

NEWSLETTER



# San Jose Flipper Dippers

AUGUST 2018

GENERAL MEETINGS HELD  
3RD WEDNESDAY  
OF EACH MONTH  
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**AUGUST 15TH  
GENERAL  
MEETING  
ENTERTAINMENT**

*Social Hour &  
Great Raffle!*

At the August General Meeting we will be having a "Social Hour" to give everyone the opportunity to share their stories of past dives and activities as well as discuss the many upcoming dives during the coming months.

You will also have time to purchase tickets to our monthly raffle for a chance to win some very interesting prizes! And our Door Prize is now up to \$50! Hope to see YOU there! ★

## Plastic Packaging and the Diving Industry

### Undercurrent

Alarmed at the vast amount of single-use plastic used to package new diving equipment, Undercurrent wrote to the major diving equipment manufacturers including AP Diving, Aqualung, Cressi, Halcyon, Huish, Mares, Scubapro, Seac, and TUSA to ask them if they had plans to reduce the excessive amount of plastic packaging.

At least two small British manufacturers are taking the lead. Fourth Element is ramping up with biodegradable packaging. And AP Diving's operations manager, David Jackson, says their "larger products, such as rebreathers and BCDs, already have a reusable storage/shipping container or just a shipping box, and no plastic wrapping. Small products and kits packaged in single-use blister packs or poly bags are being transferred over to biodegradable bags, or in some cases, no packaging at all. There will always be a requirement for environmentally sealed containers, especially for things like sensors, absorbents, filters and oxygen service items."

Eileen Schluter, marketing manager at Johnson Outdoors, told us that Scubapro was tackling the problem. "We do have some sustainable packaging already in place (nonplastic and/or reusable) and plans to eliminate the plastic even more (not only product packaging, but also shipping packaging) . . . I really love this subject and think our industry has a major responsibility, not only to address the issues, but to change our ways."

For Mares and SSI, Stefan Michel replied, "We will launch a program in July to our distributors and direct countries in which we kick off an initiative to avoid unnecessary plastic in packaging and move many of our actual packaging solutions towards reusable pack-



### Look what I found!

Tom Gardner appears to be struggling to hold on to something. The way he's positioned, we're not sure if it's something really big or maybe his dive hood is just too tight. See page 4 to find out the answer. ★



Upcoming Labor Day Weekend at Albion. See page 6.

### Refreshments Are Being Served

The following Dippers are asked to bring a tasty goodie to the next General Meeting: **John Schwartz, Steven Wall, Lance Williams, Brian Zaugg and Barbara Zweg.** Don't forget you will receive a FREE raffle ticket for your donation! ★

### What's Inside?

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Photo: Saeed Rashid

## PRESIDENT'S CORNER



This past July we had a successful Panther Beach cleanup. Just like last year, the post 4th of July cleanup collected quite a bit of trash. The weather during the cleanup was very pleasant and the after cleanup breakfast was delicious. If you've never done it, it's a nice way to start a Sunday morning.

We had an unplanned spearfishing event on Friday the 13th. My lucky day! Each of the four divers including **Steven Wall, John Snyder, Carl Tuttle** and myself, also scored some fish. The halibut and the lingcod are in at Moss Landing.

On July 14th the Club had its monthly S3 dive and it was reported that the conditions were quite nice. No wind, no waves, warm water and the visibility wasn't too bad either in deeper water. Everyone who went had a good experience.

What I've heard from **Bill Delameter**, of the Vaqueros Del Mar Dive Club, ([www.vdmdiveclub.org](http://www.vdmdiveclub.org)) is that there are still openings for people to join the *Conception* on a Channel Islands Dive Sept. 9-11. If you're still interested in going contact Bill. Club member **Barbara Davis** ([bjdscuba123@gmail.com](mailto:bjdscuba123@gmail.com)) is going and has information on the trip and will coordinate carpooling.

Also, room is still available for the *Any Water Sports* Cayman Brac dive trip Sept 29-Oct 6. Contact **Margo Lillie** at [www.anywater.com](http://www.anywater.com) or call (408) 244-4433 for more details or to sign up.

Don't forget our BIG Labor Day get together at Albion on the weekend of Aug. 31-Sept. 3. There won't be any abalone diving but there is spearfishing, fishing, wine tasting, hiking bike riding, and the Saturday night BBQ. Or just sit around and drink or read a book or socialize. See page 6 for info on camping at Albion.

Have fun diving. – **Tom**



## San Jose Flipper Dippers

P.O. Box 7421, San Jose, CA 95150  
[www.SJFlipperDippers.com](http://www.SJFlipperDippers.com)

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### TROPHY COMPETITION

John Snyder 408-378-4963

CLUB COMMITTEES

## Diver's I.Q. Review Corner

This month we have One (1) Question and is worth a chance to win TEN (10) raffle tickets for your correct answer!

**Question:** I'll be diving oil platform Elly tomorrow. Which of the following pieces of personal dive gear can I leave home?

- 1 Compass    2 Computer    3 Hot Dog Float  
 4 Regulator    5 Watch    6 Whistle

Send your answer by e-mail to **Larry Ankuda** at [lankuda@comcast.net](mailto:lankuda@comcast.net). All attendees at the next general meeting with the correct answer will be included in a drawing for 10 free raffle tickets. Good Luck!



## 34 Years supporting the Bay Area dive community!



This August **Any Water Sports** will be celebrating 34 years of proudly serving the Bay Area dive community! Over the years **Frank** and **Ginny Berry** have developed a large following of divers looking to continue advancing their skills through classes, excellent equipment service and participating in some great international dive adventures. Located on Saratoga Avenue in San Jose, they are a PADI 5-Star Instructor Development Center, offering unsurpassed SCUBA classes, service, gear selection and dive travel. Be sure to stop by the store and wish everyone a Happy Anniversary! ★

## RAFFLE NEWS

Lance Williams

July, just another fun meeting and of course a fun RAFFLE with full participation from the Dippers present. I will begin with the DOOR PRIZE drawing. Of course 'tis ends a great time for Flipper Dippers. The 'DOOR PRIZE' was drawn by a fellow L.O.R.D. **Bill 'SHIP' Shipman** so no collusion could be in play at this time. Let me remind ya-all L.O.R.D. is Loyal Order of R E T I R E D Dippers!



Carl with his bottle of wine and 'Cone Head' tank cover.

The Raffle was a success; **Carl King-Tut Tuttle** was the BIG winner with three items picked from the table, a bottle of Chardonnay, donated by **Mike Chalup**, the book "World Without Sun" and a Red tank cover provided by Williams & Williams. Mike also donated a bottle of fine dry white wine won by **Kathy Williams** as Mike successfully picked up two raffle gifts including a wall-hanging "Fish" presented by **John Snyder** and a Dippers antenna flag donated by Williams & Williams. Next winner John picked the nearly-new 4-person tent, scored during the Dippers' July beach cleanup, and a fish stringer donated by Lance and Kathy. **Manuel Mangrobang** picked a rare paperback donated by L.O.R.D. **Hunter Reed** "Abalone Diving." Our Club president **Tom Gardner** won the paperback on Lobster Diving placed on the table by L.O.R.D. Lance. And lastly Kathy won the rescue tube. The P.C. police have been informed of the Dippers activities and will issue tickets to appear soon.

**THE DOOR PRIZE:** The \$40 door prize would have gone to **Michelle Schimberg** who's name was drawn for the 2nd time in a row! And for the 2nd time in a row she was not at the meeting! We hope she doesn't spend a lot of money playing the lottery - or going to Las Vegas. **So, the door prize is now at a whopping \$50.** Remember YOU, and that includes you Michelle, must be in attendance to be eligible to win.

**THIS MONTH'S RAFFLE:** We're back to our monthly raffle donation program. Each month we pick names from the Club's Roster for members to bring a donation for the Raffle Table. So this month the following folks are asked to bring a dive-related gift: **Tom Gardner, Jackie Gardner, Teresa Hanson, Donnavon Hill, John Jones** and **Manual Mangrobang.**

If you live out of the area or can't attend the General Meeting, please contact **Lance Williams**, 1-650-321-5255, Willo1044 @yahoo.com, to send in a check. He will pick up a raffle donation in your name. The raffle has always been an important part of our General Meetings. Please do your part as a Club member and provide a raffle donation when your name comes up. Thank you! ★

## MEMBERSHIP

Teresa Hanson

There are prospective members looking to dive and we look forward to diving with you! Welcome to **Ken Agur** who attended the July General Meeting and is getting back into diving after some time off. Hope to see Ken on our Club dives! Contact Teresa for additional information on any and all Membership Requirements.

### How About You?

We're looking for Club Members to step up and lead a dive. Contact VP **Manuel Mangrobang** to join the 'force.'



A FREE raffle ticket will be given to the following Dippers who have a birthday this month: **Tony Alarcon, Debby Alarcon,** and **Steve Richards.** Happy birthday to all !! ★

## 2018 TROPHY STANDINGS

Each month the person whose name appears in the newsletter will receive **3 FREE RAFFLE TICKETS** at the General Meeting — if in attendance. If you hold a trophy several months in succession, you will receive **3 FREE** tickets each month until someone beats your catch.

Contact **John Snyder** at +1-408-202-5196, e-mail: john.fishhunter@gmail.com, **WITHIN 1 WEEK** and give him all the proper info (include the name of one Club-member witness). ★

## SKIN DIVING

❑ OPEN CATEGORIES ❑  
**Lingcod, Cabezon, Sheephead, Lobster, Halibut, White Sea Bass, Striped Bass**

## SCUBA

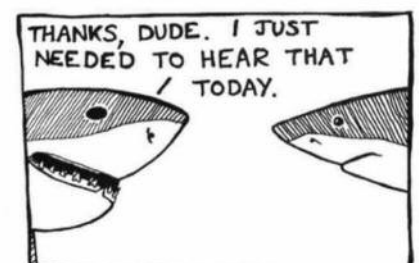
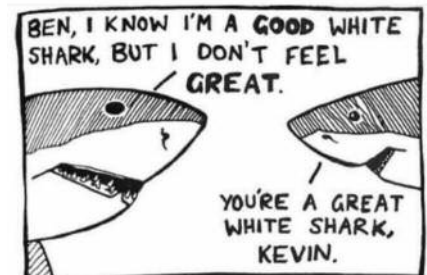
❑ Cabazon ❑  
**Steven Wall** 4 Lbs  
Moss Landing 07/13

❑ Lingcod ❑  
**Carl Tuttle** 6.25 Lbs  
Moss Landing 07/13

❑ Halibut ❑  
**Tom Gardner** 32 Lbs  
Moss Landing 07/13

❑ OPEN CATEGORIES ❑  
**Sheephead, Lobster**

Good luck to all!





## All those who want to go diving raise your hand(s)

*Teresa Hanson*

It was a dark and stormy night when the intrepid Flipper Dippers led by the fearless **Manual Mangrobang**, aka Dive Guide Extraordinaire, arrived at Lover's Point. The Dippers, **Howard Timoney**, **Grace Chi**, **Barbara Davis**, **Jackie Gardener** and I were filled with chills of anticipation, excitement, and a bit of cold. Only our soon to be newest Dipper **Anenirin Nunn** was feeling no chills.

**Wait a second!!!** Okay, back to reality. On the July 14 S3 dive the day was amazing. Upon arriving at Lover's Point the ocean was as flat as a lake. The underwater visibility was between 35-40-feet with water temps in the low 60's. All had a marvelous time. Jackie spotted an octopus and Barbara pointed out some large Cabazons. Unfortunately there were purple sea urchins everywhere.

The Cousteau Flipper Dippers, having worked up an voracious appetite, stopped for lunch at the Chowder House, for you guessed it – Clam Chowder. Oh and those hands in the photo (with my red filter on my UW camera)? From the left, that's Howard, Jackie and Barbara. Not sure where Manual, Anenirin and Grace went off to . . . ☆



## July 8th Panther Beach Cleanup

It was a beautiful day at Panther Beach for the Flipper Dippers' July 9th beach cleanup. Joining in, from left, **Nelson** the Labradoodle, **Carl Tuttle**, **Lisa** (friend of Steven), **Steven Wall**, **Jackie Gardner**, **Tom Gardner** and coordinator **Hunter Reid**. During the cleanup, unique treasures were found including a brand new 4-person tent, which was put on the Raffle Table at the July General

Meeting, and an iPhone 10 was found in the sand – likely dropped during a late night party. The battery was low but had enough power that the owner called it and offered a \$100 reward for the return! Lisa was going to connect the iPhone with the Palo Alto high school owner. After the cleanup everyone, except Hunter, went to the Whale City Bakery and Cafe in Davenport for a great breakfast – on the Club's dime! See what you missed? ☆

## You've gotta ask yourself one question: "Do I feel lucky?" Well, do ya, punk?

**F**riday the 13th was a lucky day for one of our Club members. **Tom Gardner** went diving off Moss Landing with **Steven Wall**, **John Snyder** and **Carl Tuttle**. Tom was the lucky one scoring a 32-pound halibut! After the dive the group went to Phil's Fish Market for a bite and found the price for halibut was \$29.99 a pound! And the price of Tom's flattie? **Priceless!** ☆



## Diver Bent in Cozumel Gets Insurance Shock

The real test of any insurance policy comes when it's necessary to file a claim, as Tulsa diver Dewayne Givens recently discovered. On a diving trip to Cozumel with his wife to celebrate their 24th wedding anniversary, Dewayne, a diving instructor, got a bends hit on his sixth dive of the trip and became paralyzed from the waist down. He was rushed to the Cozumel chamber at the local hospital to undergo recompression therapy.

After the treatment, his insurance carrier, Community Care, balked at giving the hospital a guarantee for the \$22,000 hyperbaric treatment. The hospital told Givens that he and his wife might be prevented from leaving Mexico if they did not pay their bill, in effect holding the couple hostage thanks to the inaction of their insurers. They had to stay an extra four days in Mexico, though we don't know if it was because of the length of hyperbaric treatment or because of their insurer's procrastination.

Unwilling to sit passively by, they contacted their Tulsa TV station, KRH-TV 2 and their Works For You problem-solving-service, and within 45 minutes, their insurance company ponied up all but \$1,200. They paid up and headed home.

The Givenses learned that separate travel insurance might have solved this without hassle, especially diver-oriented insurance such as that offered by DAN (the Divers Alert Network), which understands diving problems. ★

## Local Florida tour companies pitch in to clean up after storm

When Hurricane Irma slammed into the Florida Keys as a Category 4 hurricane last fall, it created widespread destruction and an intractable problem: lots and lots of marine debris. Marine debris — which ranges from soda bottles and plastic bags to discarded fishing equipment and abandoned boats — can pose hazards to navigation, harm wildlife and marine life, and pollute the region's delicate ecosystem that is under the protection of Florida Keys National Marine Sanctuary.



While about 2.5 million cubic yards of land-based debris was removed from the area after the storm, much underwater marine debris remains, threatening coral, sponges, sea turtles, manatees and other marine animals.

What to do? Enter the Keys' own special cleanup squad, the Blue Star tour operators. Blue Star is a program

established by the sanctuary to recognize diving and fishing operators who use responsible and sustainable practices, reducing their impacts on coral reefs and other sanctuary-protected resources.

Blue Star tour operators lead regular underwater marine debris cleanups, some of which involve scuba diving to retrieve debris on reefs and the sea floor. So far, eight operators have been involved in the ongoing Irma cleanup, and a total of 40 Blue Star staff are trained to help.

Though the post-Irma cleanup started in earnest this May before the tour operators' busy summer season, marine debris is an ongoing problem. Even before the hurricane, the majority of debris found in the sanctuary was comprised of fishing gear, including old or discarded traps and lines.

Find out how NOAA is investigating and preventing the negative impacts of marine debris — and how you can help — by visiting NOAA's Marine Debris Program website. ★

## Flying Anytime Soon?

### Check-In or Carry-on?

Some divers fret about the effects of pressure on their dive computers and other more delicate equipment when they fly, so they carry it on, rather than check it. But, there is no need because the pressure in the aircraft hold is identical to the cabin pressure — although there might be other reasons to avoid checking-in your more valuable gear. ★

### Don't Take a Powder, says the TSA

Like to carry your own coffee with you on a dive trip? Bring home a bag or two of Indonesian spices? Maybe some beach sand? You must now pack them in your checked luggage, not in your carry-on. New TSA regulations in effect on U.S.-bound flights require overseas airport agents to scrutinize flyers packing more than 12 ounces of any powder (that includes cosmetics) or powder-like substance in their carry-on bags. If they have any doubts about the powder, it may be confiscated — and so may you if you give a smart-ass reply. ★

## Spotted: Blue Whale in the Gulf of Aqaba

Bystanders were initially thrilled after spotting a blue whale in the northern tip of the Red Sea, but then became concerned, because there's typically no krill for whales in the warm waters at the end of the Gulf, sandwiched between Israel and Jordan. It is the first recorded sighting of a blue whale there, and scientists are baffled. The visit may be a result of the underwater dead zone the size of Maine that was recently discovered in the Arabian Sea, 1,500 miles to the south, where there is a total absence of life. ★



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aging solutions and cartons with water-based printing. Overarching theme is to reduce 70% of unnecessary plastic, since we are celebrating 70 years of Mares in 2019."

So, there is some movement to reduce excessive plastic problems, but apparently it's an uncomfortable issue to many manufacturers, because several failed to reply to our many requests. We have yet to hear from Aqualung, Cressi, Halcyon, Huish, Seac or TUSA, although Aqualung has promised to get back to us. Does this mean they don't care? Do you care?



Subscriber Michael Buttram (Marietta, GA) suggested, "Perhaps instead of plastic bags, they could package gear in nylon mesh bags, with a note encouraging customers to use them to collect trash they find below the waves."

**Europe Steps Up** The Mediterranean is in more trouble than the rest of the world's seas and oceans, thanks to plastic pollution. Only holding one percent of the world's water, it now contains seven percent of all microplastic. Summer tourism increases marine pollution by 40 percent, which

includes such items as plastic bags and straws and wet wipes. Ghost fishing nets, an ever-present danger to fish and divers, are being tracked down and removed by teams from organizations such as Healthy Seas and Ghost Fishing, supported by Cousteau Divers.

While single-use plastics aren't on the radar of the American government -- sadly, not much in the way of environmental preservation is these days -- the European Union has proposed an outright ban for member nations.

**What You Can Do** As a diver, reject single-use plastic wherever you come across it. Leave unnecessary plastic wrappers at your dive store and tell them why. At resorts and on liveaboards, refuse plastic drinking straws, single-use plastic and Styrofoam cups and water bottles. Reuse plastic cutlery. Reject soap wrapped in plastic and avoid Saran food wrap. And you can take endless other actions. You know the problem. Become part of the solution.

Many liveaboards and dive resorts are eliminating single-use plastic because they see the results of its misuse first-hand. Thank them for it and note what they have

## Channel Island Dive Trip September 9-11



The Vaqueros Del Mar Dive Club is once again chartering one of the fine Truth Aquatics' dive boats for a 3-day scuba diving trip to the Channel Islands. Space is still available.

**Dates:** Sept 9 – 11, 2018 (board on Sat, Sept 8)  
**Cost:** \$600  
**Boat:** The *Conception*  
**Destination:** Northern Channel Islands

Contact Barbara Davis for information: email: [bjdscuba123@gmail.com](mailto:bjdscuba123@gmail.com). Phone: +1-408-847-6992

## Albion Non-Ab Dive: Labor Day Weekend - Aug 31-Sept 3

### International Pot-Luck on Sat Night

Our next big North Coast dive will be Labor Day weekend, August 31st – September 3rd, at Albion River Campground (ARC). **Albion has a NEW Reservation System** and each individual camping space must now be reserved in advance. The Club has 10 spots on hold: Sites #C18-#C27. So if you're planning on camping at Albion, each Club member must either fill out the online form under the **Group Registration** box on ARC's website ([www.albionrivercampground.com](http://www.albionrivercampground.com)) using the Dipper's Club I.D. Number #: **flipper2018** or call the campground office (707) 937-0606).



The cost is \$45 for tents and \$55 for RVs (includes electric and water) per night. Rates are based on double occupancy and limited to 2 vehicles – one recreational vehicle and one passenger vehicle – per site, or two passenger vehicles per site without RV. Boat launching is extra. Check the Albion Website for additional fees.

There will be a sign-up sheet at the General Meetings for Flipper Dipper members in-good-standing (dues paid!) and their guests, and prospective members. **Remember, you must make your own reservations to be admitted to the campground.**

This is a great place to freedive and scuba dive for fish - and don't forget your fishing license. Our infamous potluck is on Saturday night. Although there won't be abalone, bring a potluck dish (hot dish, salad, dessert, etc.) to feed 5+ people. After dinner there will be a great bonfire to enjoy. \*

## Illegal to take Conchs

A Texas woman will spend 15 days in jail as punishment for taking 40 queen conchs from the waters that surround Key West with a plan to clean them and give the shells away as gifts. Diana Fiscal-Gonzalez, 30, of



Dallas, pleaded no contest July 13 at the Monroe County Courthouse to taking the conchs. She apologized to Judge Mark Wilson, saying she didn't know it was illegal to take the state-protected mollusks. She had plucked the conchs from the sea with the help of several children.

Fiscal-Gonzalez received credit for one day of time served. Wilson cut her a break by withholding adjudication, which means she won't have a criminal conviction on her record. Fiscal-Gonzalez will also serve six months of probation and pay a \$500 fine plus \$268 for court costs.

An officer from the Florida Fish and Wildlife Conservation Commission arrested Fiscal-Gonzalez on July 13 in Key West after an anonymous tipster called the agency about it. FWC Officer John Martino said when he got to the house he saw a woman in plain view with three plastic containers and a water hose in the driveway. The conchs were in the containers.

After photographing the conchs, Martino returned them to the water. Most were still alive, FWC said. The conch is a beloved symbol in Key West, with natives of the island calling themselves "conchs," and the local high school has the mollusk as a mascot. \*

# DIVE & ACTIVITY CALENDAR

MANUEL MANGROBANG

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AUGUST 2018

## WEDNESDAY, AUGUST 1 BUSINESS MEETING 7:30 PM

Meeting will be held at **Teresa Hanson's** home (408-966-6433, [teresa\\_hanson@comcast.net](mailto:teresa_hanson@comcast.net)). All members are invited to attend. This is a good time to share your new ideas for dives and entertainment. Refreshments to share are welcome. Warm weather brings out the BBQ, too! So be there by 6:30 with your food if you wish to BBQ.

## SATURDAY, AUGUST 4 NO SCHEDULED DIVE

## SATURDAY, AUGUST 11 SECOND SATURDAY SCUBA (S3)

**LOVER'S POINT** Coordinator: **Manuel Mangrobang** 408-813-5139. email: [manuel.a.magrobang.iv@gmail.com](mailto:manuel.a.magrobang.iv@gmail.com). Meet in the Lover's Point #3 at 8:00 am and we'll decide where to dive based on conditions and sign-ups. Bring 2 tanks and plan on making 2 dives. Please RSVP in case the dive gets cancelled or moved due to weather or surf conditions.

## FRI. AUG 9 – SUN. AUG 12 MONTEREY BAY SHOOTOUT

[www.montereyshootout.com](http://www.montereyshootout.com)

### GENERAL MEETING WEDNESDAY, August 15th

7:30 PM at the Knights of Columbus Santa Maria Hall 2211 Shamrock Dr., Campbell.

**Celebrate 54 Years of the San Jose Flipper Dippers at our General Meeting.**

Entertainment:

- ★ Social Hour
- ★ Great Raffle Prizes

**THE DOOR PRIZE IS \$50!  
YOU must be present to win!**

## SATURDAY, AUGUST 18 NO SCHEDULED DIVE

SAT. AUG 25 - SUN. AUG 26  
**SAN DIEGO WRECK DIVE WITH DIVER DAN'S, SANTA CLARA**  
Contact: **Brian Zaugg**, 408-984-5819.

## FRI. AUG 31 – MON. SEPT. 3 LABOR DAY WEEKEND AT ALBION

Coordinator: **Debby Alarcon**, (510) 471-0901. [tandddivers@sbc-global.net](mailto:tandddivers@sbc-global.net). Come join Fellow Dippers for one of our biggest and best North Coast gatherings of the year. The Club has reserved camping sites for Friday through Sunday nights. Sign up at the General Meeting. You **MUST** be on the LIST to get in! – NO exceptions. See article on page 6.

## UPCOMING IN SEPTEMBER

- 1 No License Fishing Day
- 5 Business Meeting
- 8 Second Saturday SCUBA (S3)
- 9 Panther Beach Clean-Up
- 9-11 Channel Islands Trip
- 19 General Meeting
- 29 Lobster Season Opens



## Here's the technique Navy SEALs use to swim for miles without getting tired

With the beginning of summer, pools all over the US are opening for recreational swimming — but in the Navy, recruits are getting ready for the brutal Basic Underwater Demolition/SEAL training, or BUD/S, that will turn some of them into Navy SEALs.

In the SEALs, where recruits of the elite special operations unit are pushed to their limits, there is no room for inefficiency. So it developed a more efficient swimming stroke: the combat swimmer stroke.

The stroke combines the best elements of breaststroke and freestyle to streamline a motion that not only reduces resistance on a swimmer's body, but makes the swimmer harder to spot underwater.

Unlike freestyle, the combat sidestroke calls for the swimmer to stay submerged for most of it.

To do the combat swimmer stroke, dive in or kick off as

you would in freestyle, but at the end of your glide, do a large, horizontal scissor kick instead.

Now comes the unique part — as the horizontal scissor



kick tilts your body so that one arm is slightly higher than the other, pull that arm back while leaving the other outstretched.

Turn your face up toward the surface as you pull that arm down, take a breath, and begin to pull down your other arm. Another scissor kick, then

reset your arms. You should not switch your orientation or the order in which you pull back your arms.

Using the combat swimmer's stroke, Navy SEALs can go for miles in grueling training events that push their physical and mental strength. ★

**NOTE:** All certified divers are encouraged to attend San Jose Flipper Dippers' dives.

Non-Club members will be required to show proof of certification to the dive coordinator prior to entering the water with our group.

Please sign up for dives at the General Meeting or call the coordinator. This is needed in case of cancellation or changes.



# San Jose Flipper Dippers

c/o 1350 Magnolia Avenue  
San Jose, CA 95126-2106



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**FIRST CLASS MAIL**

## 2018 COMING EVENTS

August 1	Business Meeting
August 10-12	Monterey Bay Shootout
August 11	Second Saturday SCUBA (S3)
August 15	☛ General Meeting
Aug 31-Sept 3	Labor Day Weekend at Albion
Sept 1	No License Fishing Day
Sept 5	Business Meeting
Sept 8	Second Saturday SCUBA
Sept 9-11	Channel Islands - Vaqueros Del Mar
Sept 19	☛ General Meeting
Sept 29	Lobster Season Opens
Oct 3	Business Meeting
Oct 13	Second Saturday SCUBA
Oct 17	☛ General Meeting

**Watch This Space – Much More To Come!**  
**See the Club's Website for the full Calendar**

### **Albion Dive & Campout**

Our next big North Coast dive will be Labor Day weekend, Aug 31-Sept 3, at Albion Flat Campground. The Club has ten camping spaces on hold for Friday, Saturday and Sunday nights. Albion has a new reservation policy in place. See more details on page 6. ★



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