

MARIN SCUBA CLUB NEWSLETTER

Volume 15 Number 8 September, 2008



The Greatest Thing Since Sliced Abalone?

by Larry Clinton

If slicing abalone is not exactly your favorite pastime, you might want to try one of the following techniques for cooking the muscular mollusks whole, courtesy of a publication called Destination Mendonoma.

Place a whole abalone in a plastic baggie, and give it 30 sharp whacks per side with a 2x4 or similar blunt object. That won't tenderize it totally, but it's a good start. Flour it well and brown it in oil and/or butter, using an oven-ready pan. Add chopped garlic, onion, parsley, and salt and pepper to taste, then 1/3 cup of white wine and a small can of tomato sauce. Bake it at 350 degrees for about an hour or until tender. Serves two to four depending on the size of the ab.



When I tried it, the abalone was fork tender after baking. The sauce seemed a little bland, so you might want to be more adventurous with your spices.

Another technique calls for the whole-pounded ab to be wrapped in foil, sealing out the air. Place it on a bbq grill for 45 minutes. Whole pounded abs can also be cooked in a casserole, without foil.

Abalone Fun Facts

After the last Dive & Dine, Malia Dailey was wondering whether it was legal to bring home cooked abalone, so she wrote to the Dept. of Fish and Game. Warden AJ Bolton replied: "cooked abalone does not need to be in the shell." However, agent Bolton suggests, "It's always good policy to keep the tag on the shell, and have the license and tags ready for inspection in the event a Fish and Game Warden contacts you."

What about "gifting" abalone to friends or family members? Here's the official word from DF&G:

"Each person with a valid fishing license and a valid abalone report card is allowed to personally take three abalone

Nominations at September 17 Meeting

At our September meeting, the floor will be open for nominations for all Board positions, officers as well as committee chairs. We particularly need to fill the positions of President and Program Coordinator, but we're also looking for fresh faces in other jobs, as well.

Please look at the list of Board positions on page 4 of this newsletter to see if there's a job that might interest you, or someone you know. To learn more about any of these positions, contact any Board member.

The club will hold elections at the October 15 meeting. If you can't make the September meeting, you can e-mail nominations to Elliott at driftinez@comcast.net, or submit them by mail before September 15 to Marin Scuba Club, PO Box 3408, San Rafael, CA 94912.

Coming Soon: Artificial Reefs?

How would you like to do wreck dives off Fort Bragg and Monterey Bay? Those are just two areas being considered by California Ships to Reefs for sinking mothballed vessels as artificial reefs. At our August meeting, Eleanore and Dean Rewerts (Executive Director and VP Reef Development of CS2R) told us of their organization's ambitious plans. Their enthusiasm was contagious, but as they mentioned, there's a great deal of work left to do before these dreams come true. Help is needed in virtually every facet of their organization. To find out more, browse www.cs2r.org/index.aspx.

Abalone Campout Oct. 3-5

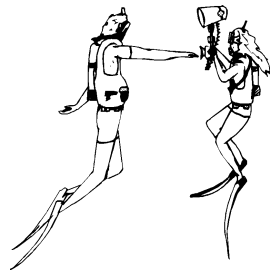
Some members of the Club are planning an informal weekend of camping and ab diving at Van Damme State Park the first weekend in October. While not an official MSC event, Jane Clinton has reserved four campsites (enough to accommodate eight cars) on the sunny meadow. One is reserved for Thursday night to accommodate early birds.

The MSC will not be providing any food or drinks at this event, so if you'd like to join us, plan to bring all your own supplies, as well as camping gear. Check the enclosed flyer and let Jane know if you're interested: jkclinton@comcast.net or 415-332-6196.

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per day, have no more than three abalone in possession, and to take no more than 24 per year. You are authorized to gift your abalone to another person, but you may never take more than three abalone in one day. This means that over a three-day period, you may take three abalone per day each day as long as you gift your abalone to another person before going back in the water for more the next day. You must tag and record all of your abalone you take each day on your abalone report card. The abalone must then remain in their shells with the tags still attached until they are ready for immediate consumption.”

With an estimated 40,000 sport divers plying the northern coast each year, how’s our North Coast ab population doing? Numerous DFG numerous surveys have found red abalone in excess of 7,000 and 8,000 per hectare, or 10,000 square meters. Density is critical because abalones are “broadcast spawners,” meaning that individuals release clouds of sperm and eggs to drift freely in the water column. If a male and female are not within a yard of one another, their spawn will likely dissipate without a single gamete fertilized. DF&G defines a “minimum sustainable fishery” density of 6,600 per hectare, so it appears the abs are still keeping ahead of the divers.



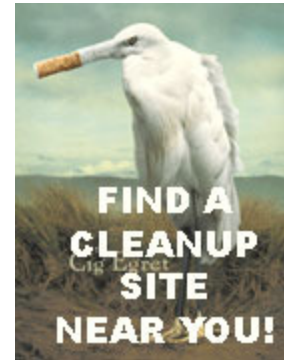
NCUPS Photo and Video Competition

The prestigious SEA International Competition is open to amateur underwater photographers and videographers from around the world. The SEA 2008 competition will issue awards for the best work in categories including Macro, Wide Angle, Underwater California and Marine Conservation; a traditional print category; creative categories in print and digital, and a video category.

Entry deadline is October 10. Entries can be submitted by uploading still images via the link on the NCUPS website (<http://www.ncups.org>), filling out and submitting an online entry form, and paying with PayPal. The second method is to mail print, digital still images, and/or video, with digital still images and video(s) on DVD, with completed entry form, paying with either PayPal or personal check. Entries will also be accepted at the NCUPS September 12 or October 10 meetings.

Help Clean Up the Coast

California Coastal Cleanup Day has been hailed by the Guinness Book of World Records as "the largest garbage collection" (1993). Since the program started in 1985, over 800,000 Californians have removed more than 12 million pounds of debris from our state's shorelines and coast. This year, the 24th Annual California Coastal Cleanup Day will be held on Saturday, September 20, from 9 a.m. to Noon. To participate, you can pre-register with a local coordinator, or simply show up at any drop-in site. For more information, contact (800) COAST-4U or coast4u@coastal.ca.gov.



Korea's Free Diving Matriarchs

California abalone divers have nothing on the haenyeo (“sea women”) of Jeju-do, South Korea. These wet-suited senior citizens spend their days prying conch, octopus, urchin, and abalone from stone at depths of up to 65 feet. Before you see them, you can hear their breath. There’s even a word for the sound: *sumbisori*, a whistling noise made as they break the surface after a long submersion. They hold their breath for up to two minutes at a time.

On Jeju — South Korea’s largest island, located roughly 53 miles south of the mainland at the junction of the Yellow and East China Seas — women are responsible for a significant part of the household income (not to mention the local economy), and they often become the heads of their households.

At present, though, the haenyeo (pronounced “HEN-yuh”) are facing threats that could prove impossible to survive. In recent decades, Jeju’s economy has shifted from fishing and farming to tourism, so fewer young women are learning the traditional ways. As recently as the 1970s, Jeju boasted up to 15,000 haenyeo; these days there are only a third of that number, and none under 45 years old.

The remaining haenyeo have become a tourist attraction. If you catch a haenyeo returning from a dive, it’s possible to sample sea urchin directly from her net, smashed open on the pier with a hammer so you can scoop out its spongy roe with a finger. They serve the freshest seafood in the world, taking mere seconds on the trip from ocean to tongue.

Excerpted from Culture+Travel.

BOTTOM TIMES

Sept. 17 (Wed.): Board Meeting, 6:00, *Club Meeting*, 7:30. John Lewis, Palau and Southern Channel Islands. Call Elliott (415-461-6644).

Sept. 20 (Sat.): *California Coastal Cleanup Day*. For information, call (800) COAST-4U or go to coast4u@coastal.ca.gov.

October 1 (Wed.): *Newsletter deadline*. See below.

Oct. 3-5 (Fri.-Sun): *Fall abalone campout*, Van Damme State Park, Mendocino. See enclosed flyer.

October 10 (Fri.): Deadline for entries in *Annual SEA International Underwater Photographic Competition*. Download rules and entry form at <http://www.ncups.org>.

Oct. 11 (Sat.): *Cypress Sea boat dive* (3 Dives), Monterey. Call Pierre at SF Reef Divers (415-285-6293).

Oct. 15 (Wed.): Board Meeting, 6:00, *Club Meeting*, 7:30. California Wreck Divers, Lost Ships off our Coast. Call Elliott (415-461-6644).

Nov. 8 (Sat.): *Cypress Sea boat dive* (3 Dives), Monterey. Call Pierre at SF Reef Divers (415-285-6293).

Nov. 19 (Wed.): Board Meeting, 6:00, *Club Meeting*, 7:30. Santa Cruz artist Bryant Austin's life size whale images. Call Elliott (415-461-6644).

Dec. 13 (Sat.): *Holiday Party* at Mike and Sharon Royce's home. More details to follow.

Dec. 13 (Sat.): *Cypress Sea boat dive* (3 Dives), Monterey. Call Pierre at SF Reef Divers (415-285-6293).

Jan. 10 (Sat.): *Cypress Sea boat dive* (3 Dives), Monterey. Call Pierre at SF Reef Divers (415-285-6293).

We need articles, recipes, short notes, pictures, SCUBA funnies or whatever for future newsletters and for our website.

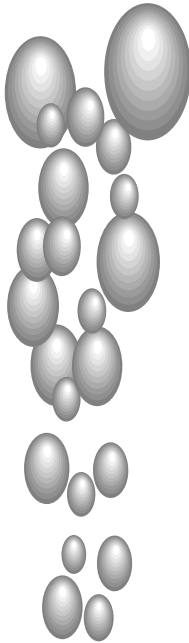
Website: E-mail photos with a caption and/or article and photo credits to John Brenneis (webmeister@marinscuba.org). If you do not have a scanner, mail photos along with captions and photo credits with a self-addressed stamped envelope if you want the photos back. John's address is PO Box 3299, San Rafael, CA 94912.

Newsletter: Deadline is usually the first Wednesday of the month - two weeks before the meeting.

Send materials for future articles in one of the following ways. Note that these are listed in priority order.

1. E-mail text to Larry at click@dipsymusic.com. It's best to just send the material in the body of the e-mail and not as an attachment.
2. Send a CD to the address below. MS Word - PC format is preferred, otherwise include a note as to what the format is.
3. Fax typed manuscripts to 415-339-1361.

Pictures and Graphics - E-mail JPEG files to click@dipsymusic.com or mail CDs or hard copy to Larry Clinton, 29 Gate 6-1/2, Sausalito, CA 94965.



**Marin Scuba Club
PO Box 3408
San Rafael, CA 94912**



Next Meeting

Wed., Sept. 17

Program:

John Lewis

Palau and

Southern Channel Islands

Happy Hour 6:00-7:00

Socializing: 7:00

Meeting: 7:30-9:15

**Seafood Peddler,
100 Yacht Club Dr.
San Rafael
(Look for tall boat sign
off East Francisco)**

MARIN SCUBA CLUB NEWSLETTER

The Club meets the
3rd Wednesday of each month
(**except December**)

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