



April 2012

President's Log

So, it has been a while since there has been a newsletter. I would like to take a moment to thank Paul for taking on the task of producing this! And with that let's get down to business.

With diving, there is a certain level of comfort that we all develop over time. Be it the way that we enter the water from the beach, the way we kick our fins, all the way to the way that we set up our gear. This last "winter" I found myself not diving for around 2 months. Until one day I went out on a beach dive with some friends. I found myself looking at my gear going what the hay! It was in that moment I realized how much our little routines affect us.

So what all happened I bet you are wondering. Well, nothing really. I got my gear set up. However, it was much slower than I normally had in the past. Much more focused on remembering that I didn't forget anything vital, much to the annoyance of my dive buddies. All the little things like buckles adjusted correctly, straps properly in place, how am I going to handle this new piece of gear, etc, etc. Overall, it was a refreshing eye opener. It reminded me that as we progress with our diving skills and sport, our routines become more ingrained into the way that we do things. And slowly, we enter auto pilot mode. And once in that auto pilot mode, all it takes is a little turbulence to throw us for a little loop. Just a little food for thought!

Fort Bragg



Abalone Extravaganza



Recent club member activities



Photos provided by Paul Bullock

Man Camp Is Extreme

For months I've been telling Kellen and Tom about the annual Man-Cation that I go on. A group of friends and soon-to-be friends drive up to Fort Bragg for a four night trip with the express purpose of catching abalone, camping and having a good time.

This year it was scheduled for September 9 – 13. Kellen decided to risk it all and join us.

We left at daybreak on Friday. A convoy of one pick up truck, and two cars. With walkie-talkies chattering we headed north. Roger Roger.

We made it to Fort Bragg before dusk and set up camp at Van Damm State Park Camp Ground. Tents pitched, camp set up, and beers lacking we headed out for a fantastic dinner at North Coast Brewery.

Good Food. Good Times

Of course, we had to compare sizes!





Fort Bragg/Point Lobos

After many rounds for all but me it was time to get back to camp. I drove. Man, drunk people aren't as funny as they think they are!

Next morning we roused to sunny skies, no wind, and news of diminishing swell, which was a good ten feet at the time. We scouted around a bit and ended up at Russian Gulch State Park. Viz was about 2 feet and only four abs came up. So we went shopping for food. Man Camp was about to begin....Neanderthals.....lets see....firewood, white fuel, slingshots, beer, whisky, more wood and white fuel, oh yeah and some stuff to eat between beers. Actually a new guy this year, Sam, was a great cook and we ended up feasting on abalone prepared many ways. Beer battered, Cioppino, Pan fried, Cooked in the shell, Poached in salsa, and Roasted in the fire. MmmmmMmmmm.

The next morning we were told that we entertained several of the other campsites around us. It seems that the volume of our jokes was louder than we expected. Must have been the roar of the fire that was making it hard for us to hear each other.

The swell dropped and we headed for our favorite spot. This secret spot is North of Fort Bragg and requires 200Ft of rope so that you can fall more slowly down the cliff face to get to the beach below. This is extreme snorkeling man. Man Camp is extreme. Secret spot is great. Because it's so hard to get to, not many people dive there and therefore there's abs everywhere. Viz here was about 15 Ft. Much better than the previous day. We all pulled abalone and had an amazing time. Getting back up the cliffs is an ordeal, but I think we all came back up without too many scrapes and bruises.

On the way back home we had plans to stop in Monterey and dive Point Lobos. We had about 10 – 15 foot visibility. The water was green there was a surge and we had overcast skies, so not too stunning, but I could tell that when the conditions are right, this place would be amazing. There was a family of sea otters living in the cove. Scattered amongst the kelp was lots of empty abalone shells and very few urchins. I thought that a club trip to dive there and then go to Monterey Aquarium would be a great weekend activity. Check out the next page for the Club's planned activities.

Anyway, if they still allow abalone hunting this year we'll be doing another trip. If anyone is interested in going let me know and I'll fill you in on the dates etc.

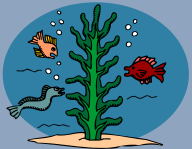




Future dive club activities

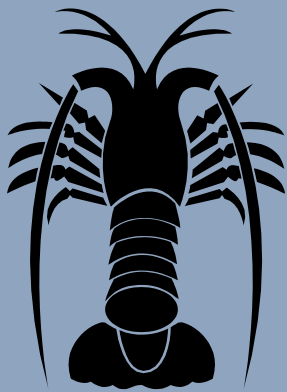
May 5 & 6: Long Beach SCUBA Show

May 20: Clam Dive at Silverstrand/LaJenelle



16 June: Refugio Dive Father's Day Special

June 26—June 30: Monterey/Point Lobos Trip



See you in October!



Men who lack Female supervision!

www.paradisediveclub.org
Check us out on facebook!

<http://www.facebook.com/pages/Paradise-Dive-Club/317660280013>

Spread the word! Everyone is welcome!

In the news and various info

By Roy Phillips
Traveller's Stomach

I had just got back from my dive trip to Roatan late Saturday night, when I came down with a nasty case of "Montezuma's Revenge". I took Kaopectate all day Sunday, but the only thing that stopped it, was the stuff the doctor recommended on Monday: it's an over-the-counter Loperamide Hydrochloride (Imodium A-D). I am taking a bottle with me on my next trip!



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

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Deco Stop

The Friday the week after the monthly club meeting at 5:30 PM
Endless Summer Bar and Grill on the Waterfront





Truth Aquatics

301 West Cabrillo
Santa Barbara, CA 93101
805.962.1127
Home to the dive boats *Truth, Conception, & Vision*



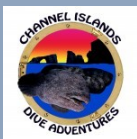
Santa Barbara Aquatics

5822 Hollister Avenue
Goleta, CA 93117
805.967.4456
Indoor heated pool ;SSI, NAUI, PADI instruction; kayaking; sales; rentals; free air fills (for club members).



Blue Water Hunter/DeepThought Diving Products

117-D Harbor Way
Santa Barbara, CA 93109
800.452-6696 (Blue Water)
805.564.6677 (Deep Thought)



Channel Islands Dive Adventure

<http://channelislandsdiveadventures.com/>

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