

# PARADISE Dive Club

February 2004

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Volume 10, Issue 2



## President's Log

by Patty Bryant

First, I would like to thank Kay and Mark Silva and Dan Lindsay for coordinating a very successful PDC Holiday Party. Despite our good buddy Mark's trip to the emergency room, I think everyone had a wonderful time. I know Jesse Rogers did, as he was the lucky winner of a 1-day open boat trip with Truth Aquatics, which he won by contributing

an article for the PDC newsletter. You could be the winner next year. We will have another "newsletter contributor" drawing in 2004. Every time that you submit an article or photos to our newsletter, you will receive an entry in this special drawing. Who knows what you might win, so get those literary juices flowing.

Now that the holidays are over, some of us are thinking about living up to those New Year's resolutions that we made. My New Year's resolution was to get back to my yoga classes on a regular basis. Maybe yours was to dive more or to exercise more or to increase your overall level of physical fitness. And if you still haven't made a New Year's resolution, it's not too late. How about becoming more fit so that you can dive more while increasing the pleasure and safety of your dives?

You don't have to be an Olympic athlete to safely enjoy scuba diving, but you should be physically prepared to manage the stresses caused by diving: currents, waves, and bottom surge, to name a few. Even if our underwater adventures tend to be more restful than aerobic, diving can be surprisingly strenuous. The tanks

are heavy and cumbersome, especially when you are climbing up a skinny boat ladder or making your way up the steps at Mesa Lane after a Wednesday night dive. What's more, the water is not always calm and clear. Finning against strong current can put even a seasoned diver's strength to the test. I'm sure everyone reading this has a story of their own about unexpectedly getting caught in a strong current that made them think, "I sure wish I was in better shape right now."

During the next couple of months when the weather tends to be unpredictable – even in Santa Barbara – we probably won't get a chance to dive as much as we would like. But on those weekends when the conditions aren't good for diving, there are many other activities that we can do to help keep us in good shape for diving. We are lucky enough to live in a paradise filled with opportunities. When the swells are big or the visibility is poor, we can still get in some surfing, kayaking, or hiking. Hiking is one of my favorite winter activities – it is a great cardio workout as well as a good way to strengthen those finning legs.

The board has planned such a hike on Sunday, February 8th. We will be hiking Jesusita trail from Stevens Park off of San Roque to Inspiration Point. This is a beautiful 9-mile round-trip hike with an elevation gain of 1,225 feet, and it is ranked as moderately strenuous. Bring plenty of water and snacks for the hike, and a picnic lunch to enjoy in the park after our hike. We will be meeting at Stevens Park at 10 a.m. Call me if you need directions.

The board is working on coordinating some additional events for February and March, including a last-chance lobster dive with Truth Aquatics. We should have more details at the next meeting. Hope to see you then.

### Join the club, enjoy the benefits

- o Monthly meetings with entertainment — they're fun! they're educational!!
- o Raffle prizes (who doesn't like prizes?)
- o Great dive buddy pool
- o Beach & boat dives, including weekly night dives
- o Club BBQs & other activities
- o Free airfills & gear discounts at local dive shops
- o Free use of club's underwater camera
- o Right to proudly wear the official PDC t-shirt (because

### Mark your calendars...

We meet on the last Tuesday of every month at:

#### Rusty's Pizza

(in the lighthouse)  
10 East Cabrillo Boulevard  
Santa Barbara, CA

6:30 pm - social hour  
7-8:30 pm - feeding frenzy, meeting,  
raffle prizes, entertainment

# November 23 Tide Pooling

article & photos by Denise Foxwell

It turned out to be a great day at the beach, not too cold or windy. Mother Nature cooperated with us and showed us her hidden treasures. Patty and Dan came prepared to snorkel and Shirley bought JD to play in the sand. Ken and I took some great pictures of the flora and fauna. Hope to see more dive buddies next time.



## Paradise Dive Club Officers

President - Patty Bryant	684-6342
Vice President - Mark Silva	969-2014
Secretary - Dan Lindsay	964-5020
Treasurer - Denise Foxwell	962-8113
Membership - Bruce King	895-9292
Publications - Stacey Kimsey	637-4487
Sgt at Arms - Mark Dombrosky	647-5245
Entertainment - Mark Bursek	564-1923
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### Sponsors:

Anacapa Dive Center	963-8917
Aquatics	967-4456
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Truth Aquatics	962-1127

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Webmaster: [rjanik@cox.net](mailto:rjanik@cox.net)

E-mail newsletter articles to  
[sdkimsey@yahoo.com](mailto:sdkimsey@yahoo.com)

Membership: \$25/year (May-April), includes monthly newsletter. A complimentary subscription will be provided to dive clubs that reciprocate with a subscription to their newsletter; contact the membership coordinator at [kingbh@cox.net](mailto:kingbh@cox.net) for details.

## Newsletter

### Contributors Contest

The 2004 newsletter contributors contest has begun! Club members who submit an article or photo for the newsletter will receive an entry in the 2004 raffle (one entry per article and/or photo, per newsletter).

Congratulations to our 2003 winner, Jesse Rogers, who won a dive trip on Truth for his "My First Abalone" article (and check out the photo of Jesse with his first abalone on p. 5).

Please send submissions to the newsletter editor at [sdkimsey@yahoo.com](mailto:sdkimsey@yahoo.com). Thanks, and good luck!



*Some photos from Coastal Clean-Up Day, courtesy of Mark Rogers*



# A Shark's Tale

article & photos by Dave Burroughs

One day's boat ride south of San Diego lies Mexico's Guadalupe Island. Isolated and beautiful, it is one of the world's remote places that you should put on your list to visit. Its waters are both clear and warm. They contain one of the finest fisheries, especially for tuna. The tuna are what bring people to the island—fishermen and divers.

For divers, the reason that the tuna are interesting is that they bring the great white sharks. These white sharks are unique in that they inhabit clear warm waters close to the USA in what may be their largest numbers in the world.

I had the privilege to go there in October 2003 on board the *Ocean Odyssey* on a trip run by Absolute Adventures. Local dive legend Ed Stetson had chartered the trip and 17 lucky divers, mostly from the Santa Barbara area, got to go.

The *Ocean Odyssey* is a comfortable boat about the size of the Truth Aquatics boats and is used for diving and long-range sport fishing. As you are journeying into a great fishery, you can do a lot of fishing on this trip. All the needed equipment is supplied. Ed apparently went on the trip mostly for the fishing.

Once we were anchored in a bay at Guadalupe Island, the crew began pumping out a mixture of tuna oil and blood through a dragon-headed siphon. They kept this up during all daylight hours. They would also ladle out a mixture consisting of ground-up bait fish. It took about 45 minutes for the first sharks to show up, and I would say there was always a shark somewhere around for the rest of the three days we were there.

With the arrival of the sharks, the crew put the shark cages in the water. There were two cages: the blue and the black. They would each hold four divers. We breathed through a standard regulator via surface-supplied air. The rotation was one hour in the cage and one hour out for all daylight hours. We saw many sharks on every dive. Approximately eleven different individuals were identified, the largest up to 14 feet long. If 14 feet doesn't seem big enough for you, I can assure you it is big enough for any nightmares you need to have.



The cages were moored off the back of the boat. In front of each boat would be a piece of bait on the end of a rope. The bait would be part or all of a fish. Crew members known as shark wranglers would use the bait to draw the sharks to the front of the cage for easy viewing and photography. You can see photos that I took at: <http://homepage.mac.com/daveburroughs/PhotoAlbum22.html>.

On our trip, there were three boats in the bay: our boat, the *Horizon*, and the *Searcher*. The *Horizon* is owned by the same people that own our boat, and arrived and departed with us. The *Searcher* is a competitor and arrived a day later. It is actually better to have three boats there at the same time. They cooperate to create a tuna oil and blood slick that flows for miles and brings in many of the estimated three hundred white sharks that inhabit the Guadalupe area.

The sharks are there for the tuna. There are also a number of seal rookeries on the island. All of the sharks we saw were between 9 and 14 feet. The shark researcher on the boat said that white sharks less than nine feet feed only on fish. Those over nine feet shift over to eating marine mammals and surfers. In the past there have been fatal attacks on spearfishing free divers around the island. These sharks are among the most beautiful and graceful animals that you could ever get the chance to see. You may have seen *Jaws* too many times—the sharks show no interest in the cage and could not possibly bust it up. The whole trip is very safe.

We had excellent weather for the entire trip. Apparently October is the best time of year to go, though they claim to see bigger sharks in November. Guadalupe Island appears to be an excellent place to go diving. I have talked to people that have been on dive trips there and they said it was excellent. However, given the constant circling of sharks around the boat, I do not think I would go diving there now. I do, however, highly recommend the shark trip.

*\*to hear more about Dave's trip and see his amazing up-close-and-personal shark photos, come to our February meeting! Dave will be presenting a slide show for our meeting's entertainment.*

## PDC Holiday Party

by Dan Lindsay

Christmas came early this holiday season for members of the Paradise Dive Club. On the 17th of December, PDC members rendezvoused at Dan Lindsay's house for an evening of marvelous home-cooked turkey, ham, and all the fixin's, as well as merriment and gift exchanges.

Once again, Mark Silva's wonderful wife, Kay, produced the turkey, ham, dressing, cranberries, etc.—and more than one of the crowd was seen slipping into the kitchen for seconds and thirds.

Scuba Santa (a.k.a. Ralph Goldsen equipped with wetsuit) magically appeared just after dessert to ensure that all the little squids in the group were treated to special gifts, as well as to ensure some semblance of order was maintained during the "dirty Santa" phase of the gift exchange. I have to say that this year marked an unusual level of cooperation and little "stealing" was observed! What a proper group! Many thanks to all of those who contributed gifts and added to the spirit of the season. Thanks, too, for the special desserts that were made. Clean-up later was a breeze—no leftovers!

Although that day started out with rain showers in the Santa Barbara area, things had cleared out nicely by the 3 p.m. start time. In fact, it was even a little hot up on the deck until the sun went down promptly at 5 p.m. and the propane heater came on and the sweaters came out.

We only suffered one casualty during the party and I understand Mark (a.k.a. "lefty") Silva will be back in the water within a few weeks. I can assure you that the Wednesday night dive crowd has greatly suffered from Mark's absence.

Again, many thanks to all who came and contributed to the success of this season's party. We should do this again—say, in December 2004!



photo by Steve Trainoff

## And from Mark's perspective . . .

by Mark Silva

This year's holiday party was very short for me. I got into the holiday spirit this year helping Dan hang lights at his house. Kay, Dan, Denise, and I spent more time decorating than I spent at the party.

Kay and I got to Dan's house about 3:00 on the day of the party. Mark Bursek showed up shortly thereafter. Mark B. helped finish setting up and started making some fantastic shrimp creations on his bar-b-que. Luckily I had some before I started to help Merlin with his guacamole.

For those of you that were at the party you know I was not there much. Merlin brought some avocados for his world-famous guacamole. I thought I would help him, and started cutting and deseeding the avo's. I pushed a knife through a seed and through my hand. Luckily Dale was there, 'cause he works at the Cottage emergency room. As soon as I pushed the knife through my hand I knew I had made a bad mistake.

When I pulled the knife out, blood started squirting. I grabbed some paper towels and squeezed hard. I told Kay, who had seen what I had done, that I had done a good job. I next saw Dale and asked him for a ride. He was way ahead of me. We went down to the E room and he got me right in.

I got some stitches and was back to the party. I didn't feel like partying after that, so we didn't stay long. Hand surgery the next day to repair tendons and nerve. As of writing this article, I'm back to diving and working. I hope next year's party is less eventful.



photo by Steve Trainoff

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## New Year's Day Dive 2004 - by Carl Gwinn

Eight divers strolled into the surf, and pulled on their fins just beyond the surf zone. Choppy waves from east and southwest met to tilt and lift them as they paddled out to the Refugio reef. In keeping with the second year of a long tradition of dives on New Year's Day, Paradise Dive Club members had met at Refugio to celebrate the first day of a new year underwater.

We met at 10 am at the lifeguard tower. Divers included Michael O'Connell and his buddy Jack, Dorothy Wakamatsu, Steve Trainoff, and new members James Brown and Monica. Beth Gwinn and I rounded out the group. In teams of one to three we swam across the tilting ocean's surface to the kelp gardens, and dropped.

The visibility at depth was excellent, but at first no fish were to be found! Beth and I observed several meditating octopi, deep in holes excavated by Pholus borer clams. Soon a train of thuggish kelp bass was attached to us. A school of rainbow sea perch milled about behind them. At the deepest shelf of the Refugio reef, pairs of lavender sculpins sat close together, perhaps celebrating the holiday with some early-season reproductive activity. A school of over a hundred juvenile olive and kelp rockfish drifted through a stand of kelp, proof of the ocean's ability to regenerate itself. Nearby we found a young wolf eel, probably a female, with speckled geometric patterns on her sides. She examined us curiously before retreating to her crevice, shared with 2 large red shrimp. No doubt she enjoys the chilly water! After an hour underwater, we surfaced and carefully timed the surf for an easy exit. Although the showers were closed, the divers utilized a sink with wonderfully hot water, at the east end of the bathhouse behind the Refugio store.

After the dive we enjoyed a picnic lunch. As always, club members brought more than enough food. We caught up with Bruce King, and Paul and Jonathan. Gretchen and Steve had brought their newly-adopted racing greyhound. We discussed California's revised fishing regulations under Governor Schwarzenegger, and the dives to come that would make us rate 2004 as the best year for diving ever.

# Mmm, Lobster

last in a series of four on lobster hunting, by Dan Lindsay

As you should have discovered by now, the price of lobster hunting just went up with the new year significantly! California has eliminated the salt water vs. fresh water differentiation on their annual sport fishing licenses, so now "one size fits all:—and that comes at a price! With the ocean enhancement sticker, the price has gone up nearly 76% to a total of \$36.50. Now more than ever, you have to make your dives count if you want to keep the unit price down on bugs! (I guess this is how we're able to reduce the fees on vehicle license plates.)

Instead of a treatise on catching the bugs (which I have earlier provided), I'm focusing this month on how to cook them. A couple of favorite recipes follow:

## Lobster Stew

- 2 large lobsters (about 4 lb. total, cooked; approx. 4 cups lobster meat)
- butter
- 6 cups milk
- 2 cups heavy cream
- salt, pepper, and paprika

Remove meat from cooked lobsters (using the conventional 10 minutes in salted boiling water technique) and cut the meat into

cubes. Fry in a generous amount of butter until very lightly browned. (Be careful not to burn the butter). Scald milk; add to lobster meat and cook slowly for 5-10 minutes. Add heavy cream and bring just to the boiling point. Reduce heat. Add salt and pepper to taste. Add a little paprika for color. Serves 6.

The following recipe is particularly well suited to us in Santa Barbara—you only have to go to the store for the butter, salt, ginger, and paprika. Everything else comes out of the local waters and off your trees.

## Rock Lobster Tails with Citrus Butter

- 4 fresh lobster tails, about 6-8 oz each, butterflied
- 1/4 cup melted butter
- 2 teaspoons fresh lemon juice
- 1/2 teaspoon grated orange peel
- 1/4 teaspoon salt
- dash ground ginger
- dash paprika
- lemon wedges



Place the tails on a broiler pan, shell side down. Combine butter, lemon juice, orange peel, salt, ginger and paprika. Brush over lobster tail meat. Broil tails 6-8 minutes for about 15 minutes, or until done. Meat should be opaque and flake easily. Loosen meat from shell slightly; serve tails with lemon wedges. Makes enough for 4.

I hope to see you soon down there, with your bug bags overfilled!

## Marine Wildlife Viewing Workshop

On Tuesday, February 10, a Marine Wildlife Viewing Workshop will be offered by the Channel Islands National Marine Sanctuary (CINMS) as a part of a series of February 2004 workshops hosted by the National Oceanic and Atmospheric Administration's (NOAA) California National Marine Sanctuaries, National Marine Fisheries Service, and Office of Protected Resources.

The purpose of the workshop is to bring together community user groups to discuss issues pertaining to responsibly viewing of California marine life and to receive input on the draft publication "Responsibly Watching California's Marine Wildlife: A Handbook for Ocean Users." The handbook is available on the Web at <http://www.sanctuaries.nos.noaa.gov/library/national/wwhandbook.pdf>. The workshop will include a plenary on the importance of watchable wildlife practices and break-out sessions with roundtable discussions.

**When:** 6-9pm, Tuesday, February 10, 2004 **Where:** Cabrillo Pavilion Arts Center, 1118 E. Cabrillo Blvd.

All participants are asked to RSVP to attend the meeting. Please contact Shauna Bingham at the NOAA Channel Islands National Marine Sanctuary, (805) 382-6151, or by e-mail at [Shauna.Bingham@noaa.gov](mailto:Shauna.Bingham@noaa.gov).

## February Boat Dives

- Sunday, 2/22, on the Truth, 6 a.m. departure—call Anacapa Dive Center for details, 963-8917
- Sunday, 2/22, on the Spectre, 6 a.m. departure—call Aquatics for details, 967-4456


\*\*\*\*\*  
 \* Day Hike to Inspiration Point \*  
 \* Join us on Sunday, February 8, for a day hike from Stevens Park to Inspiration Point. \*  
 \* Because hey, you can't dive all the time (especially in February). \*  
 \* Bring a sack lunch; we'll meet at 10 a.m. at Stevens Park. \*  
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Cody & Jesse's first abs—Navarro River, Mendocino. Photo by Mark Rogers

February 2004

Don't Forget...  
**MONTHLY MEETING**  
 at Rusty's Pizza  
 January 27  
 February 24

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 Inspiration Point hike, 10am	9	10 NIMS Workshop	11	12	13	14
15	16	17	18	19	20	21
22	23		25	26	27	28
29						

**Upcoming Events**

- Plan ahead for our annual Santa Cruz campout - May 6-9

**Wednesday night dives**

Call Mark Silva at 969-2014 or Dan Lindsay at 964-5020 for details, or send an e-mail to Carl Gwinn at [carlgwinn@yahoo.com](mailto:carlgwinn@yahoo.com) if you'd like to be added to the night dive e-mail list.



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