

NEWSLETTER



San Jose Flipper Dippers

JUNE
2025

GENERAL MEETINGS HELD
3RD WEDNESDAY
OF EACH MONTH
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Do you have any tea bags?

While recovering at home after a medical procedure an individual scratched themselves on the chest. It wasn't a big scratch but it started to bleed, and it wouldn't stop. Gauze pads were placed on the wound with pressure applied but the bleeding wouldn't stop.

A visiting nurse arrived and both she and the caregiver again worked to stop the bleeding without much success. The nurse suggested the individual be taken to the ER if the wound continued to bleed. As the bleeding wouldn't stop preparations were underway to transport.

At this time a Family Nurse Practitioner (FNP) made a previously scheduled phone call. Apprised of the situation he asked, "Do you have any tea bags?" Why do you ask? "Place a tea bag on top of the wound and apply pressure. The bleeding should stop."

Found in abundance in black and green teas, tannins are polyphenolic compounds known for their astringent properties. When tannins come in contact with the bleeding site, they can accelerate the clotting process. Their astringent nature helps to constrict the surrounding tissues and vessels, which in turn reduces bleeding.

Additionally, tannins can interact with the blood proteins to form a protective barrier over the wound, aiding the natural clotting mechanism. Furthermore, tea also possesses antibacterial qualities. This not only helps in reducing the risk of infections but also promotes a healthier healing environment.

The bleeding was slowing but the caregiver didn't want to remove the gauze pads to apply the tea bag for fear that the bleeding would get worse. So the patient was transported to the FNP's office which was very close by. There the FNP was able to cauterized the wound and the bleeding was successfully stopped. The FNP then put an amount of "Medical Grade Super Glue" over the wound to protect the newly formed scab in case the patient continued to scratch the area. After a few days the wound healed.

The lesson here is: You may want to add a couple of tea bags to your first aid kits at home and in your vehicle. + ★



Oh No! Not Again!

The seals have returned to San Carlos Beach (The Breakwater). It's anyone's guess as how long they'll hang out here. They covered

the beach last September and didn't leave for some time. As they are protected, the beach and access to the ocean, is currently closed. Oh well . . . I didn't want to dive there anyway. ★

Ocean – the Latest Attenborough Film

Undercurrent

Arriving in time for his 99th birthday, a new documentary narrated by Sir David is presented in the context of his remarkable life and career, studying and thinking about the oceans as the only part of the world yet to be fully explored and understood – and despoiled. A visual marvel, like all his work, it is absorbing and compelling, and governed by his matchless authority as it strikes a balance between warning and hope. It will be released in theaters in June to celebrate the UN's World Oceans Day. ★



What's Inside?



President's Corner	2
Van Damme	3
Dive Report	4
Dive Report	5
Undercurrent News	6
Hilma Hooker Dive.	7
Activity Calendar	7

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PRESIDENT'S CORNER



Hi All!

May was a great month for the Dippers, with our trip to Bonaire ending on May 7th, our annual May dive at Point Lobos on May 17th, and the club camping trip to Brannan Island State Recreation Area for Memorial Day weekend. A good time was had by all! Check out the newsletter articles and photos for more about these fun events!

Sunday, June 8th, is World Oceans Day (more info at <https://worldoceansday.org/>) and there are plenty of activities to get involved in to celebrate and support our oceans! The multi-year Action Theme for World Ocean Day 2025 is Catalyzing Action for Our Ocean & Climate. We need to conserve our wonderful marine resources for future generations.

I look forward to seeing you all in the water soon.

Stay safe and Let's go diving! – Barbara

PLAN AHEAD

Labor Day Weekend Camping, Diving & More

Aug 25 – Sept 1

A number of Dippers have campsite reservations for the Labor Day Weekend at Van Damme State Park in Mendocino.

Space is available to share in their sites so contact those folks for information. Sites are limited to 3 vehicles and 8 people. Those Dippers with reservations include (arrival/departure dates):

- **Howard Chien:** #6 (8/24–8/30)
- **Tom and Jackie Gardner:** #10 (8/25–9/1)
- **Barbara Davis:** #7 (8/25–9/1)
- **Carl Tuttle:** #13 (8/27–8/30)

We plan on bringing tanks, kayaks, mountain bikes to do some bike riding, and maybe some hiking.

There is a great bike path along the coast in Ft. Bragg. We'll also kayak up Big River, south of Mendocino. There is a kayak rental place near by.

Saturday, August 30th is a "No License" fishing day. We might look into urchin culling and some spear fishing.

We'll have a big potluck on Saturday night too. It's always a fun time to sit around the camp fire in the evening, telling stories and sharing great food!

So if you're interested in joining us for the holiday weekend be sure to contact **Carl Tuttle**, Phone: 408-829-3660, email: tutcomms@sbcglobal.net. He'll let you know who has space available. 🌟



San Jose Flipper Dippers

www.SJFlipperDippers.com

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CLUB OFFICERS

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Sim Upadhyayula 408-608-5009

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Grace Chi 858-337-2674

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o Position Open o

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RAFFLE

o Position Open o

REFRESHMENTS

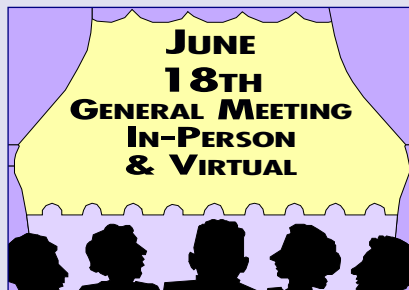
o Position Open o

STAR ACHIEVEMENT

Jackie Gardner 408-274-9447

TROPHY COMPETITION

o Position Open o



We'll be having our in-person General Meeting this month. If you come please bring a refreshment to share! We'll have a live MS Teams connection for those who still prefer to meet virtually. Watch for an email update. ★

MEMBERSHIP

Ken Agur

We're a dive club and we're diving!

If you're looking for a dive buddy look no further. We offer all certified divers great dives, great fun and great friends! See the Club's website for more information on becoming a member (Membership Requirements). We'd love for you to join us!



Happy Birthday to You! Dipper **Jackie Gardner** will be completing another annual trip around the Sun this month! ★

San Jose Flipper Dippers'

DIVE COORDINATORS WANTED

We're looking for some. How About You?



To be a Club dive coordinator you need only be a certified diver with some diving experience. It is important to remember that you are coordinating other certified divers who are diving within their training and experience limits. You should take care to not exceed that role. You should not act as a divemaster or an instructor (even if you are so qualified).

Safety should be the concern of all divers. Information such as who has a cell phone and whether oxygen is available should be shared with all the participants. Remember the 9-1-1 emergency number is a free call.

It should be assumed that a certified diver is qualified to dive in a situation that is within the limits of his/her training with a diver of equal qualifications. If you suspect that a dive situation exceeds the qualifications of a diver, you should explain to them the potential difficulties they may encounter. However, remember that it is ultimately the diver himself/herself who must make the decision as whether to dive, and he/she is ultimately responsible for their decision. Safe diving is a must!

Follow the Club constitution: *"Encourage the conservation of all marine life by obeying all Federal and State game laws and urging others to do likewise."*

Simple Ten Point Guidelines

1. Choose a site/situation that you are familiar with and will be enjoyed by all divers.
2. Schedule your dive in time to be in the newsletter and announced at the Club meeting. Include the best method of contact so interested divers can contact you if they aren't at the meeting: Phone and/or email.
3. Collect the sign-up sheet after the Club meeting. If you can't attend, ask another member to get it for you.
4. If the dive will not occur as planned, make your best effort to contact all that expressed interest. Otherwise divers will assume the dive will occur as planned and show up at the site.
5. Make sure non-members are appropriately certified and have signed the Club's Assumption of Risk disclaimer (Available on the Club's Website).
6. Coordinate buddy teams to make sure that all divers who need a buddy, have one.
7. Tell all divers who are not familiar with the site/situation what they can expect entering/exiting the water and things to be on the lookout for.
8. Ask any divers who may want to leave early to let someone know so all divers can be accounted for after the dive.
9. Try to make the dive an enjoyable and safe experience for everyone, including yourself.
10. Plan to give a report on the dive at the next Club meeting. You can also submit a written report for the next Club newsletter so others can read about the dive. Take some photos of the divers too! ★

If you're up for your next adventure in diving, contact the Club's vice president: **Sim Upadhyayula**.
Text: 669-286-9796 or email: toytacous@yahoo.com.



Pt. Lobos S3 dive May 17th.

Eight Dippers and friends joined together for another excellent adventure in diving at Point Lobos on Saturday, May 17th. The ocean was smooth but the vis was not good in the bay, although it did open up to a hazy 10-20 feet farther out. **Barbara Davis, Grace Chi, Howard Timoney, Donovan Hill, Ken Agur** and **Eva Alexander** all got separated during the initial descent and had to surface to regroup. At that point, we decided our usual “group / gaggle” dive was not going to happen and we descended again keeping a close eye on our buddy. **Tom Earl** and **Jeremiah Horn** managed to stay together on their first try.

In spite of the subpar viz, we did spot a sea lion, large copper rockfish, sheephead and a lot of “orange” sea cucum-

bers. We saw some that were white, red, and purple, as well as the more plentiful orange ones.

After the first dive, the group shared Barbara’s famous brownies, along with fruit pastries provided by Jeremiah, and a tasty spread including apples, trail mix, and chips and salsa, provided by Tom. In addition, Barbara checked out everyone’s backplate-and-wing BC setups as she is shopping for new gear!

Tom and Jeremiah were the only ones up for a second dive, although Jeremiah did don his drysuit for the second dive. Several other divers may have been feeling the cold more as this was the first Monterey dive after the Bonaire trip.

The rest of the group headed out early to the Crossroads BBQ in Carmel for lunch. Quite a fun day! ★

Hey Dippers, show me your backplate-and-wing set-up



Ken Agur



Eva Alexander



Grace Chi



Jeremiah Horn

Memorial Day Weekend with the Dippers

Another great weekend of camping, biking, eating, campfires, and great company! We had to find a new location for this outing after Henry Cowell Redwoods unexpectedly closed and decided on Brannan Island State Recreation Area, in the Sacramento-San Joaquin Delta, along the Sacramento River.

Dippers **Barbara Davis**, **Howard Chien** and **Frances Lee**, and **Tom** and **Jackie Gardner** had reserved campsites with room to share! We were joined by **Carri Edgar**, **Jim Rezowalli** and **Gabi Estill**, and **Tristan Chutka** and his girlfriend **Makenzy**.

The group enjoyed a number of bike rides but also spent a lot of time playing games and sitting around the campfire. A variety of wildlife and waterfowl were seen on the bike rides along the banks of the Three Mile Slough making for a great adventure. It was very windy, so we helped each other set up (and stake down!) the tents and EZ-ups. And we enjoyed the usual Dipper potluck dinner on Saturday night.

Upcoming is Labor Day week(end) August 25th – September 1st at Van Damme State Park in Mendocino. We have a number of campsites reserved with room to share. See page 2 for more information. ★

Photos by Barbara Davis and Jackie Gardner



Let's Ride! From left: Gabi Estill, Jackie Gardner, Frances Lee, Howard Chien, Jim Rezowalli, Tom Gardner and Carri Edgar ready to roll!



Great time sitting around the campfires telling lies, er stories.

Tom Gardner catching some Z's in the shade.



Tristan added an Executive Suite to the top of his Ford Bronco.



Dippers checking out Gabi's new ADU (Accessory Dwelling Unit) on wheels!

Bonaire Diving Adventure

Barbara Davis

Dippers **Barbara Davis, Ken Agur, Eva Alexander, Tristan Chutka, Howard Timoney, Sim Upadhyayula, Mike Chalup, Teresa Hanson, John Snyder, Cedric Wright, and Jeff Rowland**, along with prospective member **Maribella Ibarra**, had a great time together for ten days of diving in Bonaire April 26 – May 7.

After our arrival in Bonaire, the Dippers were picked up at the airport and taken to the resort where check-ins were completed along with a quick orientation of the dive operations. Barbara Davis was instrumental in arranging for the group to stay in two condos at Buddy Dive along with one day of diving with East Coast Divers on their rigid inflatable boat (RIB).

We stocked our condo kitchens with many tasty breakfast and lunch options, plus snacks, from the well-stocked grocery store Van den Tweel. Dinners most nights were at nearby restaurants.



Buddy Dive has a drive-through where divers would pick up tanks and off they went to a number of different dive sites. Most did tow dives in the morning and one or two in the afternoon and a couple of night dives on Buddy's Reef and a nearby dive site called Something Special. On our last day, Ken arranged a private charter for most of the group on one of Buddy Dive Resort's dive boats for a two-tank dive off the small island of Klein Bonaire.

While we enjoyed the dives on the colorful reefs, and hanging out with the plentiful fish (including a large bait ball on one dive), we noticed fewer of the larger animals like the turtles, rays, and eels. We were very happy when the divemaster on the Buddy Dive boat found a seahorse for us at the end of the last dive of the trip. And we did see a HUGE lobster and a HUGE channel clinging crab on the night dive at Something Special. ★

Left: **Eva Alexander** celebrated her 100th scuba dive in the tradition (?) of diving "Commando."

Rarely Encountered Eel Sighted

Undercurrent

A Great Barrier Reef dive guide from the Port Douglas spotted this ghostly-shaped eel curling through the water. It's a white ribbon eel, also known as a ghost eel, a cryptic species that only usually comes out at night to feed. Few divers have ever seen one, and you can be sure that those who do have no idea what it is. ★



Photo: Aracia Ott

Sharks Break Their Silence

Undercurrent

A team of researchers recently recorded sharks of one species making short, high-frequency clicks when handled underwater. The study's results, published this week in Royal Society Open Science, represent the first known observations of sharks actively producing sound. It raises the possibility that sound production is an ancient trait widespread among sharks and their cartilaginous kin (Scientific American). ★

Tourists Killed by Egyptian Idiocy

Undercurrent



In the Red Sea, it seems no boat is safe. On March 27, six passengers were killed and 39 rescued when a tourist submarine sank about a mile from its home port of Hurghada. Among the passengers were Swedes, Norwegians, and Indians, but the six who died were Russian. A survivor said that after they took their reserved seats, water started pouring in. Two hatches were still open as it began its descent. Passengers scrambled to get out, but some didn't make it. Authorities are investigating. Sinbad, the company operating the vessel, has canceled all upcoming trips (BBC). ★

TSA Bans Lithium Power Banks in Checked Bags

Undercurrent

If you pack a power bank in your checked luggage, the TSA will confiscate it and may fine you up to \$17,000. However, you can still travel with them, but only in your carry-on, which can be

monitored if they heat up (they are a fire risk). It's the same with any item with a Li-ion battery. But board your plane early. If the bins are full and your carry-on has to be gate-checked, you'll need to put them in what you carry to your seat or leave them behind. ★

Every Dive is a Deco Dive

Undercurrent

Why Not Read a Book? Well, some divers like to entertain themselves during pauses during deco-stop dives. Extending a dive past the No-Stop time requires deco stops at depth. (Be sure to have adequate gas supplies.) These stops can be tedious, but essential to your health. Here's an Undercurrent writer reading a book to while away the time during one such stop after an extended dive on the fabulous wreck of the San Francisco Maru in Truk Lagoon. The deco bar is courtesy of the liveaboard MY Odyssey. ★



DIVE & ACTIVITY CALENDAR

SIM UPADHYAYULA



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JUNE 2025

WEDNESDAY, JUNE 4

BUSINESS MEETING: 7:30pm

The meeting will be held **virtually via Microsoft Teams**. Watch for an email with details. Bring your own food, drinks, and internet connection and we'll discuss ideas for upcoming dives and events.

SATURDAY, JUNE 7

NO SCHEDULED DIVE

SATURDAY JUNE 14

SECOND SATURDAY SCUBA (S3) BEACH DIVE: LOCATION TBD

Join the Flipper Dippers for this month's S3 dive coordinated by **Sim Upadhyayula**. Text: 669 286 9796 or email: toytacous@yahoo.com if interested and to be notified of developments.

SATURDAY, JUNE 21

NO SCHEDULED DIVE

GENERAL MEETING

WEDNESDAY, JUNE 18

The **in-person General Meeting** will be held at **7:30 PM** at the Knights of Columbus Santa Maria Hall 2211 Shamrock Dr., Campbell.

The **virtual meeting** via Microsoft Teams.

Watch your email for info.

Please contact **Carl Tuttle** for more details on the in-person meeting or a link to the virtual MS Teams meeting.

Celebrate 61 Years of the San Jose Flipper Dippers!

Entertainment:

- Social Hour
- Sign Up for Dives



SATURDAY, JUNE 28

NO SCHEDULED DIVE



UPCOMING IN JULY

- 2 Business Meeting
- 5 No License Fishing Day
- 12 Second Saturday SCUBA
- 16 General Meeting
- Lake Tahoe Weekend TBD: 24-27 or 31-Aug 3 (watch for email)



Dippers dove the Hilma Hooker wreck in Bonaire.



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 1108 Sunset Landing
Río Vista, CA 94571-5148



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FIRST CLASS MAIL

2025 COMING EVENTS

June 4	Business Meeting
June 14	Second Saturday SCUBA
June 18	🐡 General Meeting
July 2	Business Meeting
July 5	No License Fishing Day
July 12	Second Saturday SCUBA
July 16	🐡 General Meeting
July 24-27	Lake Tahoe Weekend (or July 30-Aug 3)
Aug 6	Business Meeting
Aug 9	Second Saturday SCUBA
Aug 16	Elkhorn Slough Kayak
Aug 20	🐡 General Meeting
Aug 25-Sept 01	Labor Day Weekend - Van Damme
Aug 30	No License Fishing Day

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

Are you looking for someone to dive with?

The San Jose Flipper Dippers Dive Club is
a great way to meet divers who are
always having fun times. **Come join us!**



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