



Buddy Line

December, 2012

Mola Mola Diving in Bali with *Diving For Life (DFL)*

by Kelly Thiemann

Images by Ralph Wolf

I went to the Diving For Life (DFL) 21st Annual Jamboree in Bali with one thing in mind (OK, as one of the event organizers I can never just have one thing on my mind): I wanted to see a Mola Mola (Ocean Sunfish). According to Wikipedia, the Mola Mola is the heaviest known bony fish in the world. It has an average adult weight of 1,000 kg (2,200 lb) and resembles a fish head with a tail. Its main body is flattened laterally. Sunfish can be as tall as they are long when their dorsal and ventral fins are extended. Many of the sunfish's various names allude to its flattened shape. Its specific name, *mola*, is Latin for "millstone," which the fish resembles because of its grey color, rough texture and rounded body. Its common name, sunfish, refers to the animal's habit of sunbathing at the surface of the water.

We arrived in Bali in mid-October just beyond the end of Mola Mola season. The dive operator, Tauch Terminal Bali, was making no promises. Mola Molas had been seen in the deep, cold waters off of Nusa Penida, an island off the southern coast of Bali, prior to our arrival. The first day we were at our resort, the Rama Candi Dasa Hotel, there were Mola Mola sightings at Shark Point, an island to the northeast.

On the third day of diving, our pod was first in the water at Shark

Point. However, instead of the 80-degree water we had enjoyed at Amed and Blue Lagoon, our systems were jolted by much cooler water. The current was flowing in off the point, and we could see some black-tip reef sharks swimming away from the point. Then, just as the current was at its strongest, there were not one, not two, but three Mola Molas! Fighting the current, trying to find a patch of dead coral to hang on to so that I could get a picture, proved to be a challenge. I was not successful in getting all three into the frame at once, but I did get 1½ Mola Molas. Then we had to leave so that the second half of our pod could come in for their turn. The Mola Molas were pretty elusive. The next pod right behind us did not get to see Mola Molas that day. However, they were able to see them the next day at Manta Point.

Other diving highlights while in Bali included some very aggressive nesting triggerfish at Amed. This site included diving from traditional Balinese Jukung fishing boats, which have a double outrigger. You slide into the water rather than doing a back roll so that you do not hit your head. After the dive, I then found the one boat with a ladder so that I could get back into the boat without causing the poor fisherman a hernia.

Tulamben is the signature dive in Bali. The *U.S. Liberty* wreck rests at a

continued, page 5 ...



President's Corner

by *Christophe Beraud*

2012 is almost over, and NCRD had another amazing year of diving with many local trips to Carmel/Monterey and the Channel Islands, wonderful exotic diving with our trip to the Sea of Cortez, and our Indonesian adventures in Lembeh, Bali and Komodo National Park.

I would like to take this opportunity to thank our current Board members, Trip Leaders and volunteers for keeping our club as one of the most active LGBT dive clubs in the country. Our success as a dive club is only possible through the dedication of our Board members and volunteers, and I encourage you to give back to the club either by volunteering as a Board member or by organizing local or exotic dive trips or other social events.

On Sunday, December 16, from 4 p.m. to 8 p.m., we will hold our annual holiday party at the home of Dennis Nix in San Francisco. Please join us to meet your current Board members and fellow divers, ask questions about the club, share your 2012 dive experiences, and hear about new dive trips currently being planned for 2013 and beyond.

Register online for this free event at our website, rainbowdivers.org.

Also, we are putting together a calendar for 2013 and would appreciate any photos from an NCRD event. Please send photos to board@rainbowdivers.com.

While Tommy Todd and Karen Doby have accepted to remain on the Board, Tim Cosgrove and I will be stepping down. If you may be interested in being on the Board or volunteering in 2013, please contact us at board@rainbowdivers.org and come to the holiday party on December 16, when the new 2013 Board will be elected.

Karen Doby has taken the lead on resurrecting NCRD's *Buddy Line* newsletter. Please send us contributions for the newsletter, such as trip reports, tips, reviews of scuba gear, photos, etc...

We will announce new trips for 2013 at the holiday party, but we still have spots open for our 2013 British Columbia liveboard onboard the *Nautilus Swell*. Waitlists for the Cozumel women's and men's weeks are still available. Register at rainbowdivers.org.

Wishing you a wonderful 2013. 🐠

Please join us! Attendance is free!

Northern California Rainbow Divers
**2012 HOLIDAY PARTY &
ANNUAL ELECTION OF DIRECTORS**

**Sunday, December 16, from 4-8 p.m.
San Francisco, CA.**

Please register online to let us know you are coming:
<http://rainbowdivers.org/>

Correction

Larry Chow writes, "The species in Peg's article [on manta diving in Ecuador in the November, 2012, issue] is *Manta Birostris*, not *robostris*." Thanks, Larry, for letting us know!

Northern California Rainbow Divers, Inc.
a California non-profit mutual benefit corporation

2012 BOARD OF DIRECTORS

President, Christophe Beraud
president@rainbowdivers.org

Treasurer, Tommy Todd
treasurer@rainbowdivers.org

Secretary, Tim Cosgrove
secretary@rainbowdivers.org

Membership Director, Brooke Berger
membership@rainbowdivers.org

Communications Director, Karen Doby
communications@rainbowdivers.org

Board Member-At-Large, David Lowe

2012 VOLUNTEER STAFF

Website Coordinator, Christophe Beraud
website@rainbowdivers.org

Mail Server Manager, Michael Miller

Diving For Life Liaison, Kelly Thiemann
dfll@rainbowdivers.org

Newsletter Editor, Karen Doby
editor@rainbowdivers.org

Local Dive Planner
Christophe Beraud

Hosts, Annual Gear Swap & Summer Picnic
Rob Raso & Christophe Beraud

Host, Holiday Party & Annual Election
Dennis Nix

Trip Leader, Channel Islands 2012
Tim Cosgrove

Trip Leaders, Lembeh Strait 2012
Christophe Beraud & Tommy Todd

Trip Leader, Komodo 2012
Karen Doby

Trip Leader, Men's Week Cozumel 2013
Tommy Todd

Trip Leader, Women's Week Cozumel 2013
Tommy Todd

Trip Leader, British Columbia 2013
Christophe Beraud

<http://www.rainbowdivers.org/>

CLUB POLICIES

Board meetings are held once a month and are open to any club member in good standing. If interested in attending, please contact any of the Board members listed above for location.

Membership dues are \$35/year and \$55/year for domestic partners at the same address. A free email-only option is also available, although paid club membership is required for trip participation.

Advertising is available to club members for a business card-size ad, or for \$10/issue for non-club members, space permitting. If you are interested in advertising, please contact the editor. NCRD does not warrant, recommend or guarantee the products or services contained in advertisements in this newsletter.

Unless otherwise noted, all monies paid for club-sponsored events are non-refundable.

NCRD's "Year of Indonesia"

A Photo Tour



Raja Ampat divers

Photo by Cassandra Wong



Bargibanti pygmy seahorse, Komodo

Video by Karen Doby



Coconut Octopus, Lembah Strait

Photo by Kathi Doster



Fun aboard the *Mermaid II*, Komodo

Photo by Pepe Larios

2012 started off right, with seven Rainbow Divers (Kathi, Karen, Karen, Sharon, Pat, Tracy and Eileen) flying on or shortly after New Year's Day to join our LGBT dive friends from London for ten days of muck and reef diving in the magnificent Lembah Strait on the north coast of Sulawesi, Indonesia, where we met many beautiful, exotic and often bizarre-looking critters, including the funny, creepy Bobbit Worm. Terry and Jon then joined us onboard the *Indo Siren* for a January cruise through Raja Ampat in West Papua to see its incredible display of marine diversity.

In October, Tommy Todd and Christophe Beraud escorted another dozen divers from NCRD to Lembah Strait for a week of muck diving with even more unusual, exotic marine life. The group then moved to Bali where they joined 130 LGBT divers from all over the world, 29 from NCRD. Bali diving proved to be surprising and exciting with numerous sightings of mola molas, pygmy seahorses, mantas, leaffish and pipefish.

As if that weren't enough, nineteen LGBT divers then sailed on to the spectacular Komodo National Park, where we observed the sexual and feeding behaviors of the world's largest monitor lizard, the endangered Komodo Dragon, in addition to beautiful reefs and marine life large and small. Indonesia diving was a good way to share awesome adventures with friends from NCRD. 🐉



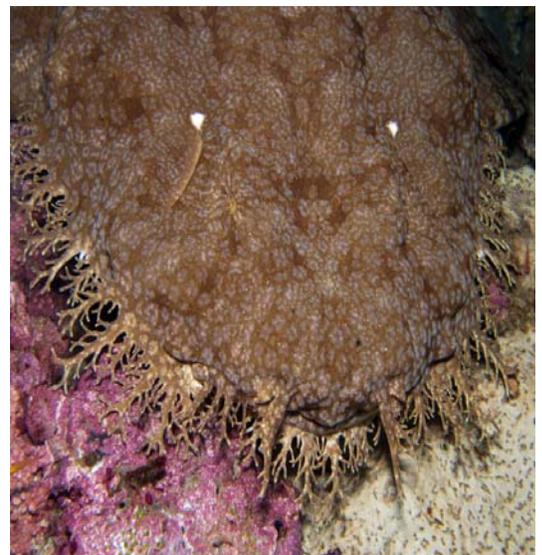
NCRD divers at DFL, Bali

Photo by Ralph Wolf



Colorful Nudibranchs, Raja Ampat

Photo by Pat Noack



Wobbegong Shark, Raja Ampat

Photo by Neil Stead

New! Dive Doc: How Fit Should I Be To Dive?

by *S. Kathleen Doster, M.D., Ph.D.*

This new column is designed to answer your questions about the intersection of diving and medicine. Questions about a particular diver or situation should be addressed by their personal physician.

Today's question:

How fit should I be to dive?

The quick and easy answer is: the more fit you are, the better and safer diver you will be. There are, however, some general guidelines to the fitness needed for diving.

Fitness has several components: strength, flexibility, and cardiovascular fitness. Some people add a separate category of core fitness, referring to strength and flexibility of the back and abdominal muscles. All of these aspects are important for diving.

The strength of different muscle groups is developed and maintained by resistance training, defined as exercising against an opposing force such as free weights, weights on a pulley system, or gravity. Having strong arms and legs allows a diver

to carry their gear, climb ladders, pull themselves into a boat, and swim against a current. You can set up a resistance training program at a gym with a personal trainer, or create your own program to do at home. Adams & Adams Fit for Scuba, by Jessica Adams and Jaime Adams, is a good reference. Ideally, a diver should be able to lift and carry their full gear and climb up or down a ladder with their gear on.

Flexibility refers to the range of motion at each of your joints and is developed and maintained by stretching muscles, mobilizing each joint through its range of motion. Good flexibility allows a diver to get in and out of their gear, maintain balance on a rocking dive boat and maneuver more easily underwater. Regular stretching also helps prevent muscle cramps. A good flexibility assessment can be found in "Rate Your Flexibility", Alert Diver, Fall 2010, page 22.

Cardiovascular fitness refers to the ability of your heart and lungs to deliver oxygen rich blood to your muscles and other organs during sustained exercise and is arguably the most important aspect of dive fitness. The better your cardio fitness, the more efficiently you can use your air while diving, the longer you can dive without feeling tired or out of breath, and the less your risk of having heart attack while diving. Heart attacks cause 20 to 30 % of deaths during SCUBA diving.

Cardio fitness is developed by exercising vigorously enough to increase your heart rate to 60-70% of its maximum, for 30-60 minutes, 3-4 times weekly. You can calculate your maximum heart rate by subtracting your age from 220. If you cannot exercise at 70% of your maximum heart rate for 30 minutes, you need to improve your fitness through regular exercise before taking up diving. Cardiovascular fitness is also improved by getting adequate sleep, maintaining a normal weight, and by not smoking. If you have any underlying cardiac disease, you should see a specialist to get medical clearance for diving.

What about core fitness? Strength in your core muscles of the back and abdomen are important for balance and stability, which you need while walking or swimming with your gear on. Core fitness is also key to avoiding back strain and injury. Certain types of exercise, including yoga and Pilates, are especially good for maintaining core fitness. There is a quick and easy set of core exercises in "Core Body Strength," Alert Diver, Fall 2009, page 22.

Important safety tip: To avoid an increased risk of decompression sickness, DAN recommends that divers avoid strenuous exercise for 24 hours after making a dive. ?



Dive N Ride

ADVENTURES

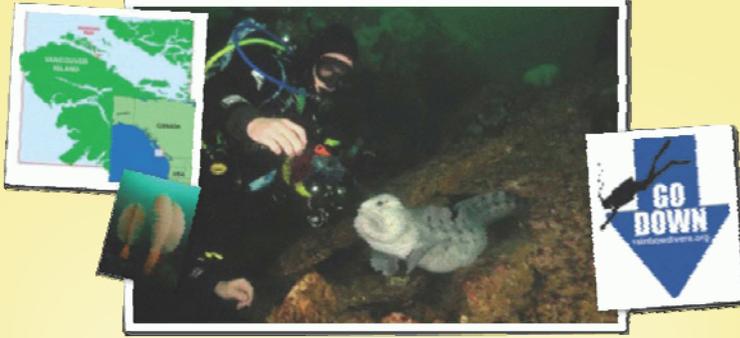
Enabling Scuba (and Motorcycling) Adventures....

2013: Thailand Aggressor LiveAboard Dec 1-7
With land-based add on

2014: Philippines Siren LiveAboard Dec 6-16
With motorcycling touring add on



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Northern California Rainbow Divers Are Headed North !!

to northern Vancouver Island aboard the *Nautilus Swell*
October 5-12, 2013 \$1,892 to \$2,290

British Columbia (BC) diving offers some of the best cold-water diving in the world, with incredible colors, amazing diversity of life, giant pacific octopus, wolf-eels, nudibranchs galore, giant kelp forests, vertical walls so densely covered in life that there is not even a square inch in which you can touch the wall. It is no wonder that this was ranked as the best diving in North America three years in a row by Rodale's, in short, heaven for those who appreciate and enjoy the challenge of dry-suit diving.

The northern part of Vancouver Island offers the best diving in BC. Famous Browning Pass, a remote current-swept channel off Vancouver Island's Nigei Island, is one of British Columbia's diving jewels. The constellation of sea life inhabiting Browning Pass is out of this world. Seasonal upwellings — the movement of deep, nutrient-rich ocean water to the surface, combined with extreme tidal movement — produce an enriched planktonic broth that supports a lush assortment of exotic marine life outstanding in variety and abundance. British Columbia

harbors approximately 7,000 marine species, or roughly 4% of the world's total. Marine biodiversity experts believe this number could double once the province's subsea terrain is fully explored.

Northern Vancouver Island also supports one of the planet's highest concentrations of sea mammals. Orcas, dolphins, harbor seals, Steller sea lions and seasonal migrants such as humpback and minke whales are all seen in the channel. In recent years, sea otters also took up residence here, and their population seems to be flourishing. Its magical marine wilderness holds its own with any of the world's great diving destinations. While the ocean may be cold this far north of the equator, the subsea splendor is remarkable.

It is worth dressing for cold water because you'll never endure mediocrity in northern Vancouver Island. Whether a recreational diver, tech diver or underwater photographer, discovery awaits those who are willing to take a dive on the wild side.

JOIN US !! 5 SPOTS REMAINING

... *Mola Mola Diving in Bali*, continued from page 1

depth of 15-90 feet. This ship was hit by a Japanese torpedo during World War II off the coast of Lombok. The U.S. Navy's plan to tow the ship to Singaraja harbor in north Bali failed as the harbor was still occupied by the Japanese, so the ship was intentionally stranded on the rocky beach of Tulamben. In 1963, the volcano Agung erupted, and the magma flow pressed the ship back into the sea where it presently rests. Since then, coral has covered the wreckage completely and turned it into a home for many species of fish including goliath groupers, pigmy seahorses and frogfish.

It would not be a DFL event without a raffle and auction to generate funds for local LGBT health-related charities. Local items of interest included a rather large collection of porn DVDs and real police handcuffs (with key) that were donated. Some great future dive trips were also secured. Thanks to Pinnacles Dive Shop in Novato for their support of DFL and NCRD for many years.

Twenty-nine out of the 131 participants had an affiliation with NCRD, which was the largest dive group contingent. Over \$90,000 was raised. While we do not yet have the official dollar amount that will be coming to NCRD to recommend for local nonprofits, it should be around \$20,000. So start to think about which local LGBT health-related charities you would like to nominate. More details will be forthcoming in January. Voting will again take place online.

Hmm, now I need to figure out the next thing to cross off my diving bucket list — any suggestions?



Board Meetings

Sunday, December 9, 6 pm

Board meetings are open to club members. If you are interested in attending, please email Christophe at president@rainbowdivers.org

Holiday Party & Annual Election of Club Directors

**Sunday afternoon,
December 16, 4-8 p.m.**

Party Location

Our 2012 holiday party will be held in San Francisco, CA., at the home of Dennis Nix. The address will be included in your registration for this event.

Calendar

Please see details at
<http://www.rainbowdivers.org/>

San Francisco Bay Area	California Diving	Exotic Destinations
<p>December 9, 2012 6 p.m. <i>Board Meeting</i> San Francisco, CA.</p> <p>December 16, 2012 4-8 p.m. <i>Holiday Party and Annual Election</i> Held at the home of Dennis Nix in San Francisco, CA.</p>		<p>April 28-May 5, 2013 (<i>Men's Week</i>) May 5-12, 2013 (<i>Women's Week I</i>) May 12-19, 2013 (<i>Women's Week II</i>) Villa Coralina, Cozumel, Mexico 1 open spot, Women's Week II</p> <p>September 21-28, 2013 <i>Diving For Life</i> Kura Hulanda Lodge & Beach Club Curacao, Caribbean <i>For info: divingforlife.org</i></p> <p>September 28-October 5, 2013 <i>Nai'a Liveaboard</i> Bligh Waters, Fiji Islands Open spots available Please check NCRD website for pre- or post-cruise land resort TBA</p> <p>October 5-12, 2013 <i>Nautilus Swell Liveaboard</i> British Columbia, Canada Open spots available</p>



Northern California Rainbow Divers

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