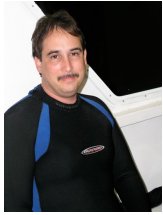


PARADISE DIVE CLUB



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WWW.PARADISEDIVECLUB.ORG



President's Log - by Steven Trainoff

Last month I detailed the decision to buy a drysuit. This month I want to write about how it is working out. I took a drysuit class to learn how to properly operate the suit. It sounds simple, but like most major gear changes, it is worthwhile to practice in a confined water setting with an instructor. The first thing I noticed about the suit is that donning it is quite unlike a wetsuit. With a wetsuit the goal is to exclude as much water as possible. This means you want a suit that fits like a second skin. Any gaps or bulges turn into pumps the push water in and out the suit every time you move. A drysuit is very different. Although it should fit you, it shouldn't be snug. You need to leave room for the thickest undergarment you will every use. Therefore it is much like putting on any other garment, you just slip it on. You need to put the seals over your wrists and neck carefully to avoid damaging them. As part of the suit fitting, you cut the seals to fit. I thought that they felt tight, but I was assured that you want them on the snug side so they seal well. Of course you don't want them so tight that they interfere with your circulation. This is why you really want your suit fitted by someone with a lot of experience to cut your seals for you. Besides, you can always stretch them or cut them shorter, but you can't make them longer without replacing them altogether.

The next step was the pool checkout. The two skills you really need to master are connecting and disconnecting the inflator valve underwater with your gloves on. There are two reasons for this. The first is to resolve a problem with a stuck valve. The second is if you forget to connect the hose and jump in the water. The next drill is the most important one. It is how to recover from a feet first uncontrolled ascent. It goes something like this. As you ascend the air in the suit expands. You have a relief valve on the shoulder to let the excess air out. If, at some point, you get your feet higher than your head, the air in the suit will rush to the feet, which are sealed. The feet pockets in the suit expand and the feet become even more buoyant. You can then lose buoyancy control and start an uncontrolled ascent. To make things worse, the ballooning feet pockets can pop the fins off your feet. Needless to say, this is bad, hence the drill.

Fortunately a combination of swimming downwards and rolling your feet underneath you, easily corrects this situation before it gets out of control. It helps if you have a reasonably good fitting suit and you are not overweighted so that you don't have excess air in the suit. After a few practice rolls in the pool, I am comfortable with the maneuver.

Next comes the ocean test. I took a trip on the Peace with an instructor to try the suit in the ocean. We picked a doozy of a weekend with one of the most "exciting" channel crossings I have ever experienced. I am surprised that the boat didn't turn back, but we had an adventurous group on board. After braving 8-10 foot seas, we tucked into the lee of Santa Cruz and I proceeded to try the suit.

The first issue to resolve is how much weight to wear. I usually wear 20lbs when diving with my 7mm wetsuit, hooded vest, and steel tank. With the drysuit I needed 30lbs. The only problem is that this is max that my BC can accommodate. It also means that I had 10lbs in the back trim pouches into which I usually only put 4lbs. This tended to push my head down and my feet up, which is exactly the wrong thing to do. Even so, I had reasonable control and by the end of the day I was regretting my decision to leave my camera behind. It was the right decision though. I was forced to concentrate on nothing but buoyancy control. The last adjustment I made was to put 8lbs in the trim pouches and 2lbs on ankle weights. That did the trick and now my trim is pretty close to perfect.

Oh, and yeah, at the end of the day I wasn't cold, even though everyone else was shivering in the 20knot winds.

Important News!



Its Membership Renewal Time!

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 will be \$25 for individuals, and \$40 for families with multiple divers. We've been able to keep our dues at the same low price for the past twelve 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 air fills (6/month) & gear discounts at participating dive shops,
- Member rates to special club events, like the Santa Cruz Island camp out .

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 the Paradise Dive Club web page and download the membership application.)
2. Make out a check for \$25 (individuals) or \$40 (families with multiple divers) payable to Paradise Dive Club,
3. Send both to the address below, or bring them to the next club meeting.

Paradise Dive Club
8 San Rossano Dr.
Goleta, CA 93117

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

Meeting Place

The April 24th meeting will take place at Petrini's Restaurant in Santa Barbara.

14 West Calle Laureles.

Feeding frenzy at 6:30pm, meeting at 7pm

Take A Look!



by Jerry Sorich

I don't as a rule, sign up for monthly newsletters but "Divingindepth.com" has been an exception. This web site sends out a monthly web magazine at no charge. You don't have to provide much info and they don't share the addresses with any advertisers. I have never received any unsolicited spam from any dives sites. The web magazine does provide a number of interesting articles and links to photos and videos. They have "Featured Articles" on : Photographers, manufacturers, Wreck of the Month, Destination of the Month, Cave of the month, Critter, Book, Interview and video of the month. All of the features are well done and thru the links you can access past articles. There are no pop ups and you can leave it in your mailbox so that you have something to read in those idle moments at work or when you are talking to your mother. I have enjoyed this free web magazine for the past year. The thing I really like is being able to get a dive magazine without having to add to my recycle pile. www.divingindepth.com

Don't Miss Out!

article and photos by Michael Ring

Ok. So this is my first foray into writing about diving. Since I love to talk about diving, I guess I should be able to write about it.

If you have never been diving in Bonaire, you have missed one of the great dive sites in the world. While there is not much to do topside, under the water is a true diver's paradise.

Situated some 50 miles off the coast of Venezuela, Bonaire was a Dutch colony for much of the past 3 centuries. It is a mostly desert island shaped like a boomerang facing west.

We stayed at Buddy Dive Resort, which has dozens of one and two bedroom suites and all the usual amenities. Each suite comes with a 4 door pickup truck with a tank holder in the back. The facility has a drive through tank exchange that is so easy it is laughable that other places do not do it the same way. They also

have a boat dock with another tank exchange as well as a wetsuit locker to hang your gear overnight. The place never closes. If you want to dive at 3 a.m. go right ahead. Take as many dives as you want. 1 a day. 5 a day. 10 a day! You choose. Nitrox is available if you use it.



Breakfast is served on sight at the lower restaurant. Lunch is available at either the pool bar or at the upper restaurant that is shared with the next resort. There are many other restaurants nearby. Variety is king!

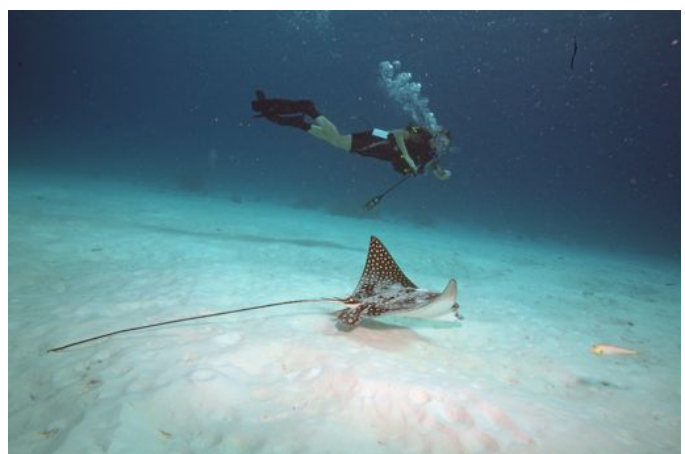
The dives sites are located on the western shore. There are literally dozens of them. Each site is marked by a yellow painted rock with the name of the

site. Most of the sites are accessible by parking your pick-up truck along the white sand beach, and then taking a short walk to the water. Buoys are about 30 yards off shore where the dive site starts. Once you get to the buoy you descend into clear blue heaven. Some dives require a walk down steps or a giant stride over a 15 foot cliff. Boat dives are available, especially to the spit of an island about 1 mile away called Klein Bonaire. It makes for a nice night dive.

The sites are mostly coral reefs, some with a split reef. The water is generally clear, with 250 foot viz. The temperature stays around 85 degrees year round. There is no current to speak of usually.

The sea life is phenomenal. Eagle Rays (see picture), octopus, drum fish, turtles, you name it. And the colors of the coral! Wow!

The staff are professional and very friendly. They truly enjoy their work and try to make your diving experience as pleasant as possible.



I have spoken with many divers who say that they generally do not go back to a destination dive because they want to see as many different diving locales as they can. However, every diver who I have spoken to who has been to Bonaire has told me that they definitely would go back. As for me, when do we leave? I'll be there.

Ten Thousand Hours: Lessons from the Dive Tragedy on the Icebreaker "Healey"

by Carl Gwinn

Ten thousand hours of "deliberate practice" will produce excellence in any field. According to psychologist K. Anders Ericsson and more recent workers, this holds across almost all fields: classical piano, rocket science, bowling. For nearly all divers, ten thousand hours of bottom time is unattainable. We will spend our lives as beginners.

The tragic deaths of ice divers from the US Coast Guard vessel Healey make that point again. If we can learn from other's experiences, perhaps we can gain some of the expertise those 10,000 hours would give us.

For those unfamiliar with the story, this ice breaker set out for the Arctic with half its complement of divers, and dive gear with an undocumented, but probably poor, service history. During a recreational "ice liberty", the divers received permission to ice dive to 20 feet. They recruited line tenders from bystanders to fill in for the missing half of their team. Perhaps influenced by experience with surface-supplied-air, the divers carried more than 60lbs of weight each (much of it stuffed into inaccessible pockets) and did not connect LP hoses to their BCs; they relied upon their drysuits for buoyancy. Problems with poorly-fitting and balky gear delayed the dive and left the divers chilled before they dropped into the 29F water. The line tenders may have misunderstood their tugs on the lines, and let out nearly 200 feet. When brought back to the surface both divers were dead. The full Coast Guard report on the incident is on the web, at:

http://www.uscg.mil/ccs/cit/cim/foia/Healy/HEALY_FAM.pdf

Every diver can benefit from reading this report. The investigations following this tragedy have led to recommendations for changes by the government agencies that employ divers. In particular, 13 recommendations of NOAA's Dive Safety Board appear in the March 2007 Topside Newsletter, soon to be online

http://www.ndc.noaa.gov/rp_topside.html

As I read them, the NOAA recommendations fall into several broad categories:

- Dives in tricky environments (blue-water, line-tended, overhead or confined-space, and cold-water) require careful planning and, for no, permission from the NOAA Dive Center (NDC). More formal standards are to be announced shortly.

- Diving in these conditions, or with a drysuit, requires proper gear. When wearing a drysuit, divers must use BCs. NOAA plans to move to the DUI weighting system for drysuits, and the new Oceanic regulator for <50F. Split fins are prohibited in strong currents, with heavy loads or when wearing a drysuit; although split fins do well in Rodale's pool tests (and I love mine with my wetsuit), apparently they can stall out when used strenuously. Use of more than 16lbs in an integrated-weight BC is prohibited; interestingly, the recommendations don't distinguish between ditchable and un-ditchable weights here.

- Dive gear must be maintained: NDC will periodically inspect gear.

- A topside person capable of rendering assistance must be on site for every dive. Vessels with dive teams are to have full complements.

- Divers are to dive enough to keep their experience current.

These recommendations have clear applications to individual sport or scientific divers.

I would summarize them:

- If you dive in an unfamiliar environment or under tricky conditions, be cautious, and be ready to abort for any reason. "One hand at a time in Pandora's Box".

- Likewise, choose the appropriate gear, especially for challenging dives. As my mother told me, "Make sure to get a good regulator: someday your life might depend on it!" Uh, right, I might have to use it to breathe.

- Maintain your gear.

- Make sure that someone else can assist you. This is something to think about: is it really worth it to do that solo night dive without a light?

- Dive lots. Keep in practice.

(This article appeared, in slightly different form, at www.blueplanetdivers.org)

Paradise Dive Club Events

Saturday, May 19

PDC dive trip to the outer islands on board the Truth.
Cost is \$105/pp for Club members, \$114/pp for non-members.
Contact Steve at strainoff@cox.net

Saturday, June 23

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

Welcome New Divers!

Paradise Dive Club is happy to announce the name of our newest Club member.

Frank Nelson!

Willkommen!

Bienvenue!

Benvenuto!

Boa vindal!

Recepción!

Local Dive & Hike Calendar

May 2007

Truth Aquatics 962-1127 call for prices, boats, and specific destinations, or go to their website; www.truthaquatics.com.

1 day dive, outer islands, 4am dep. 5/4, 5/12, 5/19, 5/24, 5/28

1 day dive, Santa Cruz, 6am departure 5/11, 5/20, 5/25,

2 day ISLAND HIKE, 4am departure, 5/18

3 day ISLAND EXCURSION, 1/2 TRIP is Truth Aquatics, 4am dep.

3 day dive, 1/2 TRIP is Truth Aquatics, 4am dep.

Anacapa Dive 963-8917

1 day dive, Santa Cruz, 6am dep., 5/19

Atlantis Scuba (213)-221-5674

1 day dive, outer islands, 4am dep., 5/13

Reef Check (310) 230-2371

2 day dive, outer islands, 4am dep., 5/5

Diver Dan's (408) 984-5819

4 day dive, San Clemente Island, 10pm dep., 5/9

Roque Valley Scuba (541) 608-2728

4 day dive, Catalina Island, 11:30pm dep., 5/24



Just For Fun!

Check out this video
Just For Fun!

<http://youtube.com/watch?v=Ja05wjzHnew>



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, or send e-mail to 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 Beckert	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 Beckert
gbgreymutt@cox.net

Website

www.paradisediveclub.org



P.O. Box 2131
Santa Barbara, CA 93121

Sponsors!

Aquatics
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Goleta, Ca 93117
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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!