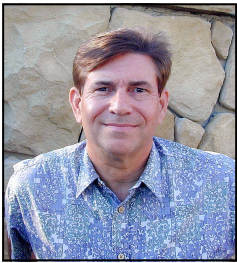


# PARADISE Dive Club

April 2006

Visit us at <http://kelp.chem.ucsb.edu>

Volume 12, Issue 4



## President's Log

by Dan Lindsay

What do you think about as you glide weightlessly through the water during a dive? I've come to the conclusion that diving is nearly as mental a sport as golf. With no one to talk to during the dive (other than with hand signals, if even that), you have the time to think a lot to yourself about how cold the

water is, how the surf exit may or may not go, and whether that flash of grey in the distance was something LARGER and HUNGRIER than you. It's an opportunity to calm yourself and to focus upon your breathing and to just relax. Regular diving gives you the confidence to not panic when things don't go your way. You just think systematically through the options available to you. I recently read about someone who got caught in our California kelp, panicked, and ultimately never escaped from it, both fighting it and, I imagine, getting mentally more distressed and worked up over the entanglement. And to make matters worse, they were probably thinking about how little air they had left themselves as a personal reserve. That's always a good way to go through the air you *do* have remaining that much faster.

With the opportunity to write these monthly logs, I get a chance to share some of my thoughts with you. While diving this evening I thought, "What will I write this month for the log?" As I swam along I thought about a lot of things—like how cold it was, and why I couldn't find any legal-sized lobsters! I thought about the presentation some time back on Antarctic diving—and then felt a lot warmer in our low 50s water!

I had not dived in several weeks and so was not as relaxed as I usually am when diving every week. As a result, I probably thought a lot more than usual about the surge, and the number of breakers I had to suffer through to get out to calmer waters. Of course, I started thinking about the breakers I would have to encounter on the way *back* in! I started

wondering if my mask light had enough battery power to see me through this dive. Was it going to fail just as I really needed it?

Clear your mind for diving. Take care of all those equipment issues that have been bothering you—even if just a little bit. Charge up or replace your batteries regularly. The more that your equipment is squared away and working properly, the less you will have to think about it. You can then focus upon your enjoyment of the dive.

By the time you read this, the 2005-06 lobster season will be over! Time now to concentrate on other things if you've been a bug hunter lately. (The big plus is you don't have to carry that bag around anymore for awhile). Time to get back into real buddy diving.

Sometimes we joke a bit about our casual "buddy diving" techniques. You know, "same ocean, same evening." But we need to think more about what it takes to be a good buddy—and practice it. Are you swimming close enough to sense when your buddy might be having trouble? Are you in a position where your buddy doesn't have to slow down periodically and look back for you? Are you within rescue distance during a surf entry? If night diving, are you training your dive light beam in such a way as to let your buddy know you're right there? To return to my early comparison to golf, you rarely want to play golf again with a bad golfer—just like you don't really want to dive with a bad buddy. You can learn a lot from couples who dive together regularly. Watch and observe how they operate as buddies. We all know not to turn our backs to the ocean; we also have to remember not to turn our backs to our buddies. I'm just trying to get you to think about some of these factors as we start to enter another summer dive season.

One last commercial pitch. Recently it was recommended that we auction off spare dive gear that we aren't actively using. Did you change your ideas about what an ideal dive light should be? Or a game bag? Maybe someone would like to try your castoffs. If you'd like, talk to a board member about what you might be able to contribute to the club's pool of odds and ends for auction.

### Join the club, get cool stuff

- 🌀 Monthly meetings with entertainment
- 🌀 Raffle prizes (who doesn't like prizes?)
- 🌀 Great dive buddy pool
- 🌀 Beach & boat dives, including weekly night dives
- 🌀 Club BBQs & other activities
- 🌀 Free airfills & gear discounts at local dive shops
- 🌀 Right to proudly wear the official PDC T-shirt (because we do have the coolest logo)

### Mark your calendars...

We meet on the last Tuesday of the month

### Rusty's Pizza, Goleta

in the Kmart Center, 270 Storke Road

6:30 pm - social hour

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

## PDC Membership Renewal Time — by Bruce King

For less than the cost of a tank of gas, you can do your part to help keep the Paradise Dive Club going strong by renewing your membership. Our dues have changed a bit and starting May 1<sup>st</sup>, annual dues will be \$25 for individuals, and \$40 for families with multiple divers. This change is meant to be fair and simple, while it also reflects that we've been able to keep our dues at the same low price for the past eleven years.



The Paradise Dive Club provides the Santa Barbara and Goleta communities with a place to meet other divers, to learn about the California marine environment, and to share amazing photos and videos. Membership includes:

- Our monthly newsletter mailed to your home
- Free airfills (6/month) & gear discounts at participating dive shops
- Member rates to special club events, like the Santa Cruz Island campout (May 11-14, 2006)

To renew your membership, or to join, all you have to do is:

1. Complete a membership application form (available at the next meeting or go to <http://kelp.chem.ucsb.edu/membership/membership.htm>)
2. Make out a check for \$25 (individuals) or \$40 (families with multiple divers), payable to Paradise Dive Club
3. Bring both to the next club meeting, or mail to: Paradise Dive Club, PO Box 21311, Santa Barbara, CA 93121

Thank you for supporting the Paradise Dive Club, the club with the coolest logo!

### Paradise Dive Club Officers

President - Dan Lindsay	964-5020
Vice President - Steve Trainoff	571-1622
Secretary - Mike Macko	687-7176
Treasurer - Mark Silva	453-2001
Membership - Bruce King	452-7590
Newsletter - Stacey Janik	637-4487
Sgt at Arms - Laurie Van De Werfhorst	685-9710
Entertainment - Mark Bursek	564-1923
Raffle - Ralph Goldsen	681-0400
Webmaster - Ray Janik	637-4486
Historian - Cheryl Weakliem	967-2827

#### Sponsors:

Anacapa Dive Center	963-8917
Aquatics	967-4456
Blue Water Hunter	564-6677
Truth Aquatics	962-1127

Visit our Web site at  
<http://kelp.chem.ucsb.edu>

Send newsletter items to [sjanik@gmail.com](mailto:sjanik@gmail.com)

Membership: \$25/year for individuals, \$40 for families. Membership runs May-April and includes monthly newsletter, free airfills, and other benefits. For details or to join, contact Bruce King at 452-7590 or [kingbh@cox.net](mailto:kingbh@cox.net).

### Bulletin Board

- The Channel Islands National Marine Sanctuary's *From Shore to Sea* lecture series continues with a talk on **"Sea Birds of the Channel Islands and Santa Barbara Channel"** by Josh Adams of the U.S. Geological Survey. The lecture is free and will be held on **Tuesday, April 11**, at 7 p.m. at the Chase Palm Park Building in Santa Barbara (236 East Cabrillo), and again on **Wednesday, April 12**, at 7 p.m. at the Ventura Harbor Visitor Center (1901 Spinnaker Drive).
- The **Santa Barbara Maritime Museum** has an agreement with Ralphs' Community Contribution Program, whereby they get donations of 4-5% on all purchases made by registered Club Card members. Just send your **Ralphs' Club Card number** (not a credit card or linked to checking account, so no security issue) to Pat Heller at [pheller@sbmm.org](mailto:pheller@sbmm.org), and she will add you to their database.
- Ken Kollwitz of **Channel Islands Divers** contacted our club to invite any interested members to join them on two upcoming trips: the first is on the *Pacific Star* to **Catalina (Ship Rock and the West End) on May 6**, and the second is on the *Peace* to **San Miguel on June 4**. They are offering our members their club member price. For more info, go to [www.channelislandsdivers.org](http://www.channelislandsdivers.org) and click on the event calendar, call Ken at 805-486-1533, or e-mail him at [dive@channelislandsdivers.org](mailto:dive@channelislandsdivers.org).

## 7th Annual Santa Cruz Island Campout, May 11-14

Spring is here, and that means our Santa Cruz Island camping trip is fast approaching. Truth Aquatics will be taking us over to the island on Thursday, May 11, and they will pick us up and take us back to Santa Barbara Harbor on Sunday, May 14. Cost of the trip is \$85 for members, \$95 for non-members (so be sure to renew your membership!). Children 12 & under are \$60. The club will be picking up the cost of the campsites.

The camping is primitive; pit toilets are located in the campground and close to the beach. Water is available. You will need to bring all your own food—the club does not provide. We are looking into whether we will be able to have beach bonfires at night, but given that fire season has been starting earlier and earlier each year, this is doubtful. In any event, fires are definitely not permitted in the campground, so unless you can live on GORP for four days, you'll want to bring a stove for cooking.

All your gear must be packed in (and out). There are no stores on the island and there is no trash service. The campground is about half a mile from the beach, with a mild uphill climb. Some wheelbarrows are available at the dock site, and a few people bring their own wagons—especially handy if you're planning to tote scuba tanks.

Bring your hiking boots, a good windbreaker, plenty of sunscreen, and of course all your water toys. There are lots of places to explore, in and on the water and on land. Scorpion Harbor and the surrounding area present wonderful opportunities for diving, snorkeling, kayaking, whale watching, hiking, or just hanging out. May on the island can be very windy, and temps can range from quite chilly at night to high-80s during the day; plan accordingly.

Spots are available on a first-come, first-served basis. Bring your checkbook and pay at the next meeting if you want to go! (If you want to reserve your space but can't make it to the meeting, please call Mark Silva at 453-2001.) If you make different arrangements to get to the island but want to camp with us for a night or two, please let us know so that we can reserve more campsites.

There's always something new to discover and enjoy on the island—we hope to see you out there!

### Paradise Divers Give Blood & Save Lives

The bloodmobile is coming to Shoreline Park once again. Join your fellow dive club members and give blood on Friday, April 7, from 4:30 to 7:00 p.m. Jerry Sorich will be cooking rib eye and salmon for all donors or attempted donors. There is a great shortage of blood nationwide and this is our chance to make a difference. If you can't give, come on by for dinner and moral support.

### Get on Board! April Boat Trips

- Saturday, 4/1, on *Peace*, 7 a.m. departure to Anacapa & Santa Cruz, \$110 (including food and airfills). Call Anacapa Dive Center, 963-8917.
- Saturday, 4/8, on *Truth*, 6 a.m. departure to Anacapa & Santa Cruz, \$110 (including food and airfills). Call Anacapa Dive Center, 963-8917.
- Saturday, 4/29, on *Spectre*, 7 a.m. departure to Anacapa & Santa Cruz, \$85 (food and airfills extra). Call Santa Barbara Aquatics, 967-4456.

### The Camera Coach

Annie Crawley is offering Paradise Dive Club members 10% off on her new instructional DVD, *The Camera Coach: Your Guide to Creating Underwater Video*. In this 1 1/2-hour program, she demonstrates camera, lighting, and editing techniques for producing great video both above and below the surface. Most of it was filmed locally on trips with Truth Aquatics, with some added footage from various exotic locales where Annie has dived and worked. The video features a few familiar faces, including Will Chen, Nick Martorano, and Dave Burroughs.

Annie and Jody are also working on putting together a limited-load boat trip to San Clemente Island on the *Vision*, September 6-9, with photo and video instruction available as well as product demos. Cost is \$850, but she is offering a special for PDC members at \$800. For more info or to sign up, contact Annie at 805-453-1947, or visit [www.anniecrawley.com](http://www.anniecrawley.com).



Don't forget...

**MONTHLY MEETINGS**

**March 28 and April 25**

Rusty's Pizza in Goleta

April 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7 PDC Blood Drive	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	PARADISE DIVE CLUB	26	27	28	29
30						

**Upcoming Events**

- PDC Blood Drive at Shoreline Park, April 7, 4:30-7 p.m.
- Annual campout on Santa Cruz Island, May 11-14
- San Diego/Yukon dive trip—date tbd

**Thursday night dives:** To find out where the group is diving or to be added to the night dive e-mail list, sign up at [http://groups.yahoo.com/group/PDC\\_midweek\\_dive](http://groups.yahoo.com/group/PDC_midweek_dive) or send e-mail to [PDC\\_midweek\\_dive-subscribe@yahoogroups.com](mailto:PDC_midweek_dive-subscribe@yahoogroups.com).



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805-967-4456  
<http://www.sbaquatics.com>



117-D Harbor Way  
Santa Barbara, CA 93109  
805-564-6677  
<http://www.blueh20.com>



301 West Cabrillo Boulevard  
Santa Barbara, CA 93101  
805-962-1127  
<http://www.truthaquatics.com>

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