

# PARADISE DIVE CLUB



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[WWW.PARADISEDIVECLUB.ORG](http://WWW.PARADISEDIVECLUB.ORG)



## President's Log - by Steven Trainoff

Despite the fact that the evidence for Global Warming continues to accumulate, the water this winter has been decidedly chilly. Not that I am complaining mind you, but being mildly hypothermic does put a damper on doing that 4<sup>th</sup> dive when out on a charter boat. Combine a desk job, a slowing metabolism, and cold water, and you have a recipe for progressively doing less of what I love doing. What is a diver to do? In a word: drysuit.

Lets go back to basics. You probably remember from your open water certification course that water conducts heat 25x faster than air. In fact air is a great insulator. Wetsuits work on the principle that by putting a lot of air bubbles in rubber it can make rubber into a pretty good insulator too. By keeping this layer of bubbly rubber (neoprene) between you and the ocean, you can stay reasonably warm. Of course every time you move water flows in and out of the suit, exchanging the nice warm water inside, with cold water from the outside. What is worse, as you descend, all of those nice insulating bubbles in the rubber compress, and the suit becomes progressively less effective at keeping the heat in.



A drysuit solves both problems. It keeps the cold water from touching your skin so you don't lose nearly as much heat to the ocean. Moreover, as you descend you can add air to the suit to insure that the nice insulating layer of air between you and the outside water doesn't disappear. Of course, the drysuit just keeps you dry, it is the undergarment that traps air near your skin that keeps you warm.

Last year, after the 4<sup>th</sup> dive on a cold winter day, I decided that I should really look into drysuit diving. I did my usual research on materials, construction, seals, and brand, and got thoroughly confused. There seemed to be little consensus, and lots of disagreement. I eventually made up my mind when I went to the Long Beach Scuba show last year and tried on a bunch of different suits from different vendors.



I finally decided what I wanted and was all ready to make the big investment, when Gretchen decided that a drysuit would make a perfect birthday present. I wonder how she knew? Could it be that a little birdy told her, or could it be that I had been talking of little else for the past 6 months? Who knows. Either way, with the sanction of an official birthday present, I ordered my new suit. I decided on a suit manufactured by DUI (Diving Unlimited International). It is called the FLX50/50 since the bottom is constructed from a special type of neoprene that has been compressed to make it extremely tough. The top is made of a trilaminate of Polyester/Butyl Rubber/Polyester. This combination has good mobility on top, and is tough enough in the

legs and knees where photographers typically need extra durability. I got a custom fit since I found out pretty quickly at the Scuba Show, that none of the stock suits fit me very well. Finally I got "ZipSeals" which are glorified ziplocks on the arm and neck seals that allow them to be changed out easily if you tear one on a dive boat. Without the ZipSeals, a torn seal would require the suit to be returned to the manufacturer for them to glue on an new one. Rounding out this ensemble is a set of polar fleece long-johns which provide the warmth.



Next month: How is it all working out?

## 🚫 Important News! 🚫

### Meeting Place

The March 27th meeting will take place at Petrini's Restaurant in Santa Barbara.  
14 West Calle Laureles.  
Feeding frenzy at 6:30pm, meeting at 7pm



### These Fins Are Made For Walkin'

by Barbara Brown

Five brave souls ventured out to Inspiration Point on St. Patrick's Day.

Although the weather was foggy at the end of Tunnel Rd., the weather cleared as we headed up Jesusita Trail towards Inspiration Point. After about an hour of hiking up the partially paved and dirt trails towards the sunshine, we reached the top of the trail and was treated to a wonderful view of the Santa Barbara valley and the ocean beyond.



The cloud cover was high, but enough of the island tops were visible. After another hour of reversing our tracks we arrived back to Tunnel Rd. Then the group met up at Steven's Park to enjoy a tri-tip and chicken BBQ. Side dishes included lots of salads and desserts. All had a good time.



Next year at about the same time, come join in for a wonderful morning hike and a very relaxing afternoon BBQ when the weather provides for some sunshine and lots of blooming plants.



### Club Dive Trip

by Steven Trainoff

The water is warming and the weather should be beautiful for the next few months. It is time for the club to go diving! At the last general meeting, we proposed buying an 11 spot partial charter aboard one of the Truth Aquatics boats and there was general agreement. It will be great fun to dive as a club, instead of buying trips individually. We have a tentative date of May 19th aboard the Truth. It will be a 1 day trip to the outer islands (Santa Rosa or San Miguel) weather permitting. The trip will cost approximately \$100/pp. Since this will represent a serious financial commitment for the club, we want to make sure that there is sufficient interest before we book the charter

If you plan on attending, please send an email Steve Trainoff [strainoff@cox.net](mailto:strainoff@cox.net). If we get at least 6 people, we will book the trip.

# Paradise Dive Club Events

Friday, April 13th

Paradise Dive Club deco stop, 6pm at the Endless Summer Bar and Cafe.

Saturday, April 21st

The annual Earthday Beach Clean Up at Tajiguas will take place again this year at 10am. We will follow with diving, at the site at noon. Please bring gloves for the clean up and wear sturdy shoes.

Saturday, May 19

PDC dive Trip to the outer islands on board the Truth. Cost is approx. \$100/pp,  
Contact Steve at [strainoff@cox.net](mailto:strainoff@cox.net)

Saturday, June 23

Beach dive and BBQ at Hendry's Beach. Dive at 10am and BBQ at noon.

Paul  
Speaks!



by Paul Weakliem

Hi PDC'ers! Ken of Channel Islands Divers in Ventura asked me to let everybody know about these two trips they have planned this year on the Pacific Star dive boat out of Redondo Beach. The October trip to San Nic. was the one that Mark Silva and I went on this season - it was a great trip; the boat has a real nice crew and the CID divers are a good group too - I certainly enjoy diving with them!! Note, if you find the 11 pound bug out there, he's mine, and he wants to stay there! Contact Ken if you're interested in going, or certainly can talk to Mark if you want to hear more about the boat, etc.

## Local Dive Calendar for April

Truth Aquatics 962-1127 call for prices, boats, and specific destinations, or go to their website; [www.truthaquatics.com](http://www.truthaquatics.com).

- 1 day dive, outer islands, 4am dep. 4/7, 4/22, 4/29
- 1 day dive, Santa Cruz, 6am departure 4/8, 4/28
- 1 day dive, Wreck dive, 4am departure 4/14
- 1 day dive, rig dive (Grace), 6am departure 4/15
- 2 day dive, 4am departure, 4/14
- 2 day ISLAND HIKE, 4am departure, 4/14
- 3 day dive, limited load, 4am departure, 4/6, 4/20

All Season Scuba (916-599-5379)

- 3 day dive, San Clemente, 10pm departure, 4/26

Anacapa Dive 963-8917

- 1 day dive, Santa Cruz, 6am 4/21

## DISCOVERIES:

Shedding Light on Bioluminescence

SPEAKER: Edith A. Widder, PdD

DATE: Thursday, March 22

TIME: 7:00 PM

LOCATION: Fleischmann Auditorium, Santa Barbara Museum of Natural History.

COST: Public rate is \$10, SBNH Members \$8

(Santa Barbara Maritime Museum Members can attend at SBMNH member rate of \$8. Bring your membership card.)

Dr. Widder, is a biologist, deep-sea explorer and a specialist in bioluminescence (the light chemically produced by many ocean organisms)

Reservations: Call 805-682-4711 ext. 170 or email

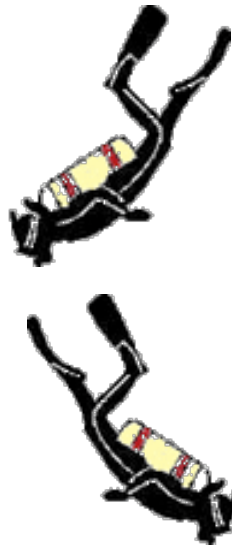
[jbarber@sbnature2.org](mailto:jbarber@sbnature2.org)

# PDC Thursday Night Dives!

To find out where the group will be 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).

## Join the coolest club in town!

1. Monthly meetings with entertainment.
2. raffle prizes (we all need new dive stuff)
3. Great dive buddy pool
4. Beach and boat dives, AND weekly night dives
5. Club BBQs, and other activities
6. Free air-fills and gear discounts at local dive shops
7. Right to proudly wear the official PDC T-Shirt (nobody has a logo as cool as ours).



### Dive Club Officers

President	Steven Trainoff	571-1622
Vice President	Mike Macko	687-7176
Treasurer	Mark Silva	453-2001
Secretary	Barbara Brown	
Membership	Roy Phillips	968-8452
Newsletter	Gretchen Beckett	571-1622
Circulation	Ovidio Mora	683-4999
Sgt at Arms	Craig Adams	693-5835
Entertainment	Mark Bursek	564-1923
Raffle	Ralph Goldsen	681-0400
Webmaster	Bruce King	284-3648
Historian	Cheryl Weakliem	967-2827

### Membership

\$25/year for individuals, \$40 for families. Membership runs May-April and includes a monthly newsletter, free air-fills, and other benefits. For details or to join, contact Roy Phillips - 968-8452

### Newsletter

Send newsletter items to Gretchen Beckett  
[gbgreymutt@cox.net](mailto:gbgreymutt@cox.net)

### Website

[www.paradisediveclub.org](http://www.paradisediveclub.org)



P.O. Box 2131  
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### Sponsors!

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805-564-6677

**Truth Aquatics**  
301 W. Cabrillo Blvd.  
Santa Barbara, CA 93101  
805-962-1127

**Anacapa Dive Center**  
22 Anacapa St  
Santa Barbara, CA 93101  
805-963-8917

*Many thanks to our sponsors for their generosity including air-fill donations and gear discounts!*