend's wetsuit

If you ever find yourself renting a wetsuit, assume every person who's worn it has peed in it

Always rinse your wetsuit out

Wash your wetsuit periodically



## Upcoming Classes

Continuing education courses are designed to advance your diving skills and keep you doing what you love. You can start right after earning your Open Water Diver certification.

Taking another dive course will help you gain more confidence and enhance your scuba skills so you can find new ways to explore the underwater world.

April Classes:

Advanced Open Water: April 15

Rescue: April 22

EFR: April 24

**30th ANNUAL CHAMBER DAY**

**20th ANNUAL CHAMBER EVE**

**Wednesday, May 2nd, 2018**

**CHAMBER EVENING RAFFLE GRAND PRIZE**

**GREAT WHITE SHARK TRIP TO GUADALUPE ISLAND WITH THE NAUTILUS EXPLORER**

Diving is an amazingly safe sport . . . until it isn't. But we're all human and things happen. In fact, a study has shown that 69% of diving accidents are caused by diver error. So the last thing you'd want to hear is, "Sorry, there's no chamber in the area so there's nothing we can do for you." Fortunately, that's NOT the case in SoCal. Since 1974, divers have relied on the USC Catalina Hyperbaric Chamber to bail us out when things go wrong. And once again, our Chamber is counting on you.

2018 marks our Chamber's 44th year of unbending service to the Southern California diving community. While our Chamber still gets about half of its funding from L.A. County, Chamber Day & Eve have become the major source of funds to keep our Chamber available to us 24/7/365. And that's why we need you to participate in Chamber Day & Eve 2018 on Wednesday, May 2. And we're trying some new things this year that we hope you'll find inviting.

This is our 30th annual Chamber Day event. The first one in 1989 attracted about 200 divers and netted about \$15,000 for our Chamber. Over the years the event has grown to over 1,000 participants by adding Chamber Eve, the Flying Dutchman, and the Chamber Challenge. Last year we raised just under \$106,000 for our Chamber. We are justifiably considered the largest single-day scuba charity event in the United States and perhaps even the world.

It's important to know that ALL monies raised go to the Chamber. No administrative fees are deducted from the proceeds, the participating SoCal boats donate their time and services, the manufacturers donate gear for raffle prizes, the Aquarium of the Pacific donates their facility for Chamber Eve (we still have to pay for the food), hundreds of volunteers donate their time, and you (hopefully) donate your money.

Here's how you get involved:

**Chamber Day** - Two dives at Catalina and a walking tour of the Chamber facilities including meeting rescue personnel from various first-responder agencies.

**The Flying Dutchman** - For those who can't do the daytime dive (IMPORTANT NOTE - IT'S A FAKE BOAT AND YOU'RE NOT REALLY GOING ANYWHERE.).

**The Chamber Challenge** - Direct donations which can also be in someone's memory.

**Daytime Raffle** - Lots of prizes and you don't have to be present to win.

**Chamber Evening** - Sit-down dinner at the Aquarium of the Pacific.

**V.G.D. (Very Generous Diver) Package** - Limited (150 people) add-on to a Chamber Evening ticket that gets you early access, free close-in preferred ground-level parking, and other goodies.

For more information and the specifics about each of these, click the link. And remember that you can sign up using our secure server, or you can call Chamber Day HQ at 310-652-4990.

Mark your calendar for Wednesday, May 2 and Chamber Day & Eve 2018. Hope to see you there!!!

## Don't Forget Our Sponsors

We are fortunate to have a great group of sponsors who contribute to the success of SharkBait Dive Club. Without their help and support, we wouldn't be able to provide the benefits that membership in SharkBait gives our members.

We need to do our part also by supporting our sponsor/friends with our continuing business support. When considering a purchase of equipment, a class or a trip, or when you have that irresistible taste for Italian food please remember our sponsors. They are great partners !!!!



1039 E. Imperial Hwy, Suite F1  
Brea, CA 92821

Tel. 949.220.0500

Mon Closed  
Tue – Sat 10am – 7pm  
Sun 12pm – 6pm



17487 Imperial Hwy  
Yorba Linda, Ca 92886  
(714) 524-2770  
<http://www.grazianosrestaurants.com/>

# Club Information



Monthly club meetings with speakers and raffle prizes  
Monthly Newsletter  
Land-based Club activities and events for the whole family  
Organized local dives  
Resort warm-water trips  
Good dives and good buddies  
Membership costs are as follows .

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New Membership:

Single \$40 pp

Family \$50 (couple/family)

Renewal:

Single \$30

Family \$40

membership renewals are due in February for all current members. New members dues will be prorated depending on the month they join the club

Dive Club members will receive from Seas the Day SCUBA

\*10 free air fills, or 5 free nitrox fills

\*10% discount on all merchandise except cameras and camera equipment, weights and cylinders (very skimpy markup on these items)

\*discounts on boat trips with the club.

## Club Board Members

### President/Speakers/Webmaster

Vlad Ilinsky

[vilinsky88@gmail.com](mailto:vilinsky88@gmail.com)

### Vice President

Dieter Jacobs

[DieterJ457@gmail.com](mailto:DieterJ457@gmail.com)

### Secretary/Beach Dives

Martin Carreon

[n1diver@aol.com](mailto:n1diver@aol.com)

### Publicity/Social Media, Warm Water Trip

Silvia Swigert

[silviaswigerts@gmail.com](mailto:silviaswigerts@gmail.com)

### Seas the Day Liaison/Beach Dives

Kevin Streeter

[kstreeter001@ca.rr.com](mailto:kstreeter001@ca.rr.com)

### Membership/Newsletter

Alf Johnson

[alfjohnson1@gmail.com](mailto:alfjohnson1@gmail.com)

### Honorary Board Member

Randy Garzes

## Club Contact/Social Media Information

Website

[Sharkbaitdiveclub.org](http://Sharkbaitdiveclub.org)

Facebook

SharkBait Dive Club - SoCal

Twitter

@sharkbait diver

Scubaboard

[Scubaboard.com](http://Scubaboard.com)