

# Paradise Dive Club

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## President's Log

### *The Aging Dive Population*

Michael Ring  
President

Let's face it. We are all getting older. Some claim they are getting wiser too, but I will leave that for you the reader to decide. As we age we all face various issues associated with the mere fact of age. Most of the things that we as aging divers must deal with are the same kinds of things that our landlocked compadres deal with as well. Joints start to creak. Muscles do not loosen up as easily as they used to. We get winded after only a short swim. Our wetsuits start to shrink and feel tighter. You know; the standard stuff.

But there are other things that we as divers need to be more aware of simply because of the nature of our sport. One of those is the issue of diving with diabetes. While I have no idea if any of our members have it, diabetes can be a very significant concern, whether you have Type I or Type II.

In the old days a diagnosis of diabetes was the death knell for your diving career. The

conventional wisdom was that if you had it, you've had it. You were no longer allowed to dive. The risk of going into insulin shock, or having a hypoglycemic episode was considered too great to allow you to go off into the deep. And let's face it, who wants to be unconscious down at 90 feet? That can make for a real difficult deco stop!!

Over the years, as more and more people got into diving, the medical/scientific community started to be asked to re-evaluate the prohibition of allowing people with diabetes to dive. Divers who aged and became diabetics were not so willing to hang up their fins and focus only on golf. So, studies were conducted by several reputable organizations to determine if a complete ban was really in order.

Many of these studies were either sponsored by Divers Alert Network (DAN) or reported on by DAN. Several of the studies were then repeated years later to confirm and fine tune the conclusions. Recently, DAN published the results of a study sponsored jointly by DAN and the Undersea and Hyperbaric Medical Society (UHMS) in Durham NC.

As stated in its web site: The Undersea and Hyperbaric Medical Society (UHMS) was formed in 1967. It is an international nonprofit association serving some 2,000 physicians, scientists, associates and nurses from more than 50 countries in the fields of hyperbaric and dive medicine. The UHMS is an important source of scientific and medical information pertaining to hyperbaric medicine involving hyperbaric oxygen therapy and diving through its bimonthly, peer-reviewed journal, Undersea and Hyperbaric Medicine, symposia, workshops, books and other publications. It organizes an annual scientific meeting at different U.S. and international locations to permit review of

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the latest in research and treatment and to promote the highest standards of practice

The group conducted a meeting in 2005 with more than 50 participants from seven countries taking part. As a result of the work, new guidelines were issued regarding diving with diabetes. For anyone interested in seeing them, those guidelines may be found at the following link:

<http://www.diversalernetnetwork.org/news/download/SummaryGuidelines.pdf>

While I am not a doctor, and I do not play one on TV, I think it is a good thing for all of us to be aware of the issue of diabetes as it pertains to diving. Whether you have it, or one of your dive buddies has it, you never know when you might be at some exotic dive location when another person on the boat has a concern.

As they say, to be forewarned is to be forearmed.

**Always consult with your medical advisors before taking on any new physical activities. ■**

### **Dear Members:**

**Today we are starting a new section to your club newsletter. It is an advice column that you can write in to with your questions. It is authored by the world renowned columnist, Dear Crabby.**

**Enjoy!**



Dear Crabby:

I need your help! I am trying to get my teenage son interested in Scuba diving, but he simply refuses. I offer to take him to spectacular places all around

the world, and he states that he would rather sleep!! What can I do to reach him?

Signed  
Perplexed Parent

Dear PP.

Give it a rest! You answered your question in the first 11 words... He's a teenager!! Getting him to do something he does not want to do would be like trying to get Rush Limbaugh to invite Barack Obama to a Kiddush at Temple Beth Israel! It ain't gonna happen!! Just keep your bags packed for when he is older and can think rationally. Hormone free!



Dear Crabby:

My wife and I are planning a second honeymoon. She likes the mountains, but I like the sea and want to go on a dive trip. What to do?

Romeo Revisited

Dear Romeo:

You're kidding, right? This is supposed to be a honeymoon. As they say, a happy wife is a happy life. Pack your hiking boots.



Dear Crabby:

I met this really cool dive instructor down at the college, but he seems distant. How can I snare him?

Floundering Around

Dear Flounder:

Learn to dive. You already seem certifiable.

## La Janelle Clam Dive

-Steve Trainoff

*Tivela stultorum* ala La Janelle

At least that is what I am going to call my new recipe. Take one part cruise liner, add rocks, and let rest for 29 years. Add one part Paradise Dive Club, one home-made clam gauge, one fishing license, 10 parts Pismo Clams and you have a great shore dive and the makings of one great bowl of soup. On Jan 31, 2009 we tested this recipe with 6 divers and a handful of onlookers.

The La Janelle was once a stately liner that held over 1000 passengers in luxury, but on April 13, 1970 she dragged anchor and sunk in the surf off of Port Hueneme; a sad end to its long and distinguished career. Now however, its wreck forms one arm of the Port Hueneme breakwater and shields the incoming waves to form a nice sandy beach. It is a favorite of the local surfers, but when the waves are low, it is a great place to go diving for the not so elusive Pismo Clam.

Pismo Clams are one of the largest clams found along the California coast. To fish them, you need a fishing license and a clam gauge. Most people wait for an extreme low tide and wade in the surf with a pitchfork and sift through the sand. However, with scuba gear, you don't have to wait. The minimum legal size is 4.5" across, but I barely needed to use my home-made gauge since the clams were all easily over the limit. It was a fun event, although after a while of collecting, I felt like I was dragging an anchor with me. It is funny how they get even heavier out of the water. By the end of the dive I staggered up the beach with 8 enormous clams. And yes... they made great chowder.

## CALENDAR OF EVENTS

### BOARD MEETING

TIME: TUESDAY MARCH 10<sup>TH</sup>, 7:00PM

AT MIKE'S OFFICE ON 1234 SANTA BARBARA ST

### MONTHLY DECOMPRESSION STOP

PLACE: DARGEN'S ON STATE STREET

TIME: FRIDAY MARCH 13, 6:30PM

Time to warm up for St Patrick's Day.

### MONTHLY MEETING

PLACE: PETRINI'S

TIME: TUESDAY MARCH 31, 6:30PM

Dive in to the food, stay for the entertainment.

## Call for Articles!

Articles and photos are needed for future newsletters. Remember the newsletter is here to inform *and* serve the club. If you have any ideas you'd like to pass along, let your editor know. Write me at [scubadawg61@gmail.com](mailto:scubadawg61@gmail.com) Thanks and have a safe and happy holiday season. See you next year!

# 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)

## 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 Noah Philips at:  
[membership@paradisediveclub.org](mailto:membership@paradisediveclub.org).

## Newsletter

Send newsletter items to Stuart Ponder at:  
[webmaster@paradisediveclub.org](mailto:webmaster@paradisediveclub.org)

## Website

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

## 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	Michael Ring	<a href="mailto:info@paradisediveclub.org">info@paradisediveclub.org</a>
Vice President	Geof McFarland	
Treasurer	Mark Silva	
Secretary	Akiles Ceron	
Membership	Noah Philips	<a href="mailto:membership@paradisediveclub.org">membership@paradisediveclub.org</a>
Newsletter	Stuart Ponder	<a href="mailto:webmaster@paradisediveclub.org">webmaster@paradisediveclub.org</a>
Circulation	Jim Axtell	
Entertainment	Steve Trainoff	



PO Box 21311  
Santa Barbara, CA 93121

### Sponsors!

#### Aquatics

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#### Blue Water Hunter

117!D Harbor Way  
Santa Barbara, Ca 93109  
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!*

## Meeting Place

The March 31th meeting will take place at  
Petrini's Restaurant in Santa Barbara.  
14 West Calle Laureles.

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