



# Desert Waves



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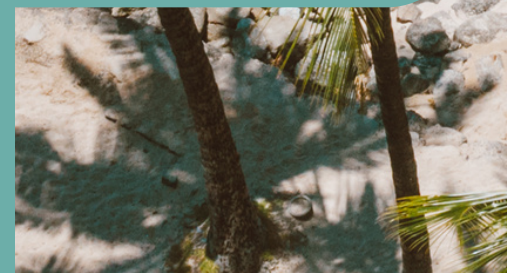
# Message from the **PRESIDENT...**



## Hey Everyone!

Here are a few things to note for the month:

- Our general meeting will be held at Marie Kerr Park on August 14th. At 7 PM
  - Our club dive is going to be on the Specter on August 12th. If you haven't signed up yet and would like to go, you will need to contact them directly and talk to Ted. The price for the trip is \$175.
- It is membership renewal time. The deadline to renew is August 31st. No, we won't send out an enforcer to collect, but I will ask you to please be prompt in payment.
  - A few things about the trip, YES there are still spots available, you should look into getting trip insurance through DAN.
- For those of you getting your own airfare to Fiji, you should be getting the tickets sooner than later. The price will start going higher the closer the trip gets.
  - If booking through Fiji Air, there is a difference in tickets so please pay attention. The Value ticket includes 1 checked bag. The basic ticket does not, and it will cost \$175 per bag.
- We are already looking forward to the Underwater Pumpkin Carving Contest and the date will be October 28th.
  - Our next date for Tidy up a Mile will be August 19. At 8 AM.





# Message from the

# **PRESIDENT...**

(Continued)



I'd like to take a moment to discuss an important aspect of diving: the rate at which we ascend. While some divers believe that a rate of 60 feet per minute is appropriate for depths below 60 feet, and slower rates of 30 feet per minute should be used for depths above 30 feet, others simply follow their dive computer. Regardless of your method, it's important to ascend slowly to avoid a decompression emergency.

Decompression stress occurs when inert gas becomes dissolved in various tissues throughout the body. As you ascend, bubbles increase in size and are released by tissues into the veins. These venous bubbles then travel to the lungs, where they are off gassed through normal breathing. Faster ascent rates are believed to increase decompression stress by not allowing sufficient gas bubbles to be off gassed through breathing.

One of the biggest concerns associated with fast ascents is decompression sickness, which occurs when bubbles arise or become trapped in tissues or vessels, causing traumatic injury to the body. In some cases, air can enter the arterial circulation, resulting in an arterial gas embolism (AGE), which can cause symptoms like a stroke. AGE may occur due to lung injuries, but it can also happen even if the lungs aren't injured. However, some divers may not experience any negative effects from rapid ascents.

In addition to not allowing for sufficient off-gassing during decompression, rapid ascents can have other implications. Expanding gas in air spaces, such as the middle ears and sinuses, can cause local injuries known as reverse blocks or reverse squeezes. These pressure injuries (barotraumas) occur when gas expands in these spaces faster than the body can equalize them. Congestion is often a factor in reverse blocks. The lungs also need time to release expanding gas. During slow ascents, this is achieved through normal breathing, as the lungs are constantly equalizing to ambient pressure. If the ascent is too fast and the lungs cannot accommodate the expanding gas, pulmonary barotrauma can result.

To ensure your safety, it's important to monitor your air consumption, make sure you have enough air for your safety stop, and take your time during your ascent. Your body will thank you for it.



# AUGUST GENERAL MEETING

## GUEST SPEAKER



### COLIN WEST

Colin West is the Founder and Executive Director of Clean Up The Lake. Colin West has 10 years of experience as a SCUBA diver and is a certified PADI Divemaster. He will present more about the various projects involved with the Clean Up the Lake organization that has collected 55,944 Lbs of litter since 2018-Present 55,415 litter collected under the surface. Has covered 102.72 miles underwater miles cleaned with 9,609.75 volunteer hours dedicated making it a total of 293 dives. Clean Up The Lake's mission is to fight back against plastic and all forms of pollution in our global environment, both on land and under the surface!

Join us on August 14th @ 7 pm - Marie Kerr Park or virtually for our  
General Meeting



# Conservation Report



Hello everyone,

I hope you're staying cool by diving in this heat! We have a few events coming up, the soonest being our Annual June Lake Cleanup! The official cleanup will take place Saturday, September 2. Most club members will be staying at the "Oh Ridge Campground" in the June Lake loop. There are also a few hotels in the area if camping isn't your style. Many members will be there diving in the days leading up to the weekend, all are welcome to join. See the flyer for specific times and details.

In addition to the June Lake cleanup, we will be once again partnering with "Heal the Bay" for coastal cleanup day. This will take place September 23, 2023, at Dan Blocker/ Corral beach in Malibu. The clean-up begins at 9am. We will be meeting just outside of lifeguard tower 2. Look for the flags and our club banner etc. If any AVDD members would like to come early to help setup and help you're more than welcome to. We still need volunteers to help people check in, and sort litter and setup! Around 8am would be good to help with the setup. I look forward to seeing you there!!!

Did you know that California Moray eels have symbiotic relationship with red rock shrimp? The shrimp will share a living space with the eel, allowing the shrimp to eat dead skin and parasites from the moray's body. In return, the moray protects the shrimp from predators and gives it easy access to continuous food source!





SATURDAY, SEPTEMBER 2ND, 2023



# 2023 JUNE LAKE UNDERWATER CLEAN-UP



## JOIN US!

Antelope Valley Desert Divers is proud to be hosting our annual underwater clean-up at June Lake. Join us in our conservation efforts of preserving June Lake.

## SCHEDULE

- **8:00am** arrive and set up at June Lake Beach
- **9:00am** Dive Brief (All divers are required to attend)
- **9:15am-11:15am** Dive & Beach clean-up activities
- **11:30am-12:30pm** Lunch
  - **Note:** Lunch tickets will be given out to all clean-up participants. Includes divers performing clean-up activities, support personnel, and participants performing beach clean-up activities. Non-Participants can purchase meal tickets for \$20 each
- **5:00pm -7:00pm** AVDD Potluck Dinner and Raffle



**June Lake Beach**  
Pine Cliff Rd, June Lake, CA  
93529





# Calling all Certified Scuba Divers!

Come celebrate Halloween and participate in our Underwater Pumpkin Carving Contest provided by AV Desert Divers

**Saturday, October 28th @ 9am**  
**Deputy Pierre W. Bain Park/Eastside Pool**  
**45045 5th St East, Lancaster, CA 93535**

Underwater Carving Participants  
Must:

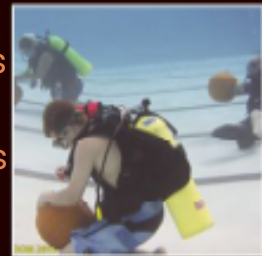
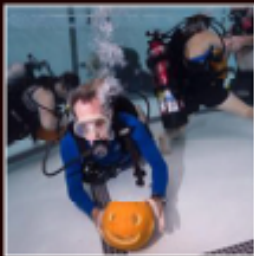
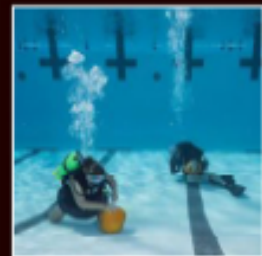
- Be 10 years of age or older
- Bring a valid C Card (proof of scuba certification) to the event
- Pay \$5 fee

Pumpkins and carving tools are provided. No personal carving tools permitted.

Free pumpkin coloring for kids ages 5-10.

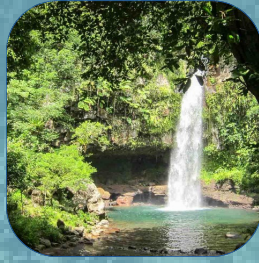
Spectators Welcome!  
Costumes Encouraged!

**AV Desert Divers will be verifying C Cards and overseeing underwater activities.**





# Explore The Beauty Of Fiji



- 7 nights at the Garden Island Resort
  - <https://www.gardenislandresort.com/>
- Refreshing welcome drink
- Daily hot breakfast, 2 course lunch, and 3 course dinner
- Afternoon coffee/tea and fresh baked goodies
- Diving
  - 3 days of 3 tank boat diving with refreshments
  - 2 days of 4 tank boat diving with refreshments
  - Shore diving during dive shop hours
- Free use of kayaks, cultural night with lovo feast and meke dance performance
- Half day trip to Bouma Falls (\$18 park entry is paid direct)
- Free upgrade to Oceanfront Room if available upon checkin:
  - Double Room \$1,248.00 per person
  - Single Room \$1,680.00 per person
  - Non-Diver Single/Double \$1,320.00/\$888.00 per person
- **Not Included:**
  - Dive rental gear; nitrox; beverages not mentioned; dive insurance; travel insurance; Bouma Falls park entry fee; airfare

**Exclusive  
Offers  
For Member**



Robert Wisdom

## To Sign Up...

Contact Robert Wisdom at [treasurer@avdesertdivers.org](mailto:treasurer@avdesertdivers.org) to get your name(s) on the list. Payment plans are available. Final payment is due by March 1st, 2024. \$200 non-refundable deposit is required per person to hold your spot.

**Must be a current member in good standing in order to sign up for this trip.**



An underwater photograph showing a vibrant coral reef with many small, colorful fish swimming around it. The scene is set in clear blue water.

# Important Dates

**August 12th** - Spectre Dive

**August 14th @ 7pm** - General Meeting (Marie Kerr Park)

**August 19th @ 8am** - Tidy Up A Mile

**August 31st** - Membership renewal deadline

**September 1st - 4th** - June Lake Cleanup

**September 23rd** - Coastal Cleanup

**October 28th** - Underwater pumpkin carving contest

**May 19th -26th, 2024** - AVDD Dive Trip