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President

Michael Ring

Presidents Log

For the first time in a long time I had no trouble coming up with an idea for the newsletter. I thought it might be good to write about food for diving. You know, things to eat, or avoid, before diving. I went on the Internet to do some research and found an article on Scuba-Doc.com that was perfect. It said everything I wanted to write about. So I emailed the author, Dr. Ernest Campbell, to ask permission to republish the article in its entirety. He was kind enough to agree, so here it is.

Nutrition and Scuba Diving

Eating for Diving

As your diving season arrives, it might be a good time to remind everyone about eating for diving. Over my many years of diving, I have had the occasion to learn through trial and (mostly) error, as well as watching others, what it takes to have a pleasant day of diving. What you eat just might make the difference between a good, safe dive and what might be a 'bummer', a trip to the chamber. What follows is my 'fool-proof' list of things to eat or drink in preparation for your long-awaited dive trip.

Six to three days before

This is the time to build your water and carbohydrate stores. Note the order of importance. It is a must to drink enough water so that your urine is 'copious and clear' the last few days before a dive. Being well-hydrated is thought by many to be vital to the prevention of decompression sickness. Excessive alcohol intake or a bout of local "Montezuma's Revenge" will dehydrate one rapidly, and it might take a day or two to recover from becoming dehydrated.

Be sure to choose a good portion of your foods from the bread/starch and fruit categories. Roughly one-half to two-thirds of your calories should be from complex carbohydrates (whole grains, pasta, veggies, fruit, etc.) depending on the intensity of your diving. If you're doing a full week of repetitive dives, stay closer to the two-thirds calories from carbs and eat plenty of calories. Also, make sure you get enough protein by taking in low-fat dairy products, beans, nuts (use for salads and cooking) soy products, and lean meat and fish.

Two days before

This is the day to be sure you have plenty of water in your system and plenty of calories. It's here that some people get into trouble on long airplane trips by ingesting too much alcohol containing beverages. The alcohol acts as a diuretic, directly causing dehydration. In addition, the dry atmosphere of the airplane cabin can cause significant fluid loss.

Most people do well to eat a little more than usual on this day, sticking to high carbohydrate foods and evenly spaced meals. Some people prefer to get the extra calories from food while others like sports drinks or milk. Also, work on getting a few good nights sleep here, because it can be difficult to sleep restfully on a plane trip to the dive site.

Day before

Here is where most divers get into trouble--overeating during the trip to the dive site. Avoid bad eating habits you may slip into if you have to travel to the dive. Eating a little less than usual today will make you a little lighter tomorrow on your dive day, so drop your intake by about 500 calories. One of the worst things you can do is raid the pre-dive pasta bash. Lots of oil-laced pasta, buttered bread, and high-fat salad dressing will only give you plenty of "ammo" for the boat head in the morning. At this point, it's too late to make up for poor eating earlier in the week. Diarrhea on a diveboat is not a good thing! Stick with broth-based soup, Jello, cereal, low-fat pudding, fruit, vegetables, carnation instant breakfast, and sports drinks on this day. Be sure to drink a little extra water.

Dive day

Stay away from unusual foods. Eat a small breakfast if you suffer from heartburn (gastroesophageal reflux). Be sure to eat at least two hours before the dive and avoid high-fat muffins, doughnuts, and honey buns. If the dive is in the afternoon, keep the portions small and choose high-carbohydrate foods and sports drinks or water for lunch. You should be drinking water up to one-half hour before the dive. About 10 or 15 minutes before the have a water bottle handy and take in two-four ounces of water. Water consumed this close to the dive start will help counteract the obligatory diuresis of your initial water immersion.

During the dive

Depending on the number of dives, drinking water is usually best. Most dive boats have a supply of cold water available with plenty of cups. If it's a long way to and from dive sites with a long off-gassing between dive period, consider a sports drink or try easy to eat, high-carbohydrate foods (fig bars, bananas, sports bars/gels, low-fat cookies, etc.) and plenty of liquids. Most divers bring their own sources of energy (lemon drops, hard candy, oranges). I've not seen any divers using any of the 'sports gels' that runners use. One word of caution--on some dive sites in distant, ethnic spots, the food served for the between dive lunches is indigestible if not inedible.

After the dive

Scarf down high-carbohydrate foods after a dive as soon as possible (this doesn't include beer if you're diving the next day). Try to eat something every couple of hours all day long if you're diving again and at least for four-six hours after short dives. Avoid alcohol as long as possible the few hours after a dive as it will dehydrate you as well as slow the restoration process of your liver and exercising muscles.

While following these tips may not allow you to dive any deeper or use less air, it can make a big difference how you feel during and after the dives. It is just possible that you might ward off getting bent and ruining a good vacation or even having permanent neurological damage. In addition, your slim physique also might also save a few bucks by you being able to get into last years wet suit and BC.

Refugio Dive, Kayak, BBQ Aug 14th Saturday 9:30-?

Due to the enthusiastic response to last months kayak trip, we will be having a beach dive and kayak day at Refugio Beach .Saturday August 14th 9:30 AM We will meet at the usual spot on the west end of the Beach. We will get a BBQ going. Bring something to cook and share..Contact Jerry Sorich for more info

jasorich@cox.net

Off the Beaten Sea

by Valerie Lent

You won't find it in one of those "Best dives in the World" books and it is better that way, as the locals prize this well kept secret to themselves for the benefit of the unique marine environment, and of the lucky few divers who hear about it. This secret spot is called the Arcachon Basin. This "basin" is an almost enclosed sea, a slit along the Côte d'Argent, the Silver Coast, the Atlantic Coast line of Southern France. It looks almost as calm as a lake, but don't be deceived by the flatness of the surface. A French adage says " Méfiez-vous de l'eau qui dort", Be wary of sleeping waters. The Basin is actually a piece of the ocean which got trapped into a bag shut almost tight. The straps of the bag, called the *passes* or passage, are a sometimes impassable gate for the ship, and almost every year sailors and boats die there for underestimating the weather forecast and tide whims. Indeed, here the tide rules, and determines the oyster farmers 'schedule. If you sail out into the Basin from any of the numerous harbors all around it, you have to take into account the three hours or so that you will be stranded, right in the middle of what looked just like the deep blue when you arrived and anchored. No need to anchor actually. Your boat is not going anywhere for a while, and you can jump from it into the silt and sand. How does it affect divers? Well, imagine the power of the force that can drain an interior sea, or flood a desert of mud, in six hours. This force is a little difficult to beat for a human, even with the strongest thrust fins. This means that most dive adventures take place at the *étal*, the forty-five or fifty minutes at either high or low tide when the sea takes a nap, so there is finally no current. The dive operator will give you a very specific meeting time, and won't allow you to linger getting ready, because if you miss the *étal*, your dive is cancelled. This also means that you don't pick the time of day you will be diving. Don't go to an operator asking for a morning dive on a specific day. The dive center will tell you what time of day, and which day too, because they will have checked the tide coefficient. If it is higher than 80, there will be no diving at all for a couple of days. Are you beginning to wonder why bother?

Because the Basin offers the unique experience of exploring World War Two wrecks you do not get to see elsewhere: the Atlantic Wall's Blockhaus or blockhouses, built upon the sand dunes, descending the famous Dune du Pilat, the highest sand dune in Europe, until they sank down to their resting place at the entrance of the Basin,

near the passes. In one dive you usually two or three of them. Aside from their historical interest and the thrill you get from witnessing the vestiges of troubled times, you will be dazzled by the colorful display of corynactis viridis which cover the once dull gray, sinister concrete walls of the bunkers. These multicolored anemones have turned the walls into a most talented and most joyful quilt maker's pattern. Even though "viridis" means "green" in Latin, these corynactis come in many vivid hues. Entire facades have become a jigsaw puzzle, or an Andy Warhol style painting of lightheartedness making fun of darker times. Huge congers have made all the bunkers' orifices their homes, and the separate blocks of concrete all round the main structures are living quarters for uncountable huge spider crabs. You will spot octopi on every dive there too.

The other favorite dive spots in the Basin include several ship wrecks, all of them fishing boats or *chalutiers*. The most interesting fish you will be proud of spotting is the prized *daurade royale* (*sparus aurata*) This is the only "dorade" which has the privilege of being spelled "daurade". These are plentiful and will no doubt be very close to you, but they are hard to spot, because very fast. Expect them to hide inside the boat cabin or behind a pillar and take them by surprise. You will see them for only a second or two. If you miss them, you get a second chance to observe them, in your plate at one of the nicer restaurants, or at the stand of a good fishmonger's. We thought they did not look so regal there, even though the fishmonger pointed out the golden crown on the daurade's forehead, giving it its name.

Another favored dive site is the Hole of Saint-Yves or *le trou de Saint-Yves*. You can access it from the shore with good navigation skills. In the old days, nobody knew the depth of the hole, and it was believed to be bottomless. So, when a boat was getting old and needed to be disposed of, it was taken to the Trou, and sunk there. Only recently did divers venture there and found the bottom, at only forty meters. Three wrecks are still in good condition and are enjoyed by congers and divers, and by an extremely diverse marine life, large and small. My son found several nudibranchs there. You can ask a dive boat to take you there if you do not want to dive from shore. It is safer if you think you may not return to the exact entry point, a narrow alley between two villas. You must also avoid surfacing anywhere but

close to shore, as your parachute, an essential accessory on the Basin, may not be enough to signal your presence to the many pleasure boats.

Several spots in the Basin offer you the opportunity to admire seahorses. The hippocampus was top of my husband's to-see list, and we got lucky, thanks to our guide who managed to spot the elusive creatures for us. Once spotted, you can watch the hippocampus for a long time, as its ability to swim is limited. It slowly drifts and dances nonchalantly. Local divers will tell you the best spots to get a chance to see them.

The Basin offers wonderful diving in a unique environment, if you are prepared not to have excellent visibility at all times. We even did one dive in Goleta Pier visibility, and yet managed to see many, many things thanks to our guide who knew the environment well enough to guess where things were and point his light at them---at very close range.

Another aspect to be aware of is the way dive centers make business there. There are only three or four around the basin. They are friendly, cheap, have reliable equipment. But do not expect to be catered to in excess. You are expected to know what you are doing. This is not a place to go to refresh your skills. The staff is friendly and has nothing paternalistic. They are professional, but with the meridional touch. For example, we had a blockhaus dive scheduled, but when we arrived the captain /dive center manager joyfully told us that he had messed up on the tide schedule and had missed the all important étal time, so were we up to a drift dive instead? He sold us that pointing out that we would be able to see more blockhaus thanks to the current and it would be a unique experience. He was right. Always trust the locals, especially when they are from the wonderful Arcachon Basin. Did I mention I was born 500 feet from the Basin? 100 feet at high tide? Trust me, you will love the Basin.

Deco Stop

Friday Aug 6th 5:30
Endless Summer Bar and Grill

PDC Board Elections

The September Meeting will be the election of New Board Members.

We need NEW people for the Board to take over.

Please consider volunteering for one of the positions available .

Board duties are a once a month board meeting.

President

Vice President

Treasurer

Secretary

SGT at Arms

Newsletter

Webmaster

Distribution

Your club can benefit through your participation!!!

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

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 Sharon Coffield at:

membership@paradisediveclub.org

Newsletter

Send newsletter items to Jerry Sorich at"

jasorich@cox.net

Website

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

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President	Michael Ring
Vice President	Akiles Ceron
Treasurer	Jim Axtell
Secretary	John Kushwara
Membership	Sharon Coffield
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Meeting Place

**The July 27th meeting will take place at
The Sizzler at 5555 Hollister Ave, Goleta**