

PARADISE Dive Club

November 2005

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Volume 11, Issue 11



President's Log

by Dan Lindsay

Diving. That's what is our common interest and that's what we will continue to do in the Paradise Dive Club. We hope to provide you with a ready selection of experienced dive buddies throughout the year, as well as people knowledgeable in the local

conditions. Many of our experienced members know the underwater terrain from Rincon and Deer Creek on the south to the waters around the Boat House of Vandenberg AFB and Tajiguas. We hope to continue to supply you with a steady source of divers under the theory that even the worst day of diving is better than the best day in the office.

I've asked my vice president, Steve Trainoff, to head up the Thursday night dive program, taking us to a variety of sites so that, in time, you are all exposed to our favorite beach dives. I encourage you to come out and try the evening beach dives. They're designed to keep your proficiency up between your exotic tropical dive vacations, and to exploit the fact that you live in the place where hundreds of people PAY to come to dive annually. Take advantage of what you have. If you're relatively new to diving, don't be put off by the dark conditions or the surf. We'll work with you to improve your diving skills. After all, I owe most of my abilities in diving to the PDC members who mentored me 2-3 years ago. If a guy with a broken back can dive this stuff, you certainly can!

October marks a transition in the dive season here in Santa Barbara. We begin with the opening of lobster season as

well as a change in the weather, both above and below the surface. Later this month we have the annual great pumpkin carving competition. In November we again move to Goleta Beach for the now 2nd Annual Golf Ball Hunt Invitational. Last year Steve Trainoff won the trophy, and his wife really wants someone else to take it away from him! Come join us in the waters off Goleta Beach to have fun hunting down the elusive Titleist XX and genus Rangeous Ballus, and take that trophy home yourself. It ultimately is for a good cause—cleaning up the underwater environment of hundreds of golf balls. No, bowling balls will not count in your total!

The annual holiday party comes in December, and I encourage you all to sign up for that this month. It was extremely popular last year and it's safe to say that everyone had a really good time. Volunteer, too, to bring something that you are famous for and we can all enjoy it! A diving version of Santa has been cornered to show up this year, like last. It's a nice family event, so plan on bringing the entire gang.

We've also been invited to join the Vandenberg AFB dive club, the Aqualliers, to a campout at the Boat House over Veteran's Day weekend. Look for the sign-up sheet at this month's meeting. We'll need to know early to get you on the base entry control roster.

And last, a thank you to the board members in 2004-05 who volunteered their time to make the Paradise Dive Club the largest dive club in Santa Barbara. If you feel like putting a little time into getting us better organized, let us know so that we can work you into the Board. It's actually a lot of fun, and it's not that demanding of your time.

Join the club, get cool stuff

- ∅ Monthly meetings with entertainment
- ∅ Raffle prizes (who doesn't like prizes?)
- ∅ Great dive buddy pool
- ∅ Beach & boat dives, including weekly night dives
- ∅ Club BBQs & other activities
- ∅ Free airfills & gear discounts at local dive shops
- ∅ Right to proudly wear the official PDC T-shirt (because we do have the coolest logo)

Mark your calendars...

We meet on the last Tuesday of the month

Rusty's Pizza, Goleta

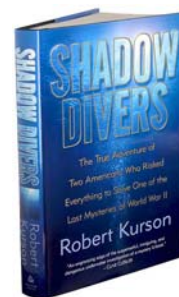
in the K-mart Center, 270 Storke Road

6:30 pm - social hour

7-8:30 pm - feeding frenzy, meeting,
raffle prizes, entertainment



Bulletin Board



- On **Wednesday, November 2**, the **Santa Barbara Maritime Museum** is hosting a lecture and book signing by **Robert Kurson**, author of the best-selling book ***Shadow Divers*** (see Rob Budny's book review in our October newsletter). Tickets are \$50 for members, \$75 for the general public. Proceeds will benefit programs at the museum.
- The **Channel Islands National Marine Sanctuary** continues their Shore to Sea series with a free lecture on **"Three Decades of Botanical Exploration on the Channel Islands"** with Steve Junak of the Santa Barbara Botanic Garden, **November 8**, 7 p.m., in the Chase Palm Park Building at 236 E. Cabrillo, and again on **November 9**, 7 p.m., at the Visitor Center at 1901 Spinnaker Drive in Ventura Harbor.
- Penn & Teller present the first entirely **underwater magic show** on NBC on **November 13**. They will make a submarine "disappear," do tricks with sharks and psychic dolphins, and "walk on water." Divers should be able to have some fun with this one.

Congratulations to club member and PDC Vice President Steve Trainoff, grand-prize winner of the first-ever Channel Islands National Marine Sanctuary Photo Contest! (Steve's award-winning kelp photo below.)

Paradise Dive Club Officers

President - Dan Lindsay	964-5020
Vice President - Steve Trainoff	571-1622
Secretary - Bruce King	452-7590
Treasurer - Mark Silva	453-2001
Membership - Rob Budny	684-5650
Newsletter - Stacey Janik	637-4487
Sgt at Arms - Laurie Van De Werfhorst	685-9710
Entertainment - Mark Bursek	564-1923
Raffle - Ralph Goldsen	681-0400
Webmaster - Will Chen	560-8069
Historian - Cheryl Weakliem	967-2827

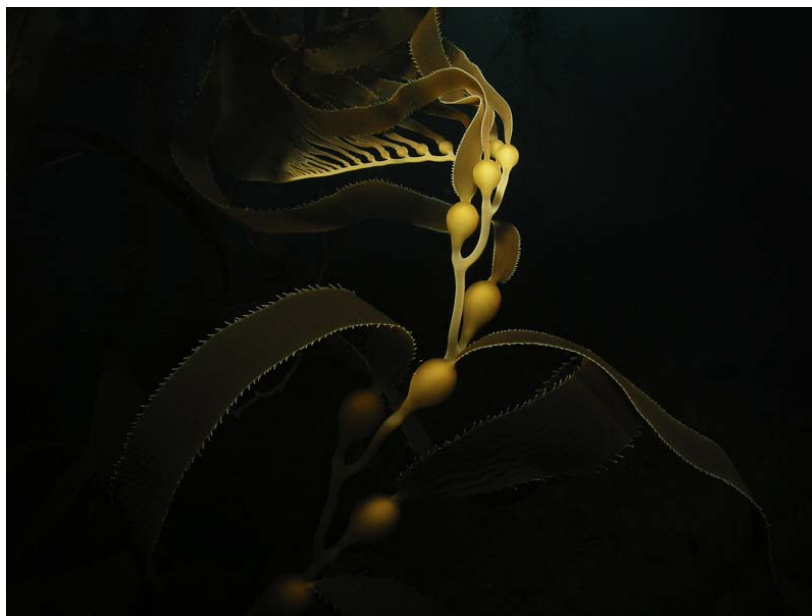
Sponsors:

Anacapa Dive Center	963-8917
Aquatics	967-4456
Blue Water Hunter	564-6677
Truth Aquatics	962-1127

Visit our Web site at
<http://kelp.chem.ucsb.edu>

E-mail newsletter articles to
sjanik@gmail.com

Membership: \$30/year (May-April); \$25/year for renewing members. Includes monthly newsletter. For details or to join, contact the membership coordinator, Rob Budny, at rob.budny@gmail.com.



Upcoming Boat Trips

- Sunday, November 13, on *Truth*; contact Anacapa Dive Center at 963-8917.
- Also, don't forget 11/22 Chamber Day Dive on the *Peace*, departs 7 a.m. for Platform Grace, \$85 incl. airfills, food, and t-shirt; contact Angie at 805-650-DIVE.

Welcome to our new members!

Dave Mullins, Ed Blaschke, Zak Ayala, Vanessa Sih

Lobster Season! by Steve Trainoff

They can run, but they can't hide...

In Santa Barbara, October 1, 12:01 a.m., is more commonly known as the beginning of bug season. After a spectacular summer of low surf and good visibility, the diving hoards descended on the local beaches in a scene reminiscent of an alien invasion. PDC members met at Butterfly Beach just before midnight and started setting up. With all of the commotion, I'm surprised the good people of Montecito didn't call homeland security!

It's amazing how the opportunity to dine on these tasty crustaceans three days before the commercial season opens will bring out faces that are rarely seen during normal club events. Some were so anxious to jump in the water that they were halfway down the beach when I arrived at 11:50 pm. I found out why when I hit the water a few minutes later. Diving conditions were nearly ideal. The water was calm and clear, and the bugs were abundant. Even if I hadn't been hunting, it would have been an interesting dive. While I was searching the bottom, I scared up a couple of huge halibut, an angel shark, a bat ray and a large octopus, but I was focused on catching dinner.

In one dive I managed to catch four, which exceeded my total from the previous year by one. One advantage of being a regular participant of the Wednesday (now Thursday) night dives is that I have gotten very efficient at the setup and cleanup of my gear. In fact, you could say that I could do it in my sleep, which was pretty close to the truth when I got home at 3:00 a.m. Here's to enjoying the bounty of the sea—and remember lobster in garlic butter is high in cholesterol, so if you want to keep yours down, you can always donate your catch to me.



Lobster Dive Report — report and photo by Dave Mullins

Well, Juan Beltranena and I showed up at Butterfly Beach (as we understood it) and debated the meaning of the location while we waited for anyone else to show up. Finally, with other *non*-club-related divers marching by us and getting in the water, we decided we couldn't hold back any longer. Not being familiar with the Butterfly area, I convinced Juan to go down to the Coral Casino area. We were seeing lots of little bugs in there where half your fin sticks out of the water. Out a little deeper, in 10 to 12 feet, we started seeing bigger ones. We both came out feeling like we had been in a washing machine, and had one bug apiece.

Ask me about Ca—er, uh, my secret spot, on Saturday. It was much better ;-)

Scuba Q&A

Recently, club member Gretchen Beckert submitted a great scuba question: “Steve and I are stumped about how to store all of our dry and wet gear in the garage. This is a problem because our floor is wet and slippery 80% of the time, and I want to know how other people deal with all of their stuff to keep it in good order and ready to go. We have so many bobs and bits lying all over the place.”

So we asked our club members, how do you stash, store, and otherwise deal with all your scuba stuff?

Michael Ring wrote, “After rinsing I generally hang my stuff to dry in the shower. Then when it is fully dry, the wetsuit goes in a closet and the other stuff in a gear bag.”

Laurie Van De Werfhorst wrote: “I built a drying rack for my gear using 1” PVC pipe and an ‘under the bed’ storage tray (see picture). It holds two sets of gear, and I did not glue the pipes so the system can be taken apart and transported easily. I also use an inverted milk crate on top of the storage tray lid to lay my soft weights out to dry.”



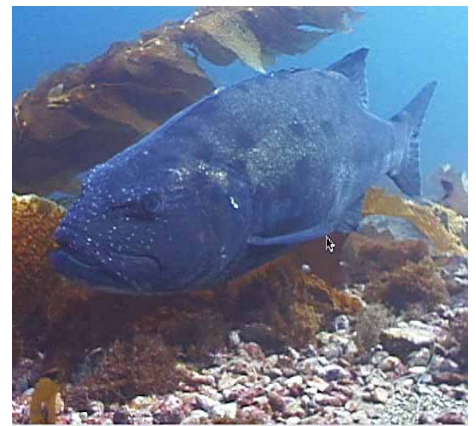
Dive Report: Giant Black Sea Bass at Catalina

report and photos by Nick Martorano

I was in Catalina this past weekend [September 23-25]. Did a shore dive at Casino Point, about 20-40 feet viz, surface temp 68°, dropping to 61° below 50 feet. Nothing special. However, the next day my prayers were answered: I did a 2-tank dive on the *Scuba Cat* boat. Great viz (50-80 feet), and one of the most incredible Catalina dives ever: we dived Italian Gardens, and for a full hour we were in the sweet company of not one, not two, but SEVEN giant black sea basses (five on the bottom and two in mid-water), who were lazily napping and swimming on the slope, at around 50 feet of depth. Despite the strong current, I took lots of great footage. I was so close to many of them, I could have petted them over and over had I wanted to. Some of the shots were taken from a foot or so from the bass's nose! How I wished all of you were there with me to watch these incredible show!



Got some great behavior shots of juvenile wrasse cleaning the bass from parasites growing on its snout. Super! And as icing on the cake, get this: I'm there shooting this big-ass bass at the bottom, when all of a sudden, as if it weren't good enough, a *bat ray* swims beautifully into the frame, in the background! Beyond words! I mean, what are the chances?!



Congratulations to our new PDC Board!

The ballots have been cast, and a new Board is in place for the year ahead:

- ∂ Dan Lindsay, President
- ∂ Steve Trainoff, Vice President
- ∂ Bruce King, Secretary
- ∂ Mark Silva, Treasurer
- ∂ Rob Budny, Membership Coordinator
- ∂ Laurie Van De Werfhorst, Sergeant at Arms
- ∂ Stacey Janik, Newsletter Editor

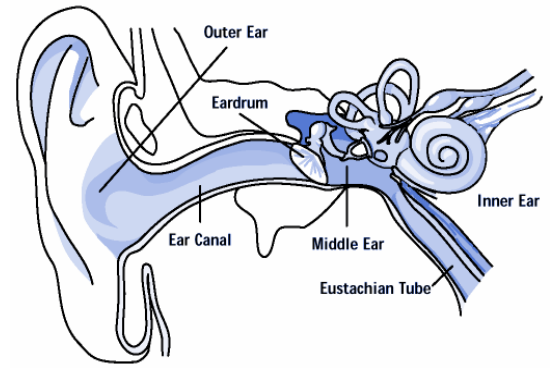


Special thanks also to Will Chen, who will continue to serve in his appointed position as Webmaster; to Mark Bursek, continuing as entertainment coordinator; to past president Ray Janik; and to outgoing board members Patty Bryant and Carl Gwinn for a job well done.

External Ear Infections

by Lance “The One-Armed Bandit” Rennka

Athlete’s foot of the external ear canal is a debilitating problem for divers. The external ear canal is normally protected by ear wax and impervious to infection. But for divers to equalize pressure changes in the water, water must be in the external ear canal. However, water in the ear softens the wax. When the softened wax captures plankton (phyto=plant and zoo=animal), the plankton are attacked by bacteria and fungus in the bio-recycling process. Add body heat and moisture and the process can accelerate. At some point, the fungus breaks down the ear wax and then the skin of the canal and you have a fungal infection similar to “athlete’s foot.” If something is not done immediately, a bacterial infection will start and eventually migrate through the tissues to cause an internal ear infection. The problem is, once you get the infection, you’re always susceptible.



External ear infection prevention:

Rinse your ears with fresh water after every dive using an ear syringe (see below).

Symptoms:

- First indicator - itching of the ear canal; ear wax with green tint
- Second indicator - soreness when the ear lobe is pulled (critical to treat NOW!)
- Third indicator - internal ear canal involved with generalized pain
- Fourth indicator - extreme pain and possible mastoid sinus/bone infection
- Fifth indicator - morgue

Yes, external ear infections can be fatal! Well, that should have gotten your attention. Divers in remote diving areas or on liveaboard boats may find it difficult if not impossible to get medical attention or prescriptions. A few hours’ delay, let alone days, before treatment can cause permanent damage.

Treatment:

- Use hydrogen peroxide to remove ear wax and expose the damaged skin, then rinse thoroughly with fresh water*
- Dry ear canal with q-tips to help minimize moisture and remove any loose skin
- Use acid to kill the fungus (boric acid or vinegar)*
- Use alcohol to kill the bacteria (isopropyl, rubbing or ?)**
- Use a lubricant to protect the damaged skin (glycerin or mineral oil)***

* Hydrogen peroxide is available over-the-counter

** Boric acid and isopropyl alcohol are available over-the-counter in Swimmer’s Ear, which by itself will dry out the eardrum and may result in rupture during equalization or squeezes.

*** Glycerin is available over-the-counter in ear wax removal kits and suppositories.

Save-A-Diver Kit should contain:


- Ear wax removal kit, including glycerin and an ear syringe applicator
- Q-tips for drying the ear and removing excess ear wax
- Hydrogen peroxide
- Swimmer’s Ear, with boric acid and alcohol

One last thought. If you forget your kit, and it is necessary to treat, you can always use over-the-counter athlete’s foot salve; enjoy the pain. Pain now, or a lot of pain later.

Editor’s Note: The above information is not intended to substitute for professional medical advice. If you are concerned about a possible ear infection, please consult with a scuba-savvy doctor; DAN (Divers Alert Network) can provide referrals, at 1-800-446-2671 or www.diversalernetnetwork.org.

November 2005

Don't forget...
MONTHLY MEETINGS
October 25 and November 29
 Rusty's Pizza in Goleta

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28		30			

Night Dives



October Meeting Entertainment

Gretchen Beckert will do a "virtual walk-through" of the Santa Barbara Maritime Museum

THURSDAY night dives: To find out where the group is diving or to be added to the night dive e-mail list, contact Steve Trainoff at strainoff@cox.net or 571-1622. *Note change of day.*



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