



June 2012

President's Log

Projects

During our May meeting, we as a club had the pleasure of hearing from Fish Reef, a local, grassroots non-profit with the aim of setting up artificial reefs. After the presentation, several members came up to talk with me about having events to help support the effort. And, I agree! So in the coming months our meetings will change a little, and our events will get slightly more interesting. Some of the quick and dirty ideas are photography shoots to track the progress of the reef, to dives to the reefs as well as some more ambitious ideas. So stay tuned! Hopefully we can all work together to help produce a better environment for our sport and hobby.

Also, I would like to take some time to ask everyone that if you have ideas for club events and projects to let me know!

Great News....

If You Like Chocolate...



Turn the Page to
Learn More. Also
Details about up-
coming events.



Whether biting off the ears of a chocolate bunny or indulging in a foil wrapped chocolate egg, scuba divers who consume moderate amounts of chocolate may benefit from its healthy nutrients. Chocolate, dark chocolate in particular, contains nutrients touted to prevent cardiovascular illness, heart disease, and high blood pressure which rank as the top three medical conditions reported by divers. Moderation of a few times a month is key as the calories from eating chocolate every day may outweigh the benefits.

The nutrient that receives the most attention regarding preventative and health benefits of chocolate is listed in the **USDA Database for the Flavonoid Content of Selected Foods, Release 3 (2011)**, as Flavan-3-ols. Flavanoids are found in plants and provide antioxidant effects in the human body. Flavonoids found in chocolate are believed to improve heart health, improve blood flow to the brain and reduce the formation of blood clots. Consuming chocolate with high concentrations of cocoa, lower in saturated fat, and lower in sugar is important in avoiding other risks relating to heart disease and high blood pressure



On my trip to the Caribbean, I was going down a wall, taking pictures with my SeaLife camera. Suddenly, the camera went black and would not turn on anymore. I was hoping that it was my old rechargeable AA's. When I got back to my room, I opened the little door with the square O-ring that you access the two AA's, the memory, and the USB port. There were tiny droplets of salt water everywhere. My fault; I should have ordered a new O-ring from the factory. I decided to flush it out with fresh water. Hey, I can't hurt it anymore.

So, I left it opened in the drying room for the rest of the week. When I got back to Goleta, I put it out in the sun for the afternoon. I have some silica cartridges that are put in to replace the AA's and keep the guts dry during storage. I had to recharge them by putting them in the oven for 1.5 hours at 170. Once they turned to blue from pink, I was able to use them. After repeated operations, I put in the AA's, the memory, and turned it on. The screen lit up, but it would not run. By randomly pushing the buttons I must have hit a reset sequence and it now runs.

Now, this may have been a fluke; it may not work again, even with this type of camera and it may not work with other cameras, but what have you got lose?

I saw a story on the Kit Komando web page where somebody dropped their cell phone in water (fresh). They wiped it dry, took out the battery and Sim card, and put it in a bowl of uncooked white rice. After turning it over occasionally, the moisture was drawn out and it worked again.

So, if you wet your electronics, don't give up right away. Fight back!

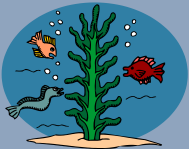
Roy Phillips



Future dive club activities

June 16th Father's Day Dive at Refugio.

Meet at the BBQ area, near the snack shop at 9am. We'll dive at 10:00. Club will provide hot dogs & burgers, & soda. Please bring a side dish to share, a plate, utensils etc.



June 26—June 30 Monterey Trip

**Next Meeting June 19th
6:30 pm Sizzler, Goleta**



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

Fishreef.org

Reef.org

Reefcheck.org

Useful/
interesting
web sites.



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@yahoo.com

Dive Club Officers	
President	Kellen Tobin info@paradisediveclub.org
Vice President	Tom Roberts
Treasurer	Lynn Axtell
Secretary	Paul Bullock
Membership	Jim Axtell membership@paradisediveclub.org
Newsletter	Paul Bullock paul@theeagleinn.com
Circulation	Paul Bullock
Sergeant at Arms	Ivan Girling
Webmaster	Rich Cirincione webmaster@paradisediveclub.org

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*



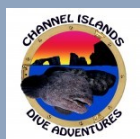
Santa Barbara Aquatics

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/>

(805) 469-7288