

PARADISE Dive Club

October 2006

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Volume 12, Issue 10



President's Log

by Dan Lindsay

This is becoming sort of the “thank-you month” at the Paradise Dive Club. Thanks to you all for showing up at the annual Coastal Cleanup at Tajiguas Beach, and for selflessly donating

blood to the SB County blood bank. These are a couple of simple things that really do count toward making this place that much nicer. Individual efforts do count!

Thanks, also, to the board members of 2005-06 who have supported the club this last year in keeping the dive club afloat (is that right for a dive club?). A special thanks to Steve Trainoff for keeping up the Thursday Night Dive tradition, and for supporting me as vice president. After all, diving is what we are all about, and keeping up our weekly diving events is very important.

Many of our board members have had a rough time juggling their many activities, but most will tell you that being on the board is not that much effort and it gives you a greater voice in managing activities. Thanks, too, to Bruce King for keeping the membership effort under control and doing the membership study that helped us to determine our membership's geocentric location—in short, where do most of us live. Along with Mike Macko's suggestion to give Petrini's a shot to host the meetings, I think more of the membership will have less of a distance to drive each month.

Another special thanks to Ovi Mora for joining us late in the year but NEVER being late with the newsletters. They are arriving earlier than ever. To Mark Silva, thanks for not absconding with our funds and maintaining fiduciary responsibility over our budget. How he does all this with his work schedule and living on a boat is beyond me. To our regular, year-after-year board members—Mark Bursek, in charge of entertainment, and Ralph Goldsen, in charge of the raffle—I'm very grateful for your service to the club. An additional note here—if you have a particular subject that you'd be interested in learning more about, contact me or Mark Bursek and we'll try to get someone in to speak on it. Coordinating such visitors is not that easy, but I hope you're all appreciative like I am when we get people in with relevant subjects or simply to share their films or u/w images. We have some of the most talented u/w photographers in the area in this club. On the raffle—we hope to make it bigger and better this coming year. Please stay tuned. Remember, it is another significant source of our operating funds, and it is what allows us to keep membership fees at the same level as 10 years ago.



Laurel Mebler and Mike Macko at Vandenberg for Labor Day weekend campout with the Aqualliers. Photo by Carl Gwinn.

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

NEW LOCATION Petrini's, Santa Barbara

14 W. Calle Laureles, off upper State near De la Vina

6:30 pm - social hour

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

Island Cleanup—October 21 and 22

by Dr. Jack Dawson

A few ago, I decided to look into efforts to clean up the beaches and coves on Santa Cruz and other Channel Islands. I discovered that there had been none, except for a Nature Conservancy land-based volunteer effort at Christy Beach on the south side of Santa Cruz. Through many phone calls and a passion for the islands and the environment, we now have an exciting broad-based volunteer effort set for October 21-22. We will send a flotilla of volunteers in private and chartered boats to Santa Cruz beaches and coves, pick up the debris, and bring it to Prisoners Harbor for collection and a celebration. We are gaining more support every day. So far... Marborg Disposal will print and supply heavy plastic bags and supply a recycling bin at the harbor, Dr. Laura Schlesinger will mention it in her column, the SB Yacht Club will assist us on Santa Cruz, The Nature Conservancy will supply landing permits and trucks to haul debris overland if necessary, and SB Paddle Sports is supplying kayaks. What I am asking for is the support of the Paradise Dive Club. We need volunteers who love the islands, are seaworthy, don't mind getting wet, and want an opportunity to have fun and serve. We need people with boats and with knowledge and experience to help keep everyone safe. Please let everyone know about it. Thanks!

For more info, contact Jack at 965-3302 (work), 886-1443 (cell), or john.dawson@cox.net.

FOR SALE

Ocean kayak (used), Scupper Pro model, yellow, with two storage compartments. Includes paddle and dry bag. Asking \$400. Call Ken James at 805-268-4362 for more info.



Ikelite underwater camera housing (model #6130.55) for Olympus C-5050. Recently serviced by Ikelite, with brand-new TTL circuitry. E-mail [Stacey Janik](mailto:staceyjanik@gmail.com) at staceyjanik@gmail.com for pricing and info.



Paradise Dive Club Officers

President - Dan Lindsay	964-5020
Vice President - Steve Trainoff	571-1622
Secretary - Catherine Almo	963-2121
Treasurer - Mark Silva	453-2001
Membership - Bruce King	284-3648
Newsletter - Stacey Janik	637-4487
Circulation - Ovidio Mora	683-4999
Sgt at Arms - Mike Macko	687-7176
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

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 284-3648 or kingbh@cox.net.

Reminder: PDC Board elections will take place at the September 26 meeting. If you've been mulling it over and think you might be willing to help out in a board position, it's not too late to get on the ballot! Just talk to our prez or any board member.

Get on Board! October Boat Trips

- 10/8 (day + night), 10 a.m. departure on *Spectre* to Anacapa & Santa Cruz. Call Aquatics, 967-4456.
- 10/21, 7 a.m. departure on *Spectre* to Anacapa & Santa Cruz, \$85. Call Aquatics, 967-4456.
- 10/29, 6 a.m. departure on *Truth* to Anacapa & Santa Cruz, \$110. Call Anacapa Dive Center, 963-8917.

Welcome to our new members!

- Eyal & Eytan Nahmias
- Paul Weymouth
- Stuart Ponder
- Jonathan Peppard
- Noah Philips



The Importance of Checklists

by Steve Trainoff

Have you ever gotten to the beach and discovered that you forgot your fins? Or have you jumped in the water and found that your tank hadn't been refilled, or worse, was turned off? Everyone makes mistakes, but how can this be avoided?

In the airline industry, they make extensive use of checklists. These might seem overly pedantic, but research has shown that they do cut down on "human error." Having a formal checklist for recreational diving seems like overkill, but the concept can easily be applied. There are several things that you can do, short of keeping a slate with you at all times.

First, develop a personal routine. Put your gear on in the same order every time. It might take some time to figure out what that optimal order is based on your gear and diving habits, but once you figure it out, stick to it. Second, practice your routine. This is one reason I do the Thursday night dives. By practicing on a regular basis, it becomes second nature and I make fewer errors. Third, when packing your gear, or planning your dive, run through a mental gear check. As I put gear into my car or dive bag, I imagine dressing myself from top to bottom and jumping in the water. I have found this mental checklist to be invaluable. I also practice this mental checklist just before I actually jump in the water to make sure that I haven't forgotten anything (like turning my tank on). Lastly, most errors are just nuisances, but big ones, like jumping in without your BC inflated, or with your air turned off, can be dangerous. Double and triple check the critical steps. Breathe on your regulator several times—a single breath might come from air that remained in the hoses after the valve was turned off.

Avoid distractions when going through your mental list. If putting your gear on is second nature, complacency can set in. A simple distraction can cause you to skip a step without noticing. When you do screw up, go back through your checklist and figure out where you got tripped up, and make a special effort the next time you get to that step. You don't want to practice the *mistake*. Some people like to write small notes to help them remember. Some people may prefer full-blown written checklists. I usually try to keep it in my head. Do what you feel comfortable with.

Does it always work? No. I still forget things, but a lot less often than before I got systematic about mental checklists. Let me give you an example of how my *system* failed. I am usually just as meticulous about putting my gear away as I am setting it up, but a few weeks back after

a night dive at Tajiguas, I was chatting away and noticing how beautiful the stars were. I drove home from the dive. When I started to clean my gear, I noticed my dive gloves sitting on my car bumper. I had put them there, as I usually do, when I was getting out the key to open the car. In the darkness I had forgotten to put them in my bin. By some miracle, they were both still on the bumper after diving on the freeway at 65mph! I thought back to my checklist and realized that I had also put my weight pouches on the bumper at the same time. They were nowhere to be found. After cleaning my gear and taking my shower, I headed back out to Tajiguas at 10:30 p.m. They were not there. On the drive back I looked at every spot on the road and every bush. Nothing. Despairing that they were gone for good, I thought about where else they might be. If the gloves made it all the way home, the weights probably made it until I hit a bump or a sharp turn. The only one I could think of was right by the corner of my housing complex. Sure enough, there they were in the bushes, undamaged. With my lesson learned, I will be sure to follow the checklist even more carefully in the future.

Photo Exhibit at Goleta Coffee Company


Some of Steve's underwater photos are currently on exhibit at the Goleta Coffee Company, located at 177 S. Turnpike, Santa Barbara (by Vons). Steve invites everyone to "stop by, grab a cup of java, and look at the pretty fishes. Tell them I sent you."



Some samples of Steve's photography: elephant seals mock fighting at Pt. Lobos; black-eyed goby at the Channel Islands.

October 2006

Don't forget...
MONTHLY MEETINGS
September 26 and October 31
 Petrini's in Santa Barbara

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Night Dives

Upcoming Events

- The Great Annual Underwater Pumpkin Carving Contest (details to be announced at next meeting)
- Lobster season is here! Join the Thursday night dives for lots of bug hunting opportunities

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 or send e-mail to PDC_midweek_dive-subscribe@yahogroups.com.



P.O. Box 21311
 Santa Barbara, CA 93121



22 Anacapa Street
 Santa Barbara, CA 93101
 805-963-8917
<http://www.anacapadivecenter.com>



5822 Hollister Avenue
 Goleta, CA 93117
 805-967-4456
<http://www.sbaquatics.com>



117-D Harbor Way
 Santa Barbara, CA 93109
 805-564-6677
<http://www.blue20.com>



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

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