



Barbary Coast Bulletin

The Monthly Newsletter of the Barbary Coast Divers

April 2000

Next Meeting: April 19th

All meetings are held the third **Wednesday of every month at
ROUND TABLE PIZZA ON GEARY AT 16TH AVE,
upstairs in the party room**

At Our **Next** Meeting:

Come join us for pizza, beer, and big abalone tales.

At Our **Last** Meeting:

We watched slides of various fish and tried to figure out what they were, whether they were edible, and what were their size and bag limitations.

Read this newsletter on the web at www.idiom.com/~catzan/bcd

If you are getting a paper copy of this newsletter and wish to switch to an all electronic format (ie, you receive an e-mail each month telling you to go to the web page to read the newsletter), let me



year 2000 Calendar: club diving events

May 27-29 - Memorial Day
at Caspar Cove Camp-
ground

June 24-25 - Salt Point
Camping

July - Mylandia -- Camping
and sitting by the stream at
Pete's land in the Sierra
foothills.

Aug. 12-13 Mendocino
Little House

Sept 2-3 - Labor Day at
Manchester State Beach
Campground (Note: BCD
members are free, guests are
\$10 each unless accompa-
nied by a club member)

Oct 7-9 - Big Sur Camping

Nov. 18-19 Mendocino
Little House

Announcements

Learn more about divers' issues--attend a CenCal meeting!

Tired of the tyranny of Pacific
Grove?

Want to make your voice
heard on inshore fishing
issues?

If you joined BCD, you are a
CenCal member too! That
means we can all attend their
meetings, which are held the
last Wednesday of the month
in San Leandro.

Check their website at
www.cencal.org or e-mail or
call Steve Campi, President:
e-mail scampi@dnai.com

Phone (925) 932-8838

Oil Rigs: Critical habitat or oil-company garbage?

Many of California's offshore oil
rigs are being decommissioned
after years of operation. The
question is, what to do with the
concrete and steel pilings left
behind? Some say they provide
much-needed habitat for marine
life, others say the oil companies
are trying to get away with
leaving their garbage in the
ocean. Senate Bill 241 would
allow oil companies to leave the
pilings behind. What do you
think? To learn more, check out
www.preservereefs.com.

Dues are (over) due!

If you have not paid for
the year 2000, or if you'd like
to join, please send your \$35
check to: Carol Reed, 150
Sadowa, San Francisco, CA
94112

If you have questions, call
Carol at 415-668-6662 (work)
or 415-333-8820 (home).

The cost is \$35 per person
or couple, which includes a
subscription to CenCal diver
club (<http://www.cencal.org>).
CenCal represents all divers in
California and lobbies for rights
of divers.

Scuba Show 2000

will be held June 3, 4 at the
Long Beach Convention
Center

for more details visit
www.saintbrendan.com or
call 310-792-2333 for infor-
mation



Overfishing...at your dinner table

As divers, we see firsthand what overfishing has done to California fisheries. But what is our voracious appetite for seafood doing to fishery stocks worldwide?

Marine biologist Sue Lisin compiled a list that tells how overfished is each of the delectable types of seafood available in our markets. Here is a summary of her results. For the complete list, see the Monterey Bay Aquarium website at: http://www.mbayaq.org/efc/efc_oc/seafood_chart.html Lisin categorized each type of sea food into one of the following three categories:

Best Choice

Wild population is abundant enough to sustain fishing; fishery has low level of wasted catch or "bycatch"; item is caught/farmed in ways that protect the environment.

- Albacore/Tombo Tuna
- Calamari - (Pacific Squid)
- Calamari, whole - U.S. Pacific Coast
- Catfish from United States (farmed)
- Clams (New Zealand rock clams)
- Dungeness Crab from N. California
- Halibut, Pacific - U.S. Pacific Coast
- Mahi-Mahi - Hawaii
- Mussels, Black -Prince Edward Island
- Mussels, Green-lipped - New Zealand
- New Zealand Cod (Hoki)
- Oysters from California, Ore., Wash.
- Rainbow Trout from Idaho
- Salmon from Alaska, California
- Striped Bass from U.S. West Coast
- Sturgeon from U.S. West Coast
- Tilapia Worldwide

Proceed with Caution:

May or may not be environmentally-friendly, depending on how/where item is caught/farmed. Check source carefully before you buy.

- Bay Scallops - New England
- Bay Shrimp -Pacific Northwest
- English/Petrale Sole - U.S. West Coast
- Imitation Crab/Surimi (Pollock) Alaska
- Salmon Washington, Oregon
- Shrimp/Prawns - Georgia
- Snow Crab - Bering Sea, Alaska
- Spot Prawns - West Coast
- Yellowfin/Ahi Tuna Pacific, Atlantic, Indian Ocean



Avoid:

Wild population's survival is threatened by too much fishing, or item is caught/farmed in ways that damage the environment.

- American Lobster - East Coast
- Bluefin Tuna - Atlantic Ocean
- Chilean Seabass/Patagonian Toothfish
- Cod, Atlantic - North Atlantic
- Lingcod - West Coast
- Monkfish - New England and mid-Atlantic
- Orange Roughy - New Zealand
- Rockfish (aka Pacific Red Snapper or Rock Cod) - Alaska, Wash. Ore., Calif.
- Salmon - Pacific Northwest, Chile, Great Britain - farmed salmon cause pollution, spread disease, and disrupt the food chain.
- Sea Scallops - East Coast
- Shark (all) - Worldwide
- Shrimp/Prawns - Various—mainly tropical countries - farmed
- Swordfish - Pacific, Atlantic, Indian oceans



Dying For Abs

About half a dozen divers drown on the North Coast each year while diving for abalone. Now that ab season is upon us again, it's time to think twice about safety.

Mendocino search and rescue guys call it the "Sacramento Syndrome." That's when people who don't dive very often get jazzed up about abalone and drive to the North Coast. After 3 hours of driving, when conditions suck, these guys (and gals) jump in the water anyway. (Of course, no one in OUR club would do this.)

Based on statistics provided by California Health Services' Vital Statistics Division, over the last 8 years an average of 10.62 people have drowned per year while engaged in "recreational diving." Abalone diving accidents in Mendocino and Sonoma counties make up half or more of all such deaths in the state.

Here are a few tips to get the season started right:

Some Don'ts:

Don't attach a game bag to your belt. Bags can get caught on rocks.

Don't dive solo unless you really feel comfortable doing so. Having a buddy out there can be a big help in a pinch.

Don't dive with a buddy you don't know or trust. Diving with an out-of-shape, inexperienced or unconfident buddy could put both of you at risk.

Don't get greedy. Why take four abalone when two is plenty to feed you and anyone you want to impress? Know your own limits.

Don't work too hard. If that abalone clamps down, leave it behind. If you have to pry it, you'll overexert yourself and damage the abalone.

Some Do's:

Take it easy on your first day out. It can come as a surprise April 1 that after a winter cooped up indoors, you are not as fit as you think.

Assess the conditions. Watch the swells for a good 15 minutes before deciding to jump in.

Bring a flotation device. In fact, bring two, one for each of you.

Drop your weightbelt. Drop your weightbelt. Drop your weightbelt.

Source: "Dying for Ab" by Louis Martin which appeared in the CNS news.



COSTA RICA, BABY. *with Ari and Mary Beth*



A sting ray skeptically eyes Ari.



The most dangerous fish in the sea.



Mama tortoise on her way back from laying eggs.

Clubmembers (?) Ari and Mary Beth visited Costa Rica in January 2000. The diving was a bit murky, but the wildlife was spectacular.



Red, big-eye fish and a few sponges. (Hey, I never said I was an animal-i.d. specialist.)



Curious, raccoon-like creatures who beg roadside.