



# EUGENE DIVE CLUB

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



Winter 2010 Newsletter

## NEXT MEETING:

**Mon Feb 1**

**7 PM**

(come early—grab dinner!)

Izzy's Pizza  
950 Seneca—near Fred Meyer on 11th

EDC Meets the First Monday of each month at Izzy's Pizza

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## Upcoming Dives:

- Feb 13-14—Local Dive (check website for location)
- Feb 28th Snow Dive—Clear Lake—  
c.j.clarke@comcast.net for more info
- March 12-14 Fort Casey Trip (Whidbey Island) More info at Dive Club  
Feb 1

## Dive Roatan, Honduras

The reefs surrounding Roatan, Honduras are perfect for snorkeling or diving and have easy access to everyone from the beginner who can snorkel off the beaches to the more experienced who can take a dive boat out to the walls. The coral comes very close to the surface so regardless of whether you snorkel or dive, you will be able to see plenty of fish and coral.

The reef's walls vary from inclines leading to sandy bottom at 30-200 feet, to sheer cliffs plummeting dramatically into the abyss. Roatan is on the edge of the Cayman Trench that provides clear water from the depths as well as a variety of pelagic animals such as whale sharks, turtles, dolphin, and rays. The trench plunges thousands of feet right off the west end of the island.

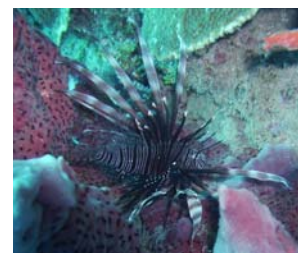
The Caribbean water is emerald green and perfectly clear with a 150 ft visibility range. The coral formations, caves, magnificent walls, intricate labyrinths, and incredible diversity of marine life simply astound the most experienced of divers.

Roatan is surrounded on all sides by a living coral reef containing nearly every species of coral growing in the Caribbean Sea, including several species of

rare black coral, and sponges of all colors and shapes. Some barrel sponges located off the east end of the island are the close to the size of a compact auto.



Weather rarely affects diving on the entire island. The northwest side of the island is protected most of the year from the southeast trade winds except for the short rainy season in December and January. Even in December and January, the West End area and northern side may be calm and enjoy excellent diving conditions. If wind conditions or



weather becomes an issue, the dive operators and resorts will simply move their boats to the "lee side" of the island and calmer waters.

**One of many schools of fish interacting with a diver (top); Invasive and poisonous Lion Fish (bottom)**

*Photos on masthead from November trip to Roatan, Honduras. (taken by Cindy Clarke). Have photos to share? Please send to [c.j.clarke@comcast.net](mailto:c.j.clarke@comcast.net)*

## Alki Fishing Reef

Seattle, Washington  
theperfectdive.com

### *Boulder reef Debris:*

This site is made of large stacks of boulders, some as high as 20', sitting on a gradually sloping silt bottom in 60-80 feet of water. There are several rock piles in the area ranging up to about 150 feet long. The buoy marks the main one and there are a couple more within a short swimming distance in the same line from shore heading SW from the buoy on the bottom. Use good navigation skills to keep track of where the pile with the buoy chain is so you can ascend the line to your boat.

The reefs are home to schools of good sized rockfish including Blacks, Coppers, and Quillbacks. Lingcod, Kelp Greenlings and Painted Greenlings also live among the rocks. Most of the rocks are covered with *Metridium* (white plumose anemones) which makes the rock piles easier to find. Not much in the way of small sea life is found here.

### *Special Restrictions:*

If the current is strong you should use a live boat, or stay on the rock pile with the buoy chain so you can be sure to find your boat.

### *How to get there:*

Launch your boat at the Don Amini boat launch on Alki point. Head out around the Duwamish Head and continue SW along the shore rounding Alki Point and heading SE along the shore. You will pass some condos on a pier out over the water. Keep going and you will hit a section of shore where there are no houses. When the houses start up again look for a huge willow tree, there is only one. Head west from there to the buoy which is directly in line from the willow tree. There are some private buoys in 20-30 feet of water. Keep going past them to a large round white buoy in about 60 feet of water. That buoy is right on top of one of the reef piles. Use your depth finder to locate other reef piles to the south.



*Kelp Greenling (**Hexagrammos decagrammus**):* Kelp greenling is common from the Aleutian Islands to Southern California, and is found in kelp beds, rocky inshore areas and on sandy bottoms to 150 feet. It can range up to 21 inches in length and has a maximum reported age of 12 years!

### **Annual Camp Casey Dive w/ Emerald Seas Dive Club March 12-14 Fort Casey, Whidbey Island**

Normally restricted, you can dive this marine reserve with EDC and help collect specimens for local biology education programs. Spend the rest of the weekend exploring great dive sites on Whidbey Island.

Cost \$65 for two-nights lodging, including most meals! (Limited participation. *Must be a member to participate.*)

## Langley Tire Reef—Whidbey Island, WA

a northeast heading, making sure to stay out of the way of the marina's boat traffic. Once outside the marina's break water, descend underwater and follow the wall until you reach the several thousands of tires piled up with tons of chains and logs that once made up the old floating breakwater before it sank. The maximum depth on the reef is 35 - 45' depending on the tide. The far northeast corner of the reef is its deepest point. An excellent deep dive with the potential of finding old bottles can be had by heading north from shore where the bottom drops off well beyond 130'. Many old bottles litter the sandy bottom starting at around 80'. On your ascent head south into shallow water where the tire reef is and spend your remaining time exploring it. It is recommended that you dive here on a high tide since the thermocline commonly present there yields excellent visibility below 30'. There is seldom any current at this site.



**HAZARDS:** Fishing lines from marina pier and small boat traffic.

To get there: From the North - Follow SR20 South until reaching Highway 525. Continue south until reaching Maxwellton Road. Turn left onto Maxwellton and follow it until reaching Langley Road. Turn left onto Langley Road until reaching the town of Langley. Once in town, follow Wharf Street down to the marina. Park next to the public boat ramp. From Clinton - Follow Highway 525 North until you approach Langley Road. Turn right and follow Langley, which turns into Camano Avenue until reaching Cascade Avenue, turn right on Cascade and another right down Wharf Street to the water. Park next to the public boat ramp.

The best way to begin your dive is to start on shore to the left of the public boat ramp. After gearing up, enter the water and follow

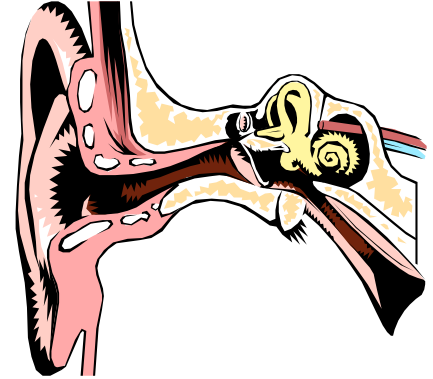
## Common Ear Injuries While Diving

By Bruce Delphia, DAN Training Staff Specialist

*NOTE: No article can give you the same degree of information as an experienced medical practitioner. DAN suggests all persons with any ear discomfort should be examined by a trained medical practitioner as soon as possible after the complaint develops.*

What's the most frequent diving injury? Decompression illness, right?

No, it's ear injuries. The most common injury divers experience is some form of barotrauma to the ear. Barotrauma means injury from pressure (baro = pressure + trauma = injury). This type of injury occurs for a variety of reasons, but generally it develops when the pressure in the middle ear is not equal to the pressure of the outside environment as the diver descends in the water column. (But see [Barotrauma on Ascent](#)) Because of the rapid relative gas volume change as the diver descends at the beginning of the dive, the first 14 feet / 4.2 meters of the descent is where the ear is at most risk of injury.



### COMMON INJURIES TO THE EAR ASSOCIATED WITH SCUBA DIVING

**Otitis externa (swimmers ear):** This is an inflammation of the external ear caused by infection. Some people are prone to developing this kind of infection. If the ear remains moist from immersion in the water, this moisture, coupled with the warmth of the body, creates an inviting growth area for many microorganisms, especially opportunistic bacteria. **Signs & Symptoms:** The ear canal can become inflamed and may partially close. The external ear canal is red and swollen and may itch. Touching the outer ear may cause intense pain. **Treatment:** Prevention is key, especially in those persons who have previously shown they are susceptible. Domeboro Otic solution, available at drug-store, may function as a prophylactic and treatment for otitis externa when it is used as directed.

**Barotitis Media (middle ear barotrauma):** This is by far the most frequently reported injury among divers. People with barotitis media generally develop symptoms immediately following the dive, but delays of up to one day or longer have been reported. When the diver descends, the pressure can cause injury to the middle ear. This overpressure of the middle ear can cause serious fluid and blood to leak into the middle ear, partially or completely filling it. **Signs & Symptoms:** A feeling of fullness in the ear may develop, like the feeling of fluid inside the ear. Muffled hearing or hearing loss are other indications of middle ear barotrauma. On examination with an otoscope (a special device medical personnel use when examining the ear) fluid may appear behind the tympanic membrane, causing it to bulge and appear red. In other cases, the eardrum may be retracted or sunk in. Either condition warrants immediate medical attention. **Treatment:** First, diving must stop. Also, changes in altitude—as with flying—must be considered a concern as well. See a medical practitioner. The combination of drugs and time will usually allow this injury to heal in a few days, but cases have lasted up to several months. If you have been on decongestant therapy for seven days and have experienced little or no relief, it's time to see your otolaryngologist, an ear, nose and throat (ENT) specialist.

**Otitis Media (middle ear infection):** This is not a diving malady, but may look the same as middle ear barotrauma to a non-dive-trained medical practitioner. Because the treatments can vary, it is important to realize that an ear problem immediately following a dive outing usually signals a pressure-related injury rather than an infection.

**Inner Ear Barotrauma:** This injury generally occurs when divers attempt to forcefully equalize their ears. This "hard" blowing over-pressurizes the middle ear and can result in implosive or explosive damage to the round and oval windows. **Signs & Symptoms:** Vertigo, vomiting, hearing loss, loud tinnitus (a ringing or roaring sound in the ear). **Treatment:** Place the injured diver in a sitting head-up position. Get the injured diver to medical help right away, preferably to someone knowledgeable in diving medicine since inner ear barotrauma may be difficult to distinguish from inner-ear decompression sickness.

**Tympanic Membrane (TM) Rupture:** Barotraumatic injuries to the ear may result in perforation or rupture of the tympanic membrane. This may occur in as little as 7 feet / 2.1 meters of water. **Signs & Symptoms:** Generally there is pain and bleeding from the ear. This may not always be the case, as a number of dive-related traumatic TM ruptures have reported no pain at all. Hearing loss and tinnitus may also be present, but not always. A discharge from the ear of commingled fluid and blood may be a sign of TM rupture. **Treatment:** Go to the nearest medical practitioner immediately for an examination. Do not re-enter the water if you suspect TM rupture: water entering the middle ear cavity may cause severe and violent vertigo. Do not put any drops of any kind in your ear. Do not attempt to equalize your middle ears.

## Common Ear Injuries While Diving *(continued from page 3)*

**External Ear Canal Superficial Vessel Rupture:** This occurs more often in divers who wear hoods. Occasionally, the overpressure may rupture a blood vessel inside the external ear canal, causing some minor bleeding. **Signs & Symptoms:** A minute trace of blood trickling from the ear canal. Later, the injured diver may find drops of blood on his/her pillow or bedclothes. **Treatment:** In order to distinguish between this injury and other, more severe injuries, it is necessary to stop diving and seek evaluation by a medical practitioner.

On a general note, a physician should examine any ear problem that drains purulent material (pus) or has a foul or disagreeable odor.

### SUMMARY

Ear injuries are the most commonly encountered injuries to divers. Permanent hearing loss may result from barotrauma to the ears. The likelihood of injuries is reduced by preventive measures such as:

- properly equalizing;
- never diving with a cold or other congestion, and;
- abstaining from diving if you cannot clear your ears.

Several types of ear injuries can occur. All of these injuries should be examined by a qualified medical practitioner. If in doubt regarding the practitioner's knowledge of diving medicine, bring this article with you or encourage them to call +1-919-684-2948 and ask for the Medical Department here at DAN for a consult.

Otoscopic examination of the ear by a qualified medical practitioner knowledgeable in diving and emergency medicine may be useful in determining what type injury has occurred. In remote areas of the world or on board live-a-board dive vessels you may have to wait a while until you can get medical help. DAN's advice is to encourage you to get to a medical facility as soon as possible.

Good diving, and keep your ears dry!

Bruce Delphia, B.Sc., NREMT, DMT-A is a nationally registered Paramedic with 19 years' experience in pre-hospital emergency medicine. He is also certified by the National Board of Diving and Hyperbaric Medical Technology as an Advanced Diver Medical Technician Instructor. At DAN, Delphia served for three years as a Dive Medic and currently as a staff specialist in DAN's Training Department.

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### UPCOMING DIVE TRIPS:

#### Channel Islands:

March 20-25

July 24-29

October (Lobster Trip) TBD

British Columbia—April/May 2010

Wakatobi—December 2010 (few spots left!)

Contact Eugene Skin Divers for reservations and information.

### UPCOMING CLASSES:

- Peak Performance Buoyancy
- Deep Water
- Night Diver
- Habitat
- Advanced
- O2

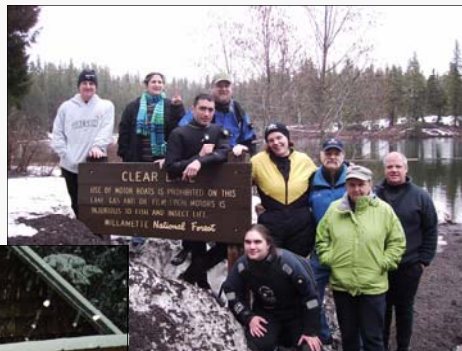
Earn your Master Diver Certification today!

Contact Eugene Skin Diver Supply for more information— 541.342.2351 or [eugeneskindivers.com](http://eugeneskindivers.com)

## Eugene Dive Club Financial Report January 1, 2009—December 31, 2009

<b>Beginning Balance</b>	Jan-09		3,025.62	
<b>Income</b>	Membership		2,020.00	
	Raffle Sales		2,884.00	
	Club Gear Sales		73.00	
	Events	Camp Casey	1,475.00	
		Campout	90.00	* Paid out in 2008
	Donations ESDS Sale		109.39	
<b>Total Income</b>			6,651.39	
<b>Expense</b>	Raffle Items		-3,468.75	
	Events	Camp Casey	-1,080.00	
		Summer Picnic	-503.29	
		Holiday Party	-533.70	
	Guest Speaker		-130.00	
	Charitable Donation	OHSU Foundation	-1,000.00	
	Officer's Meeting		-82.00	
	Dues - Oregon State		-50.00	
	Web/Print/Postage		-383.30	
	Club Gear - Hats		-510.00	
<b>Total Expense</b>			-7,741.04	
<b>Ending Balance</b>			1,935.97	

**March 2009—Clear Lake Snow Dive**  
**Join us Feb 28, 2010!**





# Eugene Dive Club Information Sheet

Date \_\_\_\_\_

(Please Print Clearly)

Member Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_ May we put your phone number in our directory? Yes / No

Email Address: \_\_\_\_\_

(Eugene Dive Club uses Email addresses for notifications of dives, events, meetings, & Newsletter distribution ONLY !!!)

I want to view my newsletter electronically (default): Yes / No      I want my newsletter mailed: Yes / No

Certification Level: Open Water \_\_\_ Advanced \_\_\_ Rescue Diver \_\_\_ Divemaster \_\_\_ Instructor \_\_\_

Skill Level: Novice \_\_\_ Intermediate \_\_\_ Advanced \_\_\_

Birthday: \_\_\_\_\_ Certifying Organization: \_\_\_\_\_ No. of dives: \_\_\_\_\_

No of Divers in your Family: \_\_\_\_\_ Names: \_\_\_\_\_

Would you be interested in serving as a club officer? Yes / No / Maybe (Circle One)

Would you be interested in hosting one of our Dives? Yes / No / Maybe (Circle One)

Would you be interested in helping with some special event activities? Yes / No / Maybe (Circle One)

What speakers and or topics would you like to see at our meetings? \_\_\_\_\_

What type of activities would you like to see in our club? \_\_\_\_\_

Please check appropriate box and submit this form, along with your payment, to an officer at the meeting or drop it by Eugene Skin Divers Supply.

Renewing Member (\$24): \_\_\_\_\_

Paid By (Circle one): Check      Cash

New Member:

Joining in Jan, Feb, or Mar (\$24): \_\_\_\_\_

Joining in August (\$14): \_\_\_\_\_

Joining in April (\$22): \_\_\_\_\_

Joining in September (\$12): \_\_\_\_\_

Joining in May (\$20): \_\_\_\_\_

Joining in October (\$10): \_\_\_\_\_

Joining in June (\$18): \_\_\_\_\_

Joining in November (\$28): \_\_\_\_\_

Joining in July (\$16): \_\_\_\_\_

Joining in December (\$26): \_\_\_\_\_

Thank you for your joining the Eugene Dive Club! We hope you enjoy all the activities, trips and dive locations that we've planned for this year. We look forward to getting to know you and your family and, once again, welcome to the Eugene Dive Club!!