

PARADISE DIVE CLUB

Thoughts | Cleanup | Pumpkins | History | Temperature | Science



Upcoming Meetings

Club meetings at Cody's Cafe

November 25
January 27
February 24

Deco Stops at HBC

5pm, 2nd Friday after
the club meetings

Club Sponsors

- [Truth Aquatics](#)
- [Santa Barbara Aquatics](#)
- [Blue Water Hunter](#)
- [The Eagle Inn](#)
- [Channel Island Dive Adventures](#)

President's Thoughts

Paul Bullock

Ahhh the cooler weather is finally upon us. The clocks have been turned back (did you replace the batteries in your smoke detectors?) It's dark when I get home from work. Seasons are changing and I'm feeling like I ought to be preparing for a something special this winter. Maybe clean the gutters and put away the garden furniture. Or perhaps treat the car windshield with Rain- X.

I recently went on a trip to Baja California with a few club members. While packing, I just happened to notice that my hoses had several cracks and splits in them. Oh oh I said to myself. Luckily I had time to switch out the worst hose and hoped that I'd saved myself some trouble. Well the good news is that the hoses remained intact however, my regulator also needed servicing. With every inhalation there was a high pitched squeal that resonated from the primary stage, through my head and out through my teeth! I tried breathing more slowly, I tried breathing more quickly, I tried taking shallow breaths and I tried taking deep breaths. Nah. It didn't work. I was still squeaky. Although it was annoying to me, I don't think the fish minded, and my buddies always knew where I was.

So what I'm suggesting is that in the spirit of changing seasons, being prepared and preventing embarrassing situations, I'd like to recommend that you all take a few minutes and take a look at your dive gear.



Dive Club Officers

President	Paul Bullock
VP	Christina Grabowsky
Treasurer	Jim Axtell
Secretary	Rich Cirincione
Membership	Ivan Girling
Sergeant at Arms	Lynn Axtell
Entertainment	Juan Beltranena
Social Media	Jesse Mandel
Publications	Jacek Smits

Mission Statement

Paradise Dive Club is a diving and social club. The Club provides a setting that allows continued growth in our sport and one where friendships can develop and flourish. Paradise Dive Club promotes fun, safe diving related activities and environmental awareness. The Club was founded to provide social and recreational opportunities to people with mutual interests in snorkeling, scuba and free diving, and to educate and inform its members and the general public in matters related to diving and the ocean, particularly in regard to issues involving coastal Santa Barbara County.

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Maybe your tank needs a visual or hydro or maybe your regulator needs to be serviced. Are your wetsuit seams unravelling? Is there any piece of gear that you need to replace or buy? A retractor? A knife? Flashlight? Computer batteries? It's much easier to notice and fix things now, than when you're on the deck of a boat or in a far-away land. And...if you find out now that you need/want something, you'll have enough time to drop big enough hints to those people who may be buying gifts for you. So go rummage around in your dive bag and make like a boy scout. Be Prepared.

Peace.

Coastal Cleanup Report

Ivan Girling

The group met September 20 at 0830 as planned. Sixteen brave and altruistic souls attended. At about 0900 we set out under the leadership of President Paul "Il Duce" Bullock for Tajiguas. A special mention must go to Rich Cirincione, who very selflessly volunteered to remain at Refugio, guard the barbecue, and miss all the fun of picking up trash. He will surely be rewarded in the next world.



Coastal Cleanup Party - September 20, 2014

We cleaned the beach and the parking lot above it. We picked up and bagged an estimated 300 lb. of trash and recycling. Those of

us foolhardy enough to venture into the bushes behind the camping tree found much discarded tissue paper and other items of hygienic equipment that delicacy prohibits me from further describing. We made a major improvement to the appearance of the beach and parking lot.

We returned to Refugio for diving and barbecue. Five of us dived, including new members, Hanson and Julie (welcome). The swell was rather challenging near the point, but the visibility was good.

The barbecue was all that one would expect from a club event; good food and good people.

Many thanks to all who participated.

Pumpkin Carving Contest

Jim Axtell

The annual Underwater Pumpkin Carving Contest was held on Saturday October 18.

About 12 club members attended at Goleta Beach. Five divers participated in the Pumpkin carving contest.

It was a sunny day with a small swell and about 5 feet water visibility. The ocean temperature was 64 °F, very comfortable. After the carving was done an unbiased passerby chose the winner to be the pumpkin carved by Ivan Girling. Congratulations Ivan! Take good care of that unique trophy. The potluck BBQ was enjoyed by all with El Presidente, Paul Bullock, grilling the burgers.



Ivan Girling, Pumpkin Carver Extraordinaire

Thanks to Lynn and Randy for patrolling the beach until the divers completed their dives.

History Of Paradise Dive Club

Staff Writer

After talking with Paul Weakliem, a long time member of the club who joined only a year after the club was founded, it has come to the board's attention that 2014 or 2015 could very well be the club's 25th anniversary. It could also have been 2013. Paul offered to go through his archives and forward what he has to the current board by way of the Publications Officer. It was a veritable treasure trove of information spanning roughly 1998 to 2005. It included pictures, trip reports, board meeting minutes and agendas,

flyers, web development planning, t-shirt development and planning, and much, much more. Apparently the club had actual membership cards at some point (see image to the right). It will take years to catalog it all and, therefore, that may never happen. However, if any other long time members have additional files or pieces of information from the early days and would be willing to share, that would be

greatly appreciated. We're trying to create a single central repository of the club's documents to safeguard it for future generations. If some of you are still in touch with the the original founders and would be willing to ask them what they remember from the founding of the club, that would be even better. Contact the [newsletter editor](#) with whatever you have. Diving, so to speak, into the history of our club.....



Refugio State Beach Kiosk

Paul Weakliem



Left to right: Ken James, Tim Graham, Cheryl Weakliem, Anna ?, Paul Weakliem.

It all happened a long time ago...back when parking fees at the CA state beaches were a couple of bucks for a day! The Paradise Dive Club used to do a number of BBQ's, campouts, and just plain old dives up at Refugio State Beach. It was our go-to beach, and we got to know Danita, the head ranger (who is now in Northern California), pretty well. We would often help out with beach cleanups and the like – and it's great to see that the Tajiguas cleanup still is done by PDC to this day – a fantastic tradition! One year she rounded up the local dive clubs (Vandenberg Aqualliers, Santa Maria dive club, UCSB, and PDC) and asked if we could make a display board so that all of

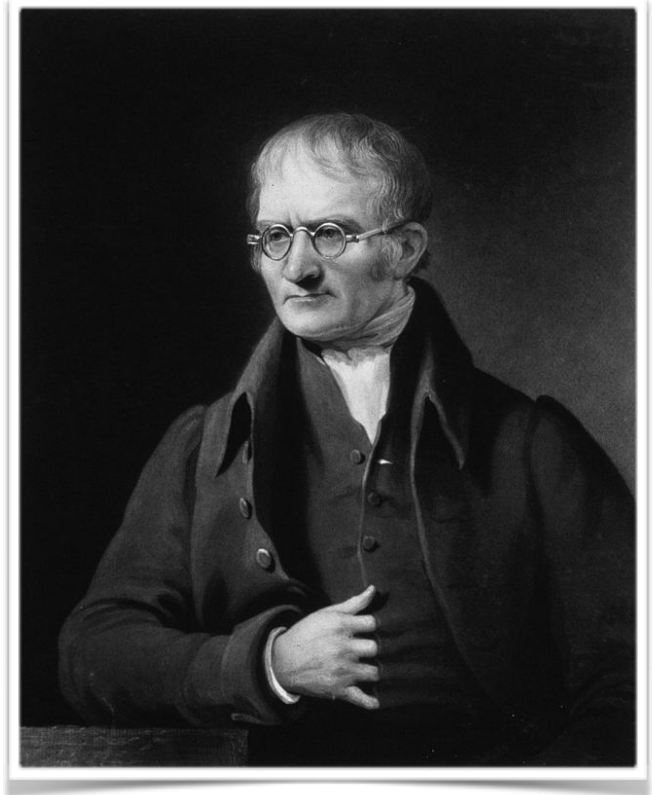
the campers who stay at Refugio could see what is out underwater, only feet from their campsites. The north county group took the lead in building the board (over near the playground) and PDC and UCSB worked on the content of the display itself. There were pictures of some of the common local underwater flora and fauna, and even a map describing the different areas to dive (as Refugio often attracts out of

town divers). I haven't been to that side in a while, but last I saw, the ravages of the beachside location had taken its toll on the display – but I still like to remember how it was years ago, with kids taking a break from the slide and pointing at the pictures of the fish and crabs, and everything else that we divers take for granted.

Staying Warm During Winter Diving

Staff Writer

It's getting late into our diving season and the warm water temperatures have left us again. It begs the age old question of how to warm up after a day of diving the Channel Islands. It is very tempting to jump into a hot tub right after your last dive of the day, but the effects of doing that can be unpredictable. I'm sure you remember Dalton's Law, Charles's Law, and Boyle's Law from your Open Water course (hints: inert gas, bubble formation, and decompression sickness). As in so many cases with our hobby, there is no clear answer when it comes to getting in a hot tub after a day of diving: the net result can be negative or positive depending on your gas load and the heat stress on the extremities of your body (i.e., temperature of the hot tub). A cold diver will have limited circulation in their extremities, especially the surface areas. When you heat these up quickly, it will increase blood flow to the extremities that could help off-gas your inert gas-load. If your inert gas-load is low, that could be a good thing; however, if your inert gas-load is high, it could aid bubble formation. These are things you need to keep in mind before getting in the hot tub after a day of diving. As we dive the Channel Islands during the winter months (you do, don't you?), you probably should consider diving dry. It'll help you stay warm(er), negating the need to jump in a hot tub. Talk to your local dive store about dry-suit diving. References: [Divers Alert Network](#); [Alert Diver](#); [DAN Europe](#).



John Dalton (image in Public Domain)

Ocean Science

Staff Writer

Iridescent Structures in Giant Clams

There are several species in the ocean that have iridescent structures (e.g., squid, octopuses, cuttlefish) and they use it for camouflage or signaling mates. It wasn't known until now why clams have similar

iridescent structures. A research collaboration between UCSB and U. Penn has shown that giant clams have evolved with three-dimensional, spatially efficient, photo-damage preventing systems to maximize photo symbiosis. The giant clams have symbiotic algae that grow in their flesh. A by-product of photosynthesis in these algae is a source of nutrition for the clam, but this photosynthesis is more efficient at certain wavelengths of light than others. When the researchers took a much closer look at cross-sections of the clams, they found that the algae were organized into pillars with a layer of iridocytes on top. The pillars were actually oriented the wrong way for catching sunlight but the iridocytes solved that problem. They would scatter light of many different wavelengths deeper into the tissue surrounding the pillars with reds and blues (most useful wavelengths for the algae) spreading the widest. So, even though the pillars were oriented in the wrong direction for effective photosynthesis by the algae, the iridocytes made it effective while the pillar organization protected the algae from the harmful, intense sunlight in tropical reefs that could otherwise disrupt effective photosynthesis. [UCSB Press Release](#); [Penn Press Release](#)

Monitoring Marine Biodiversity

The U.S. Integrated Ocean Observing System is partnering with NOAA's Office of Ocean Exploration and Research, NASA, and the U.S. Department of Interior's Bureau of Ocean Energy Management to build a national network to monitor marine biodiversity. The goal is to get a better understanding of how ecosystems are changing under the ever bigger threats from human activity and climate change. The plan is to monitor the full range from microbes to whales. They're starting with three pilot networks in four locations: Florida Keys National Marine Sanctuary; Monterey Bay National Marine Sanctuary; Channel Islands National Marine Sanctuary; and on the continental shelf in Alaska's Chukchi Sea. [Press release](#)

Sea Star Wasting Disease

It sounds like scientists are making progress in finding out what is causing the sea star wasting disease that has plagued the Pacific Coast for a while now. On November 17 a paper was published online in the Proceedings of the National Academy of Sciences that presents evidence of transmission of a virus-sized microorganism from affected to healthy animals, and that this microorganism is the underlying cause of the disease. The most likely candidate is a sea-star associated densovirus (*Parvoviridae*), aptly named SSaDV by the scientists. It is not a new virus and it is not clear what triggered this outbreak. Much is still unknown but it sounds like a big step in the direction of what is happening. Here's a [link to a PDF](#) of the article, and a link to the [Sea Star Wasting](#) page at UC Santa Cruz.

Hurricane Odile

Odile did much damage sweeping across the Baja California peninsula in September. With repairs under way on land, the Manta Scuba Diving shop in Cabo San Lucas decided to see what damage was done underwater. Most of the dive sites they knew well had completely changed after sand was washed away leaving them some 20 feet deeper. Fish, eels and other wild life was already moving into these new reef structures. At one site so much sand was washed away that it now revealed a small shipwreck. Here's a [link to the article](#).

Upcoming Club Events

- Holiday Potluck: Saturday, December 13 (check the [Meetup](#) page for details)
- Gear Exchange and Beach Dive: Saturday, May 16, 2015
- Monterey Camp & Dive Trip: June 25-28, 2015
- Golfball Challenge: TBD
- Underwater Photo Contest: TBD
- LA County Coast Beach Dive: TBD

Odds & Ends

New World Record

Ahmed Gabr set a new world record for the deepest open circuit scuba dive. On September 18, 2014, he dove down to 332.35 meters (1,090 feet) in the dive resort of Dahab on Egypt's Sinai Peninsula. It took him 14 minutes to get down there and over 13 hours to come back up through a series of decompression stages. He went through 92 tanks of air. [Link to his web site.](#)

Kelp Forest Field Guide

The Marine Science Institute at UCSB does a lot of interesting research and has produced a nice and useful field guide to help you identify different species of kelp. In addition, they've developed an iOS app for all you tide poolers out there. [More information here.](#)

Paul Nicklen

[Paul Nicklen](#) is giving a lecture in January at Campbell Hall as part of UCSB's [Arts & Lectures](#) program. He has been a [National Geographic photographer](#) for the past 15 years and has done a lot of work in the Arctic and Antarctic regions of the world.

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