

The Buoy Tender

Marker Buoy Dive Club | Seattle, Washington

May 2016



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President's Message

ELECTIONS

That's the topic for this month. At the May Board Meeting the Nominating Committee presented a slate of candidates for the 2016-2017 term. There will be some changes on the Board this year but the slate to be voted upon will result in a very strong group of members. I say that because there are no contested board positions. A list of candidates and information about the voting process is contained in this newsletter.

I want to thank Andrew Mitchell, Joyce Merkel and Fritz Merkel for serving on the Nominating Committee with me.

I also want to thank the new members who will be part of the Board in July for volunteering to serve. We are a large Club and we accomplish a lot. Many of the functions of running such a vibrant and active Club occur in the virtual world but it still takes a dedicated group of members to make it happen. The Board is crucial to the success of The Marker Buoy Dive Club.

We have a busy summer planned. The dates for the July picnic (**July 6th** at Woodland Park) and the summer social (**August 13th** at Saltwater State Park) are set. Keep an eye on Meetup for details. The dive calendar though is looking a bit sparse. There is a dive planning party on **June 4th**. Give some thought to attending or posting a dive to the calendar. If you a buddy are going out for a dive, consider posting it on the calendar. Even if it is last minute there might be another member who is looking for a dive buddy.

I hope to see all of you over the summer months.

Dive often Dive Safe

Cover Photo

Taken by: Bob Bailey

Location: Long Island Wall, San Juan Islands

Camera data: Camera settings, f10, 1/160, ISO200. Shot with a 60mm lens on a Canon T2i

New Members

Welcome to the Club! You've joined one of the most active and social dive clubs in the region.

Chris Step

Michael Wong

Barry Saver

Kirsten Peterson

Kanchalai
Tanglertsampan

Jamie Lavigne

Mike Williams

Jeffrey Zipfel

Steve Douglas

Kryzstof Ostrowski

Monica Fredrickson

As you can tell from Meetup we have a steady stream of activities going on for divers of all experience and skill levels. You are also invited to attend the monthly club meeting. This is a great opportunity to meet club members in person, hear from interesting speakers, and get into the swing of things. Details are on the Meetup site.

First time dive hosts will receive a 5 fill air card from Lighthouse Dive Center.

If you get 6 Club members to attend you will also earn a 10 fill card from the dive shop of your choice.

That's almost \$100 for very little work, but lots of fun. Everybody wins!

June Monthly Meeting June 1, 2016 Sunset Hill Community Center

Our featured speaker for this meeting is Nirupam Nigam, who will share techniques for using a snoot in underwater photography. He is a soon-to-be graduate of the University of Washington Fisheries program and combines his knowledge of the marine world with his fine skills as an accomplished underwater photographer.

Why Pilates Mat Exercises For Divers?

By Sue Bream

Pilates is pretty main-stream these days, but there are still a lot of you out there who have never tried it.

While classes or lessons on the specialized Pilates equipment is only available at a Pilates studio, a Pilates mat class is much more readily available at gyms, private studios, or even community centers. I teach a couple of mat classes each week that you are welcome to come check out if you are curious.

What is Pilates?

Pilates is an exercise modality that focuses on strengthening the deep core muscles as well as stability of the spine and improving flexibility. Do both of these sound like something that scuba divers need? I think so. The beauty of Pilates is that it also focuses on coordination, control, breathing, and precision, again, all of which scuba divers need to be mindful of.

History

Pilates was developed by Joseph Hubertus Pilates, a German immigrant, who along with his wife, Clara, set up their first Pilates studio in New York City in the mid-1920's. Born in Dusseldorf, Germany in 1880, Joe Pilates, who was sickly as a young child, grew up being active and athletic with a keen understanding of human movement and the connection between mind and body.

While interned at a camp in England during World War I, he began rehabilitating disabled and sick soldiers, establishing exercises and movements that led to his Pilates method of movement that we know today.

His early work in New York was with ballet dancers, but Pilates is now practiced by every walk of life and age-group. Many professional athletes do Pilates as well as older adults, teens, and people just like you and me.

Why Pilates for Divers?

As I mention above, I believe that Pilates is great for scuba divers because it incorporates strengthening core musculature, increasing flexibility, and mindfulness, which includes a focus on the breath. Scuba diving requires a lot of core stabilization, particularly when lifting gear, walking with tanks on, climbing onto the boat, and even underwater. We all know how important flexibility is especially when getting into and out of your BCD! Then, there is the breath. Breath control, breath mindfulness, and the connection with the breath and using your core muscles all come into play when diving.

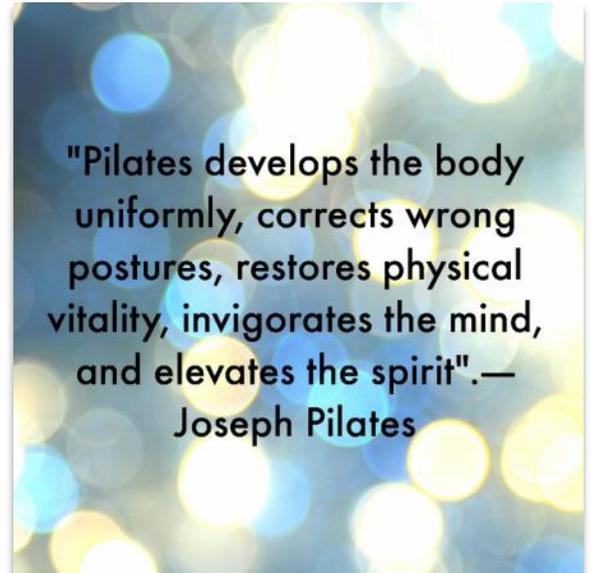
5 Great Pilates Mat Exercises for Divers

Single Leg Circles

This exercise really focuses on pelvic and spinal stability while moving one leg in a circle. It is also a great hip mobility exercise, and is much harder than it looks.

Lie on your back with one leg up toward the ceiling and the other knee either bent (foot flat on the floor) or straight out on the floor. Arms can be resting out to the sides. Trace whatever size circle you can while keeping your low back in a neutral position and pelvis as still as you can. Guess what? You need to use your abs. Relaxing your neck and shoulders is also a key component.

Do about 8-10 circles each direction for both legs.





Swimming

Swimming is a great strengthener for the back of the body, if done properly, as well as abdominal exercise.

Lie down on your belly with arms and legs reaching long, chest also slightly lifted, but no pressure in low back. Swimming can be done with alternate arm and leg lifts or all fours off the floor at once. It really depends on how it feels for you. Be sure not to “crane your neck”, but rather, keep it long. Engage your abs to support your back. The leg movement is with a straight knee and comes from the glute muscles. I like to do this exercise for 20-30 seconds at a time. Keep breathing!

Sawing Plank

Planks are loved by many and disliked by others. They are such a great exercise though, for core strength. The variation that I like the best is a “sawing plank”. From your hands and feet, or forearms and feet, you assume a plank position and move your body forwards and backwards in a “sawing” motion. Shifting your weight up onto your toes and then reaching your heels back as you move back and forth in a horizontal plane. You will feel this right down the front of your abs, as well as in your calves.

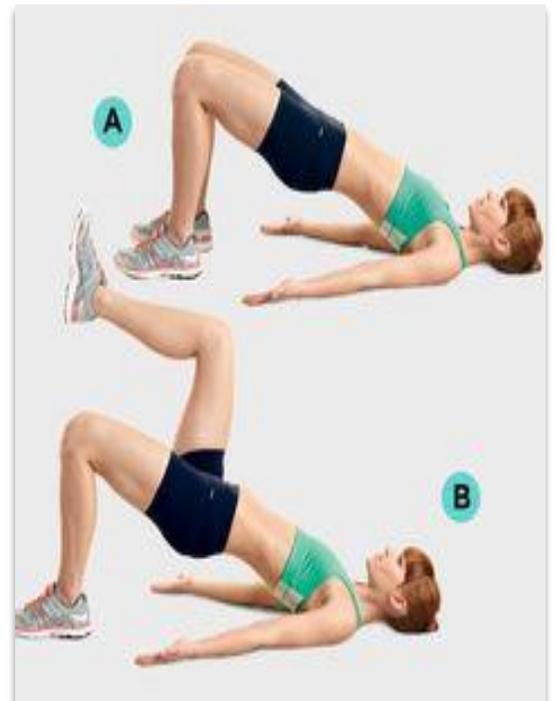
This is a great exercise to really go for a deep full inhale and exhale.

Marching Bridge

Bridging is yet another great all around exercise for glutes, hamstrings, and back. The variation that really gets to the point of engaging glute muscles to move the opposite leg and maintain a stable pelvis is a “marching bridge”.

Lie on your back with feet about hip-joint width apart. With a neutral spine, lift your hips up by using your glute muscles. Stay there and alternate leg lifts, keeping your knee bent. As you shift your weight from one foot to the other, you need to really engage your glute muscles on the side that is holding you up. Imagine balancing a glass of red wine on each hip and you are lying on a white carpet and don’t want to spill a drop as you switch legs.

You might find that it is much easier to stabilize one side then the other. This is very common, and it is good that you are addressing it.



Seated Spine Twist

Rotation is very important for just about everything that we do, from daily activities to recreational activities, including diving. When do we incorporate rotation as a diver? Well, how about when you reach behind you to grab your regulator, or when you get in or out of your BCD? I like to think of having a flexible spine in all directions, including rotation, as just being an important part of life.

This exercise is a simple twist while seated. Sit upright (using your abs and back muscles) with your legs out in front of you slightly apart. Arms are out to your sides about shoulder height (yet neck is relaxed). Simply rotate your trunk one way as you exhale adding a pulse, then come back to the center, and rotate the other way on an exhale.

In Conclusion

Perhaps you have taken Pilates classes or private lessons, and already reap the benefits from this exercise modality. If not, please consider giving it a try. It is not a “woman’s exercise”, nor is Pilates necessarily easy. Similar to yoga, you get out of it what you put into it.

I recommend that you incorporate it into what you already do for exercise, perhaps as cross-training, at least once/week.

This short list of exercises is just the tip of the iceberg as far as the Pilates repertoire, so, if these exercises don’t do it for you, I have no doubt others will!

Sue Bream is an ACSM and ACE certified Personal Trainer, certified Pilates instructor, and Health Coach, as well as avid scuba diver. Questions? Email her at sue@suebreamfitness.com.

Find her at www.suebreamfitness.com.

Marker Buoy Election: Slate of Candidates for 2016—2017

Polls open on Juth 1st and close on June 15th

Slate of Candidates for the 2016-2017 Term

President	Josh Schripsema*
Vice President	Steve Kalilimoku
Secretary	Jolee Ford
Treasurer	Dave Riley*
Director- Webmaster	Justin McClellan
Director- Event Coordinator	Andrea Naert*
Director- Refreshments	Catherine Knowlson*
Director- Newsletter Editor	Myra Wisotzky*
Director- Programs	Bob Bailey

*- Current Board Member

Election Process

- Elections will be conducted electronically using Survey Monkey.
- All dues paid members as of May 31st are eligible to vote.
- The polls open on June 1st and close on June 15th.
- Members will be notified by email when the polls are open.

To vote we *must* have your email address. There are two ways to do this.

1. Got to the Marker Buoy Meetup site. Click on the Members tab and find your Club member profile.
There are 5 questions listed there including one asking for your email address. If it is not yet answered click the edit button and add it.
A note; If you do this your email address will be available to other Club members but it will not be visible to the public.
2. Check your member profile and send an email to me (markmwilson@outlook.com) with your email address.
I will make sure it is added to the voting list but it will not be shared or kept anywhere.

Dive Planning Party/Potluck: June 4th in Federal Way

5 pm til.....

Our club is all about diving, so a dive planning party is.....not just about diving, but all about getting together with past, current and future dive buddies to socialize!

Check the MeetUp site for Myra Wisotzky's house in Federal Way. Food, festivities and figuring out future dives begins at five pm. (FYI—Redondo is just 3 miles from our house. If you want to dive before-hand, fresh water and bins for rinsing can easily be made available....as well as hot indoor showers.)

Annual Marker Buoy Picnic: July 6th at Woodland Park Shelter # 4

BBQ and Potluck

Summer is a special time here in the Pacific North West, so don't miss our second biggest social event of the year—the Annual Picnic!

The Annual Picnic is Wednesday July 6th from 6:00 til 9:00 pm and takes the place of July's monthly meeting.

The club will have the grills going and provide plates, plastic cups and utensils. Bring whatever you would like to grill and anything else to share with the group.

Alcohol is not allowed in the park so plan accordingly.

For further details on location and directions see the Meet Up listing for this event.

Annual Summer Dive and Barbecue: August 13th at Saltwater State Park

Mark your calendars now for another great annual event—our summer dive and barbecue.

Details are soon-to-be provided in Meetup, but you can count on an afternoon event which includes fun diving at a site that is rich with marine life, great food, and the usual wonderful company of fellow Marker Buoy members.

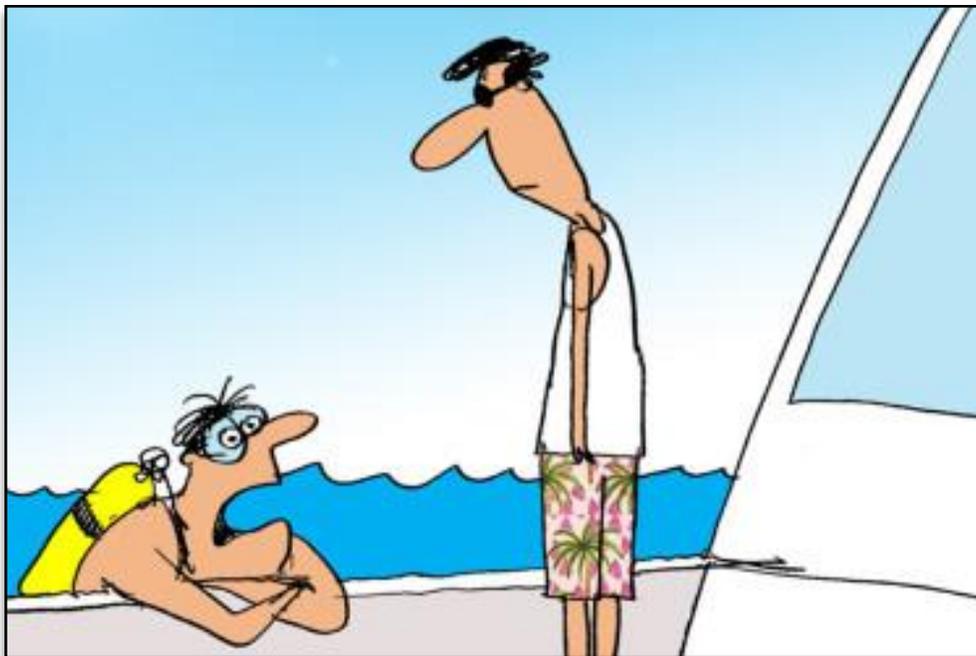
Shooting (Blanks) Gallery

A grand total of 0 “Shooting Gallery” photos were submitted this month. Yikes. This is a surprising situation as we are usually able to showcase our members’ talent every month.

Everyone must be saving their photo submissions for June, July and August. Or perhaps just recovering from some of the recent, great travel and local diving activities that many of our members have been enjoying

So, because we are “Shooting Blanks” in terms of photos this month, we will instead have a cartoon captioning contest

Send me your suggestions on what you think the characters in this cartoon are saying and/or a caption for the cartoon. All entries will be included in the June newsletter. A highly qualified panel of judges will select the winning caption/conversation and a suitable prize awarded. There may be more than one winner and more than one prize! So don’t hold back on your creative thoughts!



Forest Lane Cottage on Rich Passage

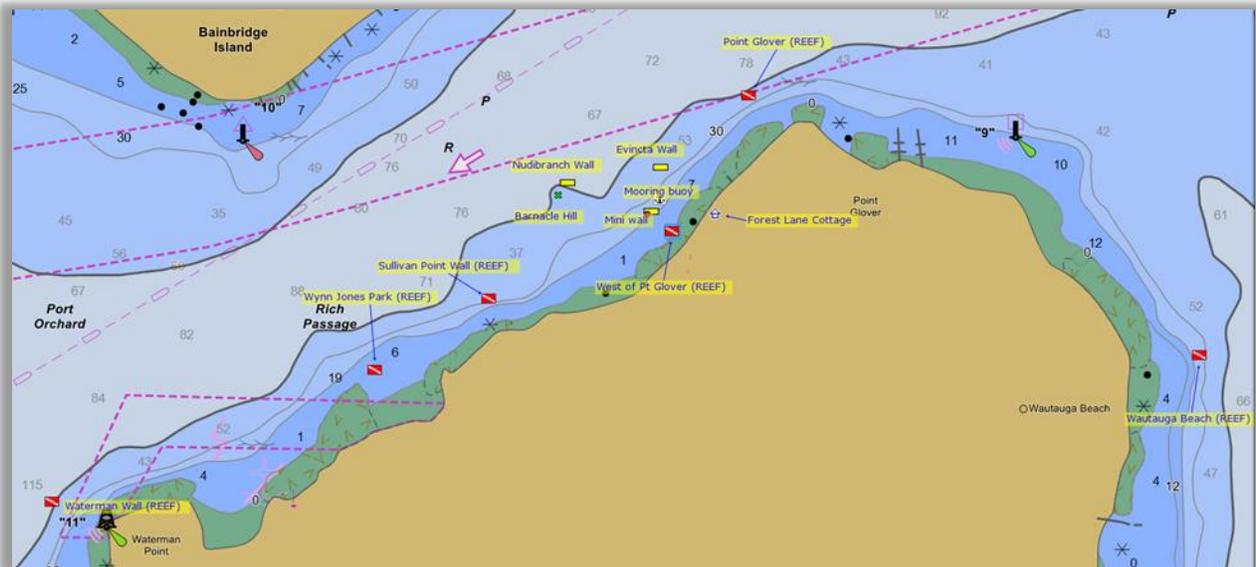
Vacation rental and Diving

Doug Miller and Karin Fletcher

Looking for a break and some diving somewhere new? Why not rent our cottage on the water for a weekend?

Karin and I bought the house next door as a vacation rental. It is a 50-year-old two-bedroom wood cottage. The cottage is fully equipped with kitchen, wood stove and laundry facilities and features an awesome deck over the water out front and a beautiful forest and hiking trails behind. And of course, there are steps down to the water giving you direct access to diving, kayaking and more. We have mapped out four distinct dive sites in the reefs out front plus if you have a boat there are numerous other sites minutes away including Waterman Wall, Wautauga Beach and Orchard Rocks.

For more information and reservations check out our website at: www.forestlanecottage.com or send me email at douglas@milltech.com.



Dive sites in West End of Rich Passage



Deck at sunset

Anilao Critter Overload

March 14-24, 2017

Crystal Blue Resort

Octopus and seahorses and nudibranchs, oh my!

Air Package: \$2106 Nitrox Package: \$2222 (dbl.occ.)

Join us for 10 critter filled days at the macro diving capital of The Philippines, Anilao. Your dive package at Crystal Blue Resort includes 29 dives, including 3 night dives, all meals, transfers from Manila, and presentations on Natural History and macro photography. Guided diving with 4 guests per guide enables you to see more of the marine life and photograph those "bucket list" critters. There will also be the opportunity to dive beautiful offshore coral reef sites, with masses of reef fish and clear blue water. The prime dive season is short in this area, so booking far ahead allows us to secure space. A \$600USD deposit will hold your spot. Space is limited. For further information, please contact scubamarli@gmail.com.



MARLI WAKELING

About Marker Buoys

[The Marker Buoy Dive Club](#) of Seattle meets at 7:00 PM, the first Wednesday of each month (except July, which is our annual picnic) at the [Sunset Hills Community Center](#), **3003 NW 66th St. 98117** in Ballard. The Marker Buoy Dive Club is one of the most active dive clubs in the Pacific Northwest. Membership level is around 150. Our members include some that are new to diving or to the Seattle area. Many have over 1,000 dives in their log.

In addition to hosting many dives each month, monthly meetings are held at the Sunset Community Center in Ballard. Monthly meetings give members an opportunity to give reports on club dives of the previous month, information on upcoming dives, and occasionally slide and video presentations of dives. A guest speaker related to scuba diving, the marine environment, or something of interest to divers is featured every month. Club-sponsored activities include over 100 dives each year, dive planning parties, an annual picnic at Woodland Park, and an annual banquet.

General Club Policies

DIVER'S EDUCATION

The club will reimburse members \$15 for successful completion of advanced certification courses that increases the member's competency and safety. Limit of 3 reimbursements per club member per calendar year. Courses that qualify are advanced diver, rescue diver, dive master, instructor, nitrox, DAN O2 Provider, and initial First Aid & CPR (non-renewal). Reimbursement for other courses subject to board approval. Just show proof of course completion to David Riley, Treasurer, for your reimbursement.

MEET UP/ MARKER BUOYS

Join our members only on-line web group! Find a last-minute dive buddy, ride, or directions to a dive, trip reports, as well as our newsletters: <http://www.meetup.com/Marker-Buoy-Dive-Club/>

WEIGHT BELT REPLACEMENT POLICY

The club will reimburse any member who ditches weights in what they consider an emergency during any dive, anywhere. The reimbursement is for replacement cost of all items ditched and not recovered, up to a maximum of \$150.

SPONSOR A DIVE, EARN AN AIR CARD

Dive hosts receive an Air Card good at local dive shops when 6 Marker Buoy members participate on the dive. The Club Oxygen Kit counts as a buddy as long as one member of the party is O2 trained. Limit of 1 Air Card per club member per calendar month. The club has two O2 kits - currently with Kimber Chard and Gene Coronets. To request an air card, complete the "[Dive Host Air Card Request Form](#)" and submit it to the Treasurer, Dave Riley.

Membership

Members must be a certified diver and 18 years or older. Any certified diver under 18 is welcome on club dives if a parent is a club member and comes as their buddy.

MARKER BUOY 2015 BOARD

President: Mark Wilson

Treasurer: David Riley

Webmaster: Dave Ballard

Vice President: Kimber Chard

Programs: Hiller West

Event Director: Andrea Naert

Secretary: Josh Schripsema

Newsletter: Myra Wisotzky

Refreshments: Catherine Knowlson