

MARIN SCUBA CLUB NEWSLETTER

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JUNE 2024

June 12 Meeting: Brian Stanley, “Freediving – Breath Holding, Equipment, and Techniques”

Brian Stanley, co-owner and co-founder of Bamboo Reef in SF and Monterey, has been a scuba diver since 2002 and a freediver since 2008.



Brian is a Scuba Assistant Instructor Trainer, as well as a Level 2 Freediver Instructor Evaluator.

On Wednesday, June 12th, in the **Exercise Room**, he will present: “Freediving – All You Ever Wanted to Know About Breath Holding: Show and Tell of Equipment and Techniques”.

Focusing on Freediving and Spearfishing.

These days, Brian spends more time training for freediving and spearfishing than diving. His personal best is a five-minute breath hold at a depth of 132 feet (40 meters).

He leads freediving classes, underwater hunting classes, training nights, and instructor courses at Bamboo Reef’s two locations in Northern California (San Francisco and Monterey). These courses will teach you to dive safely while on breath hold, both as a diver and as a buddy, increase your breath hold duration, and help you equalize to depth. Whether you train in San Francisco, or Monterey Bay, all certification dives take place in Monterey Bay.

If you haven't attended one of his free dive training sessions, you're missing out on some serious fun!

About Bamboo Reef.

Bamboo Reef has been serving Bay Area divers since 1961, and Monterey Bay divers since 1970.

They are proud to be one of a handful of SSI Platinum Training Facilities worldwide, which means they have the experience and knowledge to train dive instructors as well as students.

See Page 2: Brian Stanley

May Meeting Recap: Jodi Frediani, “Svalbard: Wild Land, Wild Ice, Wild Life”

Jodi showcased her amazing photography of Svalbard, a Norwegian archipelago located halfway between the North Pole and Norway, south of the Arctic Ocean.



Jodi and her shipmates circumnavigated Spitsbergen on a 10-day voyage aboard the MV Polaris 1.

Reindeer, Puffins, and Polar Bears.

Along the way, they saw reindeer (called caribou in North America) along a glacier river who enjoyed eating Arctic Cottongrass, harbor seals which are a favorite of polar bears, Atlantic puffins, other sea birds, and arctic foxes.



Only several thousand polar bears are still alive in Norway. Some are enjoying “walrus jerky”. It’s “Finger Lickin’ Good”.

Retreating Glaciers.

There are over 2,100 glaciers within Svalbard, including the polar ice cap, which is about 100 miles long. Unfortunately, most of these are definitely in retreating mode.

See Page 2: Jodi Frediani

Page 2: Brian Stanley (Continued)

Founded by Al Giddings in 1961, Bamboo Reef was owned and operated from 1972-2016 by Sal Zammiti; with 5 stores throughout the Bay Area at one point.

Bamboo Reef is now owned by the father/son team of Mark and Brian Stanley. They have been working in the SCUBA industry since 2004 and have more than 30 years of experience between the two of them.

We've Still Got Iron-On Patches. Buy Yours Now!



A few years ago, MSC created long-sleeve T-shirts. They eventually sold out with many members buying several.

Now, we've got iron-on patches to turn any shirt into MSC branded merchandise.

You can buy these for just \$10 at our meetings or contact: ken@kennethrcarter.com.

Annual Elections in June: We Need Some Help.

A handful of dedicated members currently wear many hats to run our club efficiently and profitably. As we mentioned at the May meeting, the annual elections of our Board of Directors will be held at our June 12th meeting.

At this time, we're actively looking for more members to step up to join the Board, especially as back-ups on **Activities** (Dive 'N Dine and parties), **Programs** (guest speakers), **Warm Water, Family-Friendly Dive Trips** and **Treasurer**. Please let us know at the June meeting if you can help MSC.

Renew Your MSC Membership Now.

Our expanding roster is now over 70 for the first time in decades. However, a few members have still not yet renewed, so please do that ASAP.

It now costs an extra \$10 to renew. The fees are \$60 for singles and \$89 for couples.

This generously also includes a year-long subscription to *Undercurrent*, thanks to Ken Smith.

If you're a current member, download a form here: <https://marinclub.org/membership/>.

To become a new member, download a form here: <https://marinclub.org/membership/new-membership/>.

Renew online today or contact Julie Finley for a form by emailing her: membership@marinclub.org

Page 2: Jodi Frediani (Continued)



The polar ice cap.



"I am the walrus, ku-ku-ka-chu!"



An Arctic fox. Who's a good boy?

An Award-Winning Photographer.

Based in Santa Cruz, Jodi is currently collaborating on an additional paper about humpback whale bubble rings. Her website is <http://www.jodifrediani.com/>. Watch her Vimeo presentation here: <https://vimeo.com/944493964>.

BOTTOM TIMES

MEETINGS WILL BE IN THE EXERCISE ROOM THROUGH NOVEMBER

Wed., June 12: Brian Stanley of Bamboo Reef **in person**: “Freediving – All You Ever Wanted to Know About Breath Holding; Show & Tell of Equipment and Techniques”, www.bambooreef.com. Hybrid Club Meeting **in the Exercise Room** at the Sausalito Rec Center — 7:00-8:45 pm.

<https://us02web.zoom.us/j/7983463827?pwd=UGEREJ4VFoycmZRZ2IPWnM5NGp6dz09&omn=89278632123>
Meeting ID: 798 346 3827 Passcode: 755205

Wed., July 10: Carly Anderson **via Zoom**, Topic: “A World of U/W Photos, The Two-Year Dive Trip, and Dealing with Insta-Buddies”, www.globalseahorse.com/, Hybrid Club Meeting in the Exercise Room — 7:00-8:45 pm.

Wed., August 14: Michael Stocker, “What Wuzz That Sound? Ocean Sounds and The Animals That Make Them” **in person**. Hybrid Club Meeting in the Exercise Room — 7:00-8:45 pm.

Wed., September 11: Walter Marti (LA UPS), Blackwater images **via Zoom**. Hybrid Club Meeting, 7:00-8:45 pm.

Wed., October 9: Dan Orr, “Safe Diving for Seniors” **via Zoom**. Hybrid Club Meeting, Exercise Room — 7:00-8:45 pm.

Wed., Nov. 13; Marin Scuba Club Presenters **in person**: Topic: TBD, Hybrid Club Meeting, Exc. Room — 7:00-8:45 pm

UPCOMING EVENTS

Saturday, June 1 – Sunday, June 2, 2024, ScubaShow.com, Los Angeles Convention Center.

Thursday, June 6 – Sunday, June 10, 2024, Emerald Bay State Park, Lake Tahoe – Ken has booked a premium campsite for up to 10 people. Enjoy diving, hiking, and biking, Contact ken@kennethrcarter.com ASAP.

Sat., June 15 – Spring Social @ Simma and Jeffrey’s beautiful farm home in Sebastopol. Evites were sent in April.

Wednesday, August 21 – Sunday, August 25, 2024: Summer Dive ‘N Dine – Russian Gulch State Park. Save The Date! Details to come. Campers pay \$38/day. Contact blwambach@comcast.net if you’re interested.

Sat. Sept. 21, 10:30 am – CA Coastal Cleanup Day. Claire needs help coordinating. Contact claramikowski@gmail.com.

DIVE TRIPS – For details about each trip, see: <https://marinclub.org/trips/>

Sat., July 27 – Sat., August 3, 2024 – Sand Dollar Hotel, Bonaire. There are now 10 divers on this trip. Price \$715 pp dbl. occ. includes 6 days of shore diving and breakfast. **10 rooms are reserved**. Boat diving packages are as low as \$70/day for 2 tanks. Airfare, gratuities, lunch, and dinner are not included. Contact ken@kennethrcarter.com if interested. **LAST CALL**.

Tues., Aug 27 – Fri., Sept. 6, 2024: Cocos Island Shark Tagging Research Expedition with Todd Steiner.

Sept. 14 – 21, 2024: The Best of Cayman – Jim Hellemn has invited MSC to join this trip. Download the flyer: <https://marinclub.org/trips/>. \$2,655 pp double occupancy or \$3,130 single occupancy.

Oct. 23 – Nov.2, 2024: Maldives. 10 days of land-based snorkeling and diving with 7 optional days of diving on a liveaboard. Price: \$2,655 pp double occ. or \$3,130 single. Plan to depart on 10/21 or earlier; arrive 10/23 at [Vilamendhoo Resort](http://VilamendhooResort) for 10 nights. Contact blwambach@comcast.net if you’re interested.

January 25 – Feb 1, 2025, Dominican Republic – The 7-night Turks & Caicos Explorer II liveaboard has a capacity for 20 guests. Snorkel with up to 7,000 humpbacks during calving season: \$4,721 (15% negotiated discount, includes \$450 permit fee, \$450 port fee, meals, and accommodations.) Contact blwambach@comcast.net. **LAST CALL**.

April 12 – 21, 2025, Palau – 10 days/9 nights at Palau Royal Resort: \$2,912/dbl occ. w/ 14 boat dives. Ask Gil for details.

The Marin Scuba Club promotes 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.

If you want to renew or join MSC, visit our Membership pages or contact Julie Finley for a PDF form:

<https://marinclub.org/membership/>



Marin Scuba Club
47 Heritage Drive
San Rafael, CA 94901-8309

Next Meeting:
Wednesday, June 12,
Brian Stanley,
Bamboo Reef SF,
"Freediving",
7:00 – 8:45 pm

**In-Person & Zoom
Hybrid Meeting:**
Sausalito Parks & Rec
Center, **Exercise Room**,
420 Litho Street, Sausalito

The Club now meets on
the 2nd Wednesday
of each month.

**Final reminder:
Renew your
Membership today.**

Marin Scuba Club: Board of Directors

<http://www.marinscubaclub.org>

BOD Chair

Barbara Wambach, Chair chair@marinscubaclub.org

BOD Vice Chair/Social Media

John Lewis, Vice Chair vchair@marinscubaclub.org

Treasurer

Marc Paris treasurer@marinscubaclub.org

Secretary

Lisa Kuhn secretary@marinscubaclub.org

Membership Coordinator

Julie Finley

Member Relations

Ellen Sakoloff relations@marinscubaclub.org

Newsletter Editor/Publicity/Webmaster

Gil Zeimer newsletter@marinscubaclub.org

Activities Coordinators

Barbara Wambach activities@marinscubaclub.org

Program Coordinators

Virginia Bria program@marinscubaclub.org

Bryan Eckert program2@marinscubaclub.org

Special Program Coordinator: Ken Carter kc@marinscubaclub.org