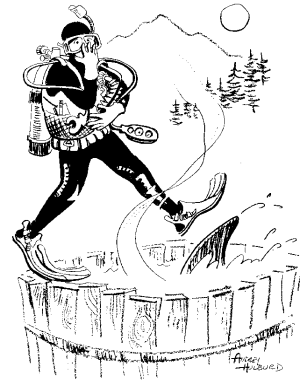


# MARIN SCUBA CLUB NEWSLETTER

Volume 17 Number 11 November, 2009



## **Divers Probe Submerged Mayan Ruins**

On October 30, Sarah Grainger of ABC news reported that scuba divers are exploring the depths of a volcanic lake in Guatemala to find clues about an ancient sacred island where Mayan pilgrims flocked to worship before it was submerged by rising waters.

The first underwater archaeological ruins excavated in Guatemala were discovered accidentally 12 years ago by a diver exploring picturesque Lake Atitlan, ringed by Mayan villages and popular with foreign tourists.

But only in the past year have professional archeologists taken an interest, mapping the 4,300-square-foot area with sonar technology and excavating structures on a raised part of the lake bed.

Researchers believe this area, 50 feet below the lake's surface, was once an island until a catastrophic event, like a volcanic eruption or landslide, raised water levels. The rising lake drowned the buildings around 250 A.D., before the height of the Mayan empire, and ceramics found intact there suggest the inhabitants left in a hurry.

Archeologists say the island has ruins of small houses for about 150 people and is crammed with religious paraphernalia, leading researchers to believe it was a pilgrimage destination. Excavating in the murky, green water is challenging, with artifacts hard to see and buried under thousands of years of sediment.

The exact location of the site is a closely guarded secret, since the archaeologists want to protect it from looters who fish in the ruins for artifacts to be sold, sometimes for thousands of dollars, on the black market.



*Mayan gods like this may have been worshipped in Lake Atitlan.*

## **Holiday Party: New Time, New Place, New Fun**

On December 12, our free holiday potluck will be held at Barbara Wambach's beautiful home overlooking the water in Mill Valley. We're starting with appetizers at 4 PM, so we can enjoy the view before sunset. Dinner will be served about 6 PM., and the club will supply main dishes and drinks.

By now you should have received an Evite asking you to RSVP and let us know what you'll be bringing for the potluck. We want to make sure we have a balanced spread (not all desserts. . . tempting as that sounds). If you haven't received the Evite, contact Arlene Rudy at arudy24@aol.com or call her at (415) 927-1450.

Each member may bring one guest, and everyone (including guests) needs to bring a potluck item that serves at least 8 people. Please don't offer to bring appetizers if you can't come by 5pm. Feel free to bring your CDs/DVDs from past dive trips to share with the group. Also.....NEW THIS YEAR.....please bring a "Mystery Santa" gift: each individual who wants to participate is encouraged to bring one wrapped gift (\$10 or less in value, something "appropriate" and fun).

See the enclosed flyer for directions, and be sure to keep it, since this will be the last newsletter of the year.

## **Where's Kosrae?**

Kosrae is the most eastern of the Caroline Islands in the South Pacific and is part of the Federated States of Micronesia. Though lesser known than its neighbors Truk, Yap and Palau, Kosrae has many attractions for visitors.

The 42 sq. mile island has mountains and rainforests like Costa Rica. Superb diving on pristine coral reefs. Friendly natives. The freshest fish and other local delicacies. But with only 40 hotel rooms — and prices averaging \$100/night — you can't find paradise for less — or experience better diving with zillions of fish, over 250 types of coral, 85 degree water, 85 degree air temperature, and visibility over 100 feet on most dives.

Gil Zeimer dove there a few months ago and will share his stories and images with us on Wednesday, 11/18.

## **Two Harbors Getaway**

by Larry Clinton

It was overcast when our party of 10 disembarked from the ferry on the Isthmus of Catalina, but the weather soon cleared and stayed sunny for the rest of our stay.

In mid-October, we had the resort and dive boat pretty much to ourselves. The Banning House has a rustic hacienda feel – no phones, no TVs and an honor system for beer, wine and soft drinks for those who didn't bring their own. During cocktails in the lodge our first night, a bison wandered by . . . you won't see THAT on a liveaboard!

Diving in flat waters under clear blue skies was spectacular, with shafts of sunlight streaming through the kelp, colorful gorgonians waving in 50-foot vis., and lots of friendly critters. Most of the diving was in an invertebrate preserve, so we encountered many feisty lobsters, and even saw a few abalone. We were able to set our own schedule, and the boat went out with as few as three paying divers.

Two Harbors off-season is the antithesis of schlocky Avalon (you might even call it the antidote). It's quiet, folksy and restful. We learned a lot about activities for non-divers and everybody seemed excited to return. Some of us might even opt for a longer stay next time.

## **Awww Factor**

At the October meeting, volunteers from the Marine Mammal Center showed us the joys and challenges of working with marine mammals. Despite their soulful eyes and sometimes plaintive voices, they're wild animals in distress, and must be handled with care. Remember, if you spot a stranded seal or sea lion, keep others away and call 415-289-SEAL.



Tim Vogel, a Mammal Center Docent at Pier 39, played Power Point jockey and led us through a presentation on the Center's work, from rescuing sick or injured animals through the rehabilitation process and on to the ultimate success: release back into the wild.

Then, Sue Pemberton and other members of her Water Rescue Team showed us how the Center approaches animals that need help but haven't yet stranded. Dramatic footage from the Monterey breakwater proved that these folks are both dedicated and skilled at what they do. For more information on the Center, go to [www.marinemammalcenter.org](http://www.marinemammalcenter.org).

## **Nitrox Certification Offer**

Marin Bamboo Reef, 3765 Redwood Highway in San Rafael, is offering a special deal on a Nitrox class, scheduled for Sat. Nov. 28, at 10 AM. Buy the materials (\$32.50) and pay for your Nitrox card (\$35) and the class is free (\$100 value). You'll also have a chance to win a \$100 gift certificate after completing the class. For info call (415) 479-4332.

## **Wild Mushroom Cream Sauce For Abalone**

by Scott Sebring

*[Ed. note; If you've ever tasted abalone prepared by Barb and Garry Sebring's son, Executive Chef Scott Sebring, you know he has a special touch for our favorite delicacy. Scott was kind enough to share his recipe for a 3-mushroom sauce to go with abalone. Maybe we'll taste this at the next Dive & Dine.]*

4 Oz Oyster Mushrooms

4 Oz Button Mushrooms

4 Oz Shitake Mushrooms

6 Oz white wine

6 cloves Garlic

2 Shallots

8 Oz Heavy Cream

4 Oz Fresh Basil

2 Oz Olive Oil

Slice button & shitake mushrooms. Shred oyster mushrooms. Mince shallots and garlic. In medium saucepan heat the oil over medium heat until it shimmers. Add shallots and cook 2 mins. Add garlic and cook 2 mins. Add mushrooms and cook half way through, add the wine, simmer and reduce the liquid by half. Add cream and reduce till sauce is thick enough to coat the back of a spoon. Turn heat to low. Pick the basil leaves and stack with the large leaves on the bottom. Roll up and slice thinly into small shreds. Do not chop more than once. Fold into sauce. Serve over cooked abalone. Please note the more you cook the basil the less the flavor.

## **How It All Began**

A fisherman's wife gave birth to twin boys. The couple couldn't think up names so they decided to wait a few days before naming them. They soon noticed that one always looked towards the sea. The other looked away from the sea...so... the parents named them Towards and Away.

When the boys reached 18, their father took them to sea to learn to fish. The trip was supposed to be short but the fisherman's wife waited weeks before her husband returned...alone. When she asked about Towards and Away, the fisherman told her the story. Towards snagged a large fish on the first day. He struggled with the fish for hours.

Eventually, it pulled Towards over the side of the ship and devoured him.

"Oh, my Gawd" said the fisherman's wife. "That must have been a huge fish!"

"Yes," replied her husband, "but...you should have seen the one that got Away."

# BOTTOM TIMES

**Nov. 14 (Sat.):** *Cypress Sea boat dive* (3 Dives), Monterey. Call Pierre at SF Reef Divers (415-285-6293).

**Nov. 18 (Wed.):** Board Meeting, 6:00, *Club Meeting*, 7:30. Gil Zeimer, Images from Kosrae, Micronesia. Call Jeffrey (415- 898-7752).

**Dec. 12 (Sat.):** *Holiday Potluck*. Barbara Wambach's home, 371 E Strawberry Dr., Mill Valley. Call Arlene (415-927-2672).

**Jan. 6 (Wed.):** *Newsletter deadline*. See below.

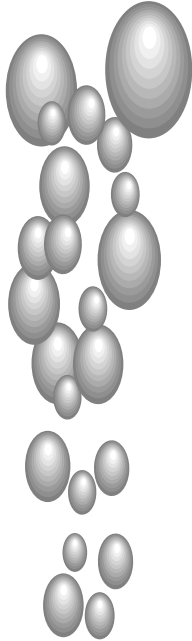
**Jan. 9 (Sat.):** *Cypress Sea boat dive* (3 Dives), Monterey. Call Pierre at SF Reef Divers (415-285-6293).

**Jan. 20 (Wed.):** Board Meeting, 6:00, *Club Meeting*, 7:30. Program TBA. Call Jeffrey (415- 898-7752).

**Feb. 3-7 (Wed.-Sun):** *San Francisco Ocean Film Festival*. Deadline for entries: November 25. For details, go to [www.oceanfilmfest.org](http://www.oceanfilmfest.org).

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

**Feb. 17 (Wed.):** Board Meeting, 6:00, *Club Meeting*, 7:30. Program TBA. Call Jeffrey (415- 898-7752).



***We Need Your Help!***

**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](mailto:webmeister@marinscuba.org)). If you do not have access to a scanner, mail photos along with captions and photo credits with a self-addressed stamped envelope if you want the photos back. Ric's address is 1 Issaquah Dock, Sausalito, CA 94965.

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](mailto: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](mailto:click@dipsymusic.com) or mail CDs or hard copy to Larry Clinton, 29 Gate 6-1/2, Sausalito, CA 94965.

**Marin Scuba Club**  
78 Edward Ave.  
San Rafael, CA 94903



*Next Meeting*

**Wed., November 18**

**Program:**  
**Gil Zeimer**

**Images from Kosrae,  
Micronesia**

**Happy Hour 6:00-7:00**

**Socializing: 7:00**

**Meeting: 7:30-9:15**

**The Flatiron, 724 B St,  
San Rafael**

**MARIN SCUBA  
CLUB  
NEWSLETTER**

The Club meets the  
3<sup>rd</sup> Wednesday of each month  
(except Oct. & December, 2009)

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*www.marinscuba.org*

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