



## Annual San Francisco Reef Diver Seafood Luncheon

Date: October 8, 2000 from 12:00 to 2:00 AM

Where: Pacific Rod and Gun Club 520 John Muir Dr. SF - On the West side of Lake Merced.

What to expect: Fresh abalone, salads, side dishes, desserts and an assortment of beverages. Please feel free to bring your choice of alcoholic refreshments.

A Donation from each guest of \$20.00 (more is better!) is requested. Funds received will help defray the cost of the event and any surplus will be used to pay our high annual rent on our monthly meeting place in the Presidio. Reservations not necessary.

**SATURDAY:** if you're an ab diver, your presence is requested at Fort Ross on Saturday, October 7 at 9:30 AM. From there we will decide upon a good spot to go diving.

**SUNDAY:** 10 AM to 12 PM Set up and prepare abalone. Divers should bring their catch cleaned, sliced and pounded or else show up before 11 AM so that others can clean your catch. An electric slicer will be available at the Rod & Gun Club.

12 PM to 2 PM Cook and Eat

3 PM to 4 PM Clean Up

Your participation is the key to a great ab feed so look over the list below and see how you can help:

**COOKING** grab an apron and pan and you're all set

**CLEAN UP** take a plastic garbage bag and attack the mess

**DIVING** be it abalone or fish, bring it on Sunday for feasting

**SIDE DISHES** please bring something from one of the following categories: 1) appetizer/finger food 2) vegetable/salad 3) starch (rice, pasta, bread, etc.) 4) dessert

**UTENSILS** pounders, boards, stoves, frying pans, spatulas, bowls, sharp knives, and aprons--if you've got 'em bring 'em and don't forget to put your name on everything.

Save Roy Didier a phone call. Call him first and let him know how you'd like to help. Also, don't forget to invite lots of friends! For more information about the Abalone Feed call Roy Didier at (415) 564-5745

For more information call 415-564-5745 or 707-570-0457, e-mail [cdegler@best.com](mailto:cdegler@best.com) or <http://www.sfreefiver.org/fundraiser/info.html>

# The Reef Rap

**September 19th** - September General Meeting: Our speaker is Ellen Gartside, marine biologist

**September 24th** - Day trip to Point Lobos with Robert Foster. Info on page 3.

**September 30th** -3Rs session at Monastery Beach. Call David Clayton at (925) 689-8840 or by emailing drc@ccnet.com. Do it quick! They need 10 more divers to make it happen. See Page 7.

**October - Mexico:** 7-10 day Diving Excursion to the Yucatan Mainland for Reef, Deep, Cavern and Cave diving with sidetrips to the Jungle and Mayan Ruins. Curt Degler Coordinates - cdegler@best.com (707)-570-0457. Look at page 3 for more specifics.

**October 7th - Ab Dive, October 8th - Ab Feed7. event**

10/7 - Ab Dive and 10/8 Ab Feed at The San Francisco Rod and Gun Club. Roy Didier coordinator 415-564-5745. We need divers, cooks and most important, GUESTS!

**October 14th** - We've chartered half the Cypress Point (10 spots). Cost is \$65 for 3 tanks. Nitrox available onboard for additional cost. Contact Jim Vallario to sign up. (415) 566-0784

**October 17th**- October General Meeting.

**Plan an Event!** Summer is over, but we all know that is just the beginning of our prime diving season! Talk to Curtis or me to schedule and publicize it.

**Join the E-mail Discussion site!** The club forum on egroups is getting good use now. In addition to reminders of upcoming planned events, members have used it to put together short notice dive trips. You can join it at <http://www.egroups.com/group/sfreefdivers>. If you have any questions about how to join or use his forum, e-mail Curt Degler at [cdegler@best.com](mailto:cdegler@best.com).

**Be a Buddy!** If you are thinking about going diving on a date when no club activities are planned, you can always call up some people and see if others are up for water. If there are errors in your entry, please contact Loretta at 415-305-7517 or by email at [lorettalowe@earthlink.net](mailto:lorettalowe@earthlink.net).

**Be an Author/Photographer!** I need your story reports on club events! I also welcome UW photos that had good contrast (for B&W printing). If you travel away for diving, we also want to hear about your experiences. Details for submission are on the back page. Please don't send Word documents! Text only please- there are too many silly viruses attached to MS documents.

**August Guest Speaker: Ellen Gartside**

Topic: The Intertidal Zone of the Farallon Islands.

Ellen has been interested in the field of marine biology since she was a child growing up near the Jersey shore. She received her masters degree in marine biology from San Francisco State University in 1996. She has been teaching marine biology for the past 5 years & is currently teaching at Foothill College in Los Altos Hills. For the past 6 years she has been a volunteer for the Gulf of the Farallones National Marine Sanctuary which led to a position as an intertidal consultant. During the summer of 1999 she was invited to assist with an assessment of the intertidal at the Farallon Islands which is the subject of her presentation. She will be returning to the Farallones this winter to assist with elephant seal studies.

## Curt's Akumal Trip - Late October

Final Plans are now being made for a group to travel to Akumal, Quintana Roo, Mexico on the Yucatan Peninsula sometime in the middle of October or Early November for 7-14 days. All participants need not stay the same length of time or leave or depart simultaneously. Note that this is a cooperative cost sharing trip - I am not selling travel or diving.

Travel arrangements - to be decided. Mexicana, which can be booked through UAL is my preference but this can be discussed. Discounts for group travel possible.

Location - Akumal - about 70 miles south of Cancun right on the Caribbean coast.

Accommodations - Luxury beach condo with 2 bedrooms/2bath, kitchen, AC, ocean view. cost is estimated at \$25.00 per person per night @ 4 persons per condo.

Diving - Recreational drift diving similar to that found on Cozumel. Real attraction is the nearby availability of the world's finest freshwater cenote, cavern and cave diving.

Dive Operation - The Original Akumal Dive Shop - There is a recreational diving special - \$200.00 a week for unlimited boat diving. Their technical diving operation can provide guides, all special equipment, and transportation to the cenotes, as well as offering training for all levels of penetration from cavern, cave, stage diving, scooters, and technical deep cave.

Additionally, for those interested in deep diving, they have a helium fill station on site and a buoy and hang line anchored in 190 FSW. Deep training is offered at all levels from advanced nitrox to trimix and beyond, including instructor training.

Topside activities. Two large Maya Ruins are easily visited Tulum and Coba. The latter is estimated to have supported a population of 70,000. And Nearby Playa Del Carmen offers unlimited nightlife.

Here are some URLs for more info:

Akumal in General <http://www.i-akumal.com/> <http://www.locogringo.com/>

Akumal Original Dive Shop <http://www.akumal.com/>

Some Cavern and Cave Images <http://www.primenet.com/~trog/yuccave.html>

Interested? Please e-mail me asap at [cdegler@best.com](mailto:cdegler@best.com) or call at 707-570-0457. --Curt Degler

### **Point Lobos Day Trip**

We have secured 4 reservations (for total of 12 persons) at Pt Lobos on Sunday, September 24.

I (Robert Foster) will be coordinating the trip, so send all your requests for space, issued first-come first-serve, or any questions directly to me via E-mail or phone (w. 510-622-6113). I prefer e-mail ([robert.foster@teligent.com](mailto:robert.foster@teligent.com)) if at all possible. I will keep a list of all requests above the 12 person limit, to be issued in case of last minute cancellations. The group will have to split the \$28 reservations fee, which we will collect on the dive day, so please bring \$2.50 each.

If anyone has a watercraft which could be used for getting to Bluefish cove or the outer part of Whalers, and wouldn't mind bringing it, please do!

## Channel Islands Aboard the Peace

When Loretta first proposed renting a van and driving to Ventura I jumped at the chance to sign on. In my imagination I saw a combination of the Green Tortoise and Ken Keasy's Magic Bus. This being the dawn of the new millennium, I knew we would probably not have to pass the electric cool-aide acid test, but still, an adventure beckoned. That imagine collapsed somewhat when Loretta and Frank pulled up to Clyde's house and told us about their encounter with a Bay Bridge toll taker. It seems that he took a fancy to Loretta, but one look at the two sliding door, multi purpose van and he immediately assumed that they were a couple. Just one of the dangers of driving a van nowadays, how things have changed since I commanded the slow lane with my 1961 Volkswagen van.

Back to Clyde's house: by now the 'Honeymooners meet Route 66' crowd are all here and staring at the pile of dive gear which has accumulated on the sidewalk. Our gaze goes from the pile to the van's cargo space and back to the pile. Do we really need all this stuff, who's running away to sea? Is it legal to ride on the roof if the vehicle is equipped with a luggage rack? In the end we manage to get everything stowed away and head off on the first leg of our journey. I'll skip the details of our epic odyssey and just say that it reminded me of a combination of the Burt Reynolds film The Cannon Ball Run and Steve McQueen in Bullitt.

Fast-forwarding to Sunday morning around six o'clock and I just heard the anchor chain make its run for the bottom. This is my first time on a live aboard and I'm hooked already. Coffee and an English muffin in hand, I wander towards the bow waiting for my fellow divers to rouse from their slumbers. There are 26 of us on board, all but three are members of the Reef Divers, and the other three are members of the Sacramento Sea Horses. Our first dive is at Farnsworth Banks, sixty feet to the top of the reef with walls dropping to 150 feet or so. After the dive it's scrambled eggs, potatoes a gratin, juice and more coffee. This was to be the pattern for the next couple of days. Get up in the morning, have a snack, make the first dive and then have breakfast. Depending on one's ambition there was time for a dive or two before lunch. After lunch another couple of dives and then dinner, usually preceded by some sort of snack to keep our strength up. After dinner there was a night dive for those who still didn't have enough underwater time. In between dives you could nap, work on that perfect tan, catch-up on your summer reading or take part in one of the lively conversations going on most evenings after dinner.

The Peace is far from the most luxurious boat on the water; it's like wearing an old sweater, the elbows are patched and you can't wear it to the office, but still, it feels good. The crew was great, we moved from one terrific dive spot to another. Each spot presented something different to see and experience. Aside from Farnsworth Banks, we anchored at Land's End, the Rock Quarry, Ship Rock, Doctor's Cove, Little Geiger's, Coral Reef and Fish Bowl. One of the best parts of the trip for me was diving without a hood; it's like riding a motorcycle without a helmet, only safer. Who needs tropical waters when you have Catalina?

I'm already looking forward to next year's trip, warm waters, good company, no e-mails or cell phones, great diving and there's the road trip, Ken Keasy never had it so good. Seeing the Pacific Coast Highway, or PCH sign brought back a lot of youthful memories. All I have to do now is shed the pounds I gained so that I can squeeze back into my wet suit. Fortunately I have a whole year to do that in. See you all on the Peace in 2001.

--Pierre

[But be sure to read the next page ----->>>]

## Channel Islands, Take Two

The Channel Islands trip on August 20-22 was one of those outings you don't forget. First dive: Farnsworth Banks. Hard to get to in the first place. Dead calm. Viz, probably 80 feet. The next day, Ship Rock. Viz, better than a hundred. Temperatures ranged from the high 60s to the low 70s. Lots of good sites and the weather was mostly clear and warm. There is great diving in Northern California. But, this was some great diving.

I know I am not alone in the self congratulatory smugness that says, 'If you can dive Northern California, you can pretty much dive anywhere.'

So, when the club books a dive boat, we seem to be expecting the best possible sites. I know that other charter boats have been accused of taking the club on kiddy rides, and therefore, the Peace was chosen because of this belief that they would provide the best possible adventure. Whether or not this is true, I couldn't say. But, as far as the Peace goes, they couldn't be faulted for not delivering.

However, after reviewing our performance, I think the club needs to do a little more to live up to its end of the bargain. There were more than several near emergencies relating to basic dive skills.

If we expect to be going to advanced sites, then we need to put advanced, current, and fit divers in the water.

Yes, a good many of the sites were suitable for the beginner and intermediate, or the diver who's a little rusty. But, some of the sites, though under ideal conditions, were still past the skill level of some of the divers on this trip. Had the conditions changed, we could have had one of those situations.

Even good divers make mistakes. So, it is easy to understand that a beginner might unexpectedly stumble into serious trouble.

It would be great if every diver would know beforehand when they are looking at a dive that may be beyond their capabilities, or the conditions are not quite right. Unfortunately, this kind of judgment usually comes with experience.

I've also been told that some experienced divers don't like to dive with beginners. After all, they came on this trip for the adventure. But, we have a large pool of experienced and solid divers in this club. We could do a better job of sharing this information with others.

I encourage a strong diver program. And a little team work. Everybody out of the gate should be capable and ready.

And who are these less experienced divers? You can't always tell. A new member doesn't mean a new diver. Maybe they should tell you.

I encourage anybody who has a skill or equipment question, or if the next dive feels like it maybe a little too much, ask for help. Two newbies diving alone may learn a lot from their mistakes, if everything turns out okay. And if you are the more experienced diver, and sense somebody next to you might feel uneasy, apprehensive, or unsure, then offer help. A more experienced diver, mentoring the less experienced could show by example, ways to make the dive easier, check their skills, and help them to make adjustments.

If you want the boat taking you on advanced dives, don't give them a reason to limit you to the kiddy rides, or tether you to a dive master.

--Kenneth Gwin

[Editor: If you were one of the ones that had a mishap or two, consider the 3Rs seminar at Monastery at the end of the month. Self rescue is the best way to nip a little problem in the bud. Read more on page 7.]

## A Weekend at Jade Cove

The Jade Cove trip turned out to be quite an eventful weekend. Those in attendance were Ann Gilmore, Judy Allen, Frank Matzkies, Anthony Singleton and the Radkeys (Jim, Pam & Alison). By Friday night everyone had arrived and on Saturday morning we did the traditional Reef Diver CTC ('check the conditions' for you new folks). From the top of the cliff we could see that the kelp was extremely thick and extended out almost over the horizon. The hike down to the water appeared to be along a trail for mountain goats, not divers. Baa, Baa, we all clambered down to get a better look. After we arrived no one was very motivated to haul gear and dive Far Under (the) Cold Kelp, so we picked through the pebbles on the beach to see what we could find. Everyone found at least one form of jade and then we went our separate ways for the day: Frank and Ann went bike riding, Judy went for a hike, Anthony took a siesta and the Radkeys went south.

We returned from our adventure late that afternoon to the opening scene from Superman. Everyone we passed in the campground was looking up toward the hills and pointing. It's a bird! It's a plane! No, it's a forest fire! Straight up the hill we could see a dark billowing cloud of smoke in the sky. There were helicopters and planes circling above and swooping in to drop water and red slurry on the fire. Our campsite had a perfect view and was right next to the fire road. We would wave at, and encourage all the firefighters, as they would roll by to battle the blaze. The fire seemed to be moving up the hill so we weren't too worried about having to evacuate.

As we prepared dinner we swapped stories about our day. Frank A.K.A. 'Vertical' rode his bike straight uphill, avoiding zealous gun toting landowners, toward the ridgeline and then north to Mill Creek. Ann valiantly attempted to follow but quickly realized that the road wasn't going to level off. So she returned to camp. Later that night Ann was very happy about her decision as Frank estimated he rode about 20 miles.

Upon returning to camp Ann teamed up with Anthony for a hike. During their journey they noticed some suicidal woolly bears (you know, those fuzzy little caterpillars) crossing the highway. They watched anxiously, making bets, as one determined fellow took his chances only to be blown and knocked around on the road by passing cars, and Winnebagos, until he successfully made it to the other side. Who won and what was the bet, you ask? You'll have to ask Ann or Anthony. One thing is for sure Reef Divers can make entertainment anywhere!

We Radkeys took a winding drive southward down good old and new Highway 1. We introduced Alison to elephant seals (not very exciting to watch them snoozing) and found a number of good ocean access spots (next time we'll bring the kayaks!) and a few tourist traps. We returned with food, ice and future dive spots marked on the map.

But where was Judy? The sun began to set and she hadn't made it back to camp. We began to worry. Just then she came walking up the road with the most exciting story of all. While she was hiking up the hill a volunteer fireman, with a passenger, pulled alongside and offered her a ride up to the fire site (he was looking for volunteers to help). Judy accepted the ride but as they got closer to the ridgeline the driver thought better of his plan and said he couldn't take them any further. So Judy started hiking back to camp and was offered another ride from a passing motorist. They got about halfway down the hill when they found the road blocked. Some brilliant person had attempted to drive up so he could gawk at the fire and had gotten stuck. The fire crews had to help get the car out of the way before they could pass.

We ate dinner and plopped down around our campfire. Frank made the comment that he had brought three tanks and would really like to dive. With some beers under my belt and a warm fire in front of me (Jim) I promised to dive the cove in the morning. Baa!! Baa!!!

The next day Frank and I stood on the cliff looking down at the cove, this was the point of no return. We had decided to take the gear down in two trips. The first trip was a piece of cake and the

second not to bad; we were still excited about the dive.

After the second trip I sat on the shore, trying to catch my breath, looking at Frank who was very patiently waiting for this tired old guy. In no time at all we were crawling over the rocks and feeling the cooling water surround us. We snorkeled out to the enormous kelp bed, about 20 feet, agreed on a compass heading and submerged into the shallow but deep darkness not so far under the cold kelp. Amazingly enough we found the visibility to be quite good, at least 20 feet at about 20 feet. There was a lot of fish and invertebrate life all over. This was good since neither of us really knew what jade looked like under water. We stuck to our planned compass headings and hit every rock in the proposed triangle path that we had discussed. We decided to head back with about 1500 psi because of the kelp and lack of confidence in compass navigation skills only to find ourselves back at the start point with about 1200 psi.

With our confidence up and our fear of finding poor vis behind us we decided to get another tank. The second dive was even better than the first. We had both agreed that jade was not important and depth and the sights were. So for the second dive we took a heading and off we went. The sights were great the depth was about 35 feet. We had a nice casual dive in a beautiful spot. The rock formations were outstanding. We even managed to find some jade. I took a big piece for me a smaller one for Pam and an itty bitty one for my daughter, Alison.

--Pam, Alison and Jim Radkey (P.S. Thank you Frank M. for all your patience and the inspiration to do this dive in spite of the dinky, puny, little cliffs. )

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Date: Thu, 14 Sep 2000 12:12:36 -0700  
From: David Clayton <drc@ccnet.com>  
Subject: 3Rs Dive at Monastery Beach September 30th

Divers, We need about 10 more divers to to make the Monastery Beach 3Rs session on September 30th a go. Please send an email to me asap if you are interested.

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Announcing the 3Rs (Rocks, Rips and Reefs) Program Sessions on (Saturday) September 30, 2000.

Monastery Beach: This 3Rs Session will be held at 8:30am on Saturday September 30, 2000: Steep sand beach entry and exits, rough water, kelp practice, etc. Monastery Beach is south of Monterey on Hwy 1. We will provide hot dogs on the beach after the Session. Sign up for dive by sending an email to David Clayton at drc@ccnet.com or by calling (925) 689-8840.

Goals of the 3Rs Program: The 3Rs Program is designed to help divers safely enter, exit and surface swim through various conditions at beaches that pose specific challenges to divers. We will rotate dive sites in the future.

Cost of Program: The 3Rs Program is run by volunteers. No one is compensated for helping. There is no charge for the 3Rs Sessions (although a \$5.00 donation is welcomed to help offset expenses).

What do you need to bring: Snorkeling gear. The techniques you learn can be applied to scuba diving. No scuba is used in 3Rs Sessions (of course you are free to scuba after the session is over). Please take 1/2 the weight off your weight belt prior to coming to the beach.

Who can attend: Certified Divers (C Card must be presented at sign in on the beach).

**About SFRD (San Francisco Reef Divers):** The Reef Diver Times is the official newsletter of the San Francisco Reef Divers, a not for profit community organization dedicated to safe sport diving and the preservation of our ocean resources. Membership is \$25 annually, dues payable to SFRD. There is a general Club meeting on the third Tuesday of every month at 7:30pm. We meet at the Presidio Alliance Building, Room B, 563 Rucker Street, The Presidio, San Francisco. Rucker is the first left after entering via the Lombard Gate Entrance.

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SFRD

<http://www.sfreefdivers.org>

Reef Diver Times

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