



August 2012

President's Log

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Car v Plane: A lesson in packing

As the summer starts to get into full swing, I have noticed that there is considerable difference between traveling for diving between a car versus a plane. After all, what you can take in your car is limited by the space in the boot and rear seats, where with a plane, what you bring is dependent on how much you wish to empty your wallet before even arriving at your destination. With this in mind, I tend to find myself horribly over packed for dives that are just down the street. Extra lights stuffed into game bags, both my pole spear and my spear gun, and why not bring the other camera as well, I mean, what if I change my mind about what I want to use.

Even with this in mind though, I often times find myself wondering, as I pack for my large summer trip, why divers don't bring with them the things that they really should. An extra mask strap in case you break your current one. How about those spare fin straps in case the latch on one of the fins jam? Often times, I am tossing an o-ring to someone for one that has been wrecked.

Last year in Bonaire I found myself running around the island looking for a single battery to power back up my dive computer that was dying. Turns out also, your tools do you no good in your hotel room. I struggled to find all of the things that I really needed to bring on that trip. What fits into a "save a dive" kit is rather subjective. This time, as I attempt to reach that fifty pound weight limit, I wonder what is really more important ... that extra camera case that has sort of a fish eye effect to it or that extra fin strap in case mine breaks, and that extra battery that would have gotten me 2 more dives ...

-Kellen

Monterey photos



Kellen, Rich, Lisa, Paul, Charlie, Cassidy, Ivan

I particularly enjoyed the dive Thursday morning. Parking just a few feet from the grassy area where we set up our gear, it was a short walk to steps leading to the narrow sandy beach and the entry point. Having received great directions from the folks at Seven Seas SCUBA we kicked out through the kelp to the dive site and descended. Following Kellen's lead, we traveled just a short distance before finding the drainage pipe that took us right to the metridium we were looking for. The huge white plumed anemone attached to a rock reef and a pelagic tunicate that we observed made for a most enjoyable dive.

Upon our return to shore, we used the conveniently placed outdoor shower to rinse our gear and were able to walk our empty tanks back to the dive shop for refills. After we packed up our gear and made ourselves presentable, we headed off to the Monterey Aquarium just down the street.

-Rich Cirincione

Recent dive club activities

Monterey

Monterey is awesome!
-Kellen

Stay Tuned.
This trip will become an annual club event



Photo by Rich Cirincione.

Our camp was situated on a windy hillside that made me feel like Captain Oates (look him up, Yanks) every time that I had to leave my tent during the night. To compound the discomfort I had packed for the tropics, fortunately Paul had packed for the arctic and was able to provide me with his excess winter clothing!

The diving was great. We dove two spots; San Carlos beach, right off of Cannery Row, and Whaler's Cove in Point Lobos State Park. Both spots were great, but Whaler's Cove was definitely the highlight of the trip for me. In both locations we saw lots of wildlife, most notably lingcod. Everything seems to grow much larger up there, with the exception of ones privates; the water was cold!

El Presidente took his role quite seriously, and at times we considered stringing him up by his heels. On the plus side he did find the Metridian field, and has an impressive and unexpected knowledge of wine. We decided to postpone the lynching! Good diving, good people, good times. There is talk of making this an annual event: I'm going.

Ivan Girling

The Envelope

By: Lance Rennka

When people find out I started SCUBA diving in 1957, taught SCUBA diving starting in 1965 and finally retired as an Instructor Trainer in 2003, there is a consistent question asked, “What’s your favorite dive?”

I’ve had lots of fabulous dives in many diverse locations. To me, SCUBA diving is a Spiritual experience. First of all, diving involves sensory deprivation because being in water messes with all five of our senses. Our ears are covered by insulated hoods, the ears are full of water, any sound travels faster in the water and seems to permeate everything. Because we are breathing filtered air, there is no taste and with the nose encased in the mask there is no smell. With a wetsuit, gloves and booties, feeling is impacted. And with the skirt of the mask around the face, the peripheral vision is reduced. Therefore, the way we interact with and define the environment, are interfered with. When diving, our body assumes a face down attitude, which if attempted on land, would result in a fall and pain. When our weighting system is set up correctly and we achieve neutral buoyancy, we are weightless and have omnidirectional mobility. The next really challenging effect of diving is we must learn to go-with-the-flow when in the water, because if you fight the current or surge, you’ll get your ass-kicked.

My favorite dive occurs in about 80 feet of clear water when I’m 40 feet deep, in a kelp bed anywhere along the coast of California. My favorite dives have occurred at the west end of Anacapa Island with a long-period swell running. When a wave passes through the water, it causes a series of elliptical motions decreasing in diameter with depth until the movement on the bottom is back and forth – called surge. The bigger the swell and the longer the period, time between waves, the more movement of the water.

At 40 feet in 80 feet of water, divers can adjust their buoyancy (become neutral) and remain fairly stable at that depth for a few seconds. Once there and neutral, and because we can still see, everything appears to be in motion and we “feel” we’re moving. The shift in consciousness occurs when we close our eyes for about 10 seconds. When we open our eyes, we’re in the “envelope” with no “sensation” of movement and each time a swell goes by we’re moving in unison with everything in the water at our depth. The fish seem to be hanging in mid with us and we’re “dancing” in unison. Everything else at different depths is subscribing elliptical circles. The surface kelp above us is in fluid motion, with the light trickling through the kelp performing a light show. The bottom appears to be surging back and forth under us. We’re in a surreal “zone” and in a body attitude we can’t maintain in air. We’re no longer the intruder, we’re “one-with” the environment.

I guarantee the Soul gets its Spiritual battery charged with the experience.

Every time I’ve been able to introduce other divers to this phenomenon, when they get out of the water there’s a celebration, and it’s very hard to get them to shut-up and calm down so we can switch out our gear and get back in the water.

What I learned from these experiences is when we can decrease, slow down, change our sensory data input, what our Brain receives from the environment, we can shift our state and in so doing become “closer” to and achieve a feeling of oneness with all that is. The awareness that we can have this “oneness” feeling impacts our learned reality and results in a paradigm shift. This oneness feels so good we desire to continue experiencing it – dive-on.

Sensory Deprivation Chambers were developed in the 60’s to provide similar state shifting experiences.



25 August: Club Dive at Refugio. Followed by BBQ. Meet at 9am. East end of Day use area



15 Sept: Beach Clean -Up
Meet at Refugio 8am

13 October: Santa Cruz Island Camping Trip



27 October: Pumpkin Carving at Goleta Beach

17 November: Golf Ball Challenge at Goleta Beach



NEXT CLUB MEETING.....Steak...Seafood....Sizzler

28 August. 6:30 pm food 7:00 meeting begins

It's election night. So be there

(unless you want a job!)

Spread the word! Everyone is welcome!

In the news and various info



Lobster Season....Opens on Sept 29th. Are you ready!!!!



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

Dive Club Officers	
President	Kellen Tobin info@paradisediveclub.org
Vice President	
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
Hollister Brewing Company
September 7th
5:30 pm





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