

# MARIN SCUBA CLUB NEWSLETTER

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OCTOBER 2019

## October Meeting: Tristin McHugh, Reef Check California – From Kelp Forest to Urchin Barren

Our October meeting will focus on a presentation entitled: “Phase Shift from Kelp Forest to Urchin Barren Along California’s North Coast”.



*Tristin enjoys diving in cold No. California water.*

As a kid, Tristin McHugh, MS, UC Santa Cruz, North Coast Regional Manager with Reef Check, was always knee deep in some water system. Becoming a scientific diver helped her find a niche in studying the underwater environment and changed her life.

“The idea of protecting such an invaluable resource, kelp forest ecosystems, by using research divers and technicians filled me with admiration for the marine science field and those who were so deeply engrossed in the conservation efforts,” she said.

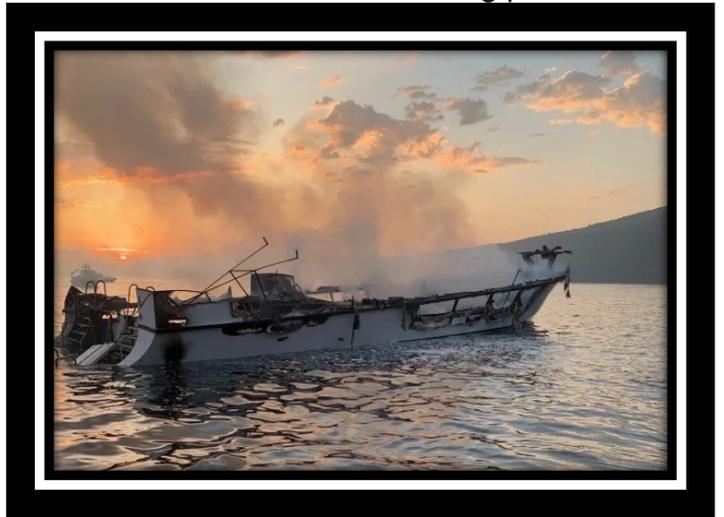
### About Reef Check California

Founded in 1996 by marine ecologist Dr. Gregor Hodgson, the Reef Check Foundation is a global NPO dedicated to conserving two ecosystems: tropical coral reefs and California nearshore rocky reefs and kelp forests.

**See page 2 for more Reef Check news.**

## The Truth Aquatics Tragedy: Conception Sinks, 34 Die

Most MSC members have been on one of the Truth Aquatics liveaboards out of Santa Barbara at one time or another in our diving past.



*The Conception was 75-feet long.*

So all of us were shocked when we saw the Conception going up in flames on September 3 off Santa Cruz Island, killing 34 people in the worst maritime disaster in modern California history.

As of 10/2, the company has suspended all diving operations. But each of us has fond memories of trips on one of the three ships to the Channel Islands and most recently to Big Sur.

### Saturday, October 26<sup>th</sup> Point Lobos Dive

Join Ken Carter and other cold-water enthusiasts for a Point Lobos dive later this month. Depending on water and weather conditions, attendees will determine where they’ll do a shore dive or hop on a Beachhopper boat dive.

Six have signed up; six more slots are available. For more information, contact [kc@marinclub.org](mailto:kc@marinclub.org).

**See page 2 for more MSC News.**

## Reef Check (Continued)

Reef Check California volunteers are divers, fishermen, kayakers, surfers, boaters, and a wide range of locals who take a proactive role in making sure that our nearshore ecosystems are healthy and well-managed.

Tristin will discuss kelp forest changes and would love to have your support: [volunteer today!](#) Visit [www.ReefCheck.org](http://www.ReefCheck.org) or email [tmchugh@reefcheck.org](mailto:tmchugh@reefcheck.org).

## MSC September Presentation by Richard Woulfe

Richard presented a very engaging and certainly very enlightening series of tips and interactive discussion to our membership at September's Marin Scuba Club meeting.



These included:

- **Lighten your load** — If possible, rent a BCD and regulator from your resort or liveboard, but take some of your own gear if you can.
- **Have a positive mindset** — Always important when dealing with multiple flights.
- **Pack light** — But don't forget your passport.
- **Remember to hydrate** — This is especially important during long flights; also limit your liquor intake and avoid processed foods.
- **Pack your meds** — Carry some of your non-prescription supplements, too.
- **Rest as much as possible** — Sleep when you can on flights to minimize jet lag.
- **Order special meals and get served first.**

Read more of Richard Woulfe's travel tips: <https://www.richtravels.com/>

## 35<sup>th</sup> California Coastal Clean-Up Recap

On 9/21, Alissa and Mike Ralston, neighbors Steve and Victoria Einhaus, Lisa Kuhn and Ralph Daniels helped clean up Kirby Cove. Join us in thanking them for their hard work.



## New MSC T-Shirts: Going... Going...



A few shirts are still available for \$30 each. Contact [chair@marinclub.org](mailto:chair@marinclub.org)

## Whale Tail License Plates

Thanks to Claire for letting us know that funding is now available: [www.CoastalCa.gov](http://www.CoastalCa.gov).



# BOTTOM TIMES

**Oct 16 (Wed):** Guest speaker Tristin McHugh of Reef Check California. Topic: Phase Shift from Kelp Forest to Urchin Barren Along California's North Coast. Club Meeting: Book Passage, 7:15 – 8:45 pm. Free for members; \$5 for non-members.

**Oct 26 (Sat):** Join Ken Carter and others for a Point Lobos dive this month. A shore dive or a Beach-hopper boat dive will be determined by attendees. Six have signed up; six more slots are available.

**Oct/Nov (Sat: Date TBA):** Join us for a snorkel on the American River led by Ken Carter during the Salmon and Steelhead Run upstream to the hatchery. Contact Ken for details: [kc@marinclub.org](mailto:kc@marinclub.org).

**Nov 20 (Wed):** Guest speaker Lara Mandyn: Exploring The Underwater World of Freediving. Freediving is about more than deep dives and competition; it's an entirely unique way to experience the underwater world. Learn about the freedom of diving on your own breath, what it takes, and how to get started. Whether you're a seasoned scuba diver or someone who's never been diving before, freediving is a great way to increase your comfort in the water and provide opportunities from spear fishing to swimming like the mermaid you've always wanted to be. Club Meeting: Book Passage, 7:15 – 8:45 pm. Free for members; \$5 for non-members.

In addition, as a freediving and mermaid instructor, Lara teaches classes at Bamboo Reef Scuba Diving Centers in San Francisco. She has been specializing in underwater photography and performance work since 2009 at Fathom Films, the Bay Area's only dedicated underwater shooting studio, where she has worked as a choreographer, underwater talent coach, and head promotional model.

**Dec 13 (Fri):** Save the Date for our Holiday Party at Barb's home. Evites to be sent early November for Marin Scuba Club's most anticipated and biggest social event of every year.

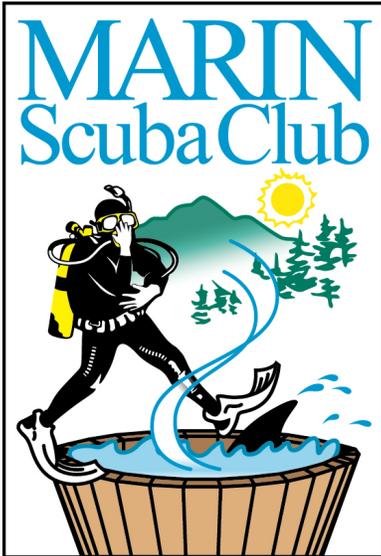
**Feb 15-22, 2020:** Club Tropical Trip to Little Cayman Beach Resort. 12 members have signed up to date. ESCAPE Package: \$1,895pp / double occupancy; 7 nights, 12 dives; breakfast / dinner, airport transfers + all taxes. CLASSIC Package: \$2,195pp / double occupancy; 7 nights, 21 dives; breakfast / dinner, 21 drinks, airport transfers + all taxes. Contact: [kirsten@amazingadventuretravel.com](mailto:kirsten@amazingadventuretravel.com)

**May 8-17 2020:** Philippines Dive. Join Ellen at the land-based El Galleon Dive Resort in Puerto Galera for 9 nights. She has negotiated a 10% discount for each guest off your room price. If she gets one more diver, we would have a slightly deeper discount for all. The manager is currently holding two poolside rooms and one Seaview room until she gets other requests.

Boats depart 4x/day for short runs to dive sites. Breakfast is included; airfare and transfers are not. 5% charge for credit cards. Rental gear is \$16/day; Nitrox is \$66/week. Seaview Room: \$1,422.45; double occupancy: \$1,966.95. Pool side room: \$1,309.95 double occupancy; \$1,741.95 for single. Contact Ellen Sakoloff for details: [ellen\\_hope@sbcglobal.net](mailto:ellen_hope@sbcglobal.net)

**We promote safe diving. Remember to always plan your dive based on the conditions, be aware of your skills and equipment, and, above all, always stay with your buddy.**

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Tiburon, CA 94920



**Next Meeting:**  
**Wed., October 16th:**  
**Tristin McHugh,**  
**Reef Check California –**  
**“Phase Shift from**  
**Kelp Forest to**  
**Urchin Barren Along**  
**California’s North Coast”**

**Book Passage**  
**51 Tamal Vista Blvd.**  
**Corte Madera**

**Marin Scuba Club**

**The Club meets the**  
**3rd Wednesday**  
**each month**  
**(except December**  
**— no meeting)**

**Marin Scuba Club**  
**Board of Directors**

<http://www.marinclub.org>

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