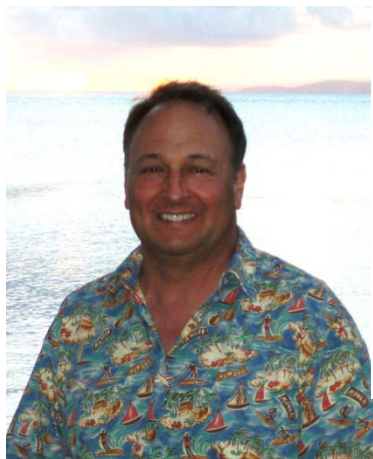


Paradise Dive Club

Volume 18, Issue 07

July 2009



President's Log

No Worries, Lets Dive

Michael Ring
President

So I recently returned from a wonderful trip to Little Cayman with a group of eight divers put together by Curt from Aquatics. What a great time! The water was warm and clear. The weather was warm and clear. The food was warm and, well, fantastic. I must say that Little Cayman Beach Resort is one of the finest dive resorts I have had the pleasure to visit. But I get ahead of myself. There are lessons to be learned, so let's start at the beginning.

The group had the arrangements made by Curt for this trip. One of his two trips per year that he has been doing for a number of years now. Originally, we thought we would have 14 or so divers, but in the end we were down to eight of us. Seven from Santa Barbara, and one out of Portland. A truly good group of people. All very experienced and capable divers. Fun to be around. Spirited.

Most of the group flew together through Atlanta on

Delta. I had some miles to use on American, so I flew alone through Miami. I had just gotten a new gear bag and wanted to try it out for this trip. Of course that meant completely reconfiguring the way I stow my stuff, including new compartments with their own zippers. Plus, since the new bag was bigger, I figured I could get all my gear and my clothes into one checked item. No big deal, right? Little did I know.

When I got to LAX they told me that I was just a tad over the weight limit. I had a choice. Buy a new bag from them at the counter (which amazingly enough they had!) or take stuff out and bring it with me in my carry on. Not wanting to spend more money than I had to, I took stuff out. Not much. Just a few things. Mostly soft stuff.

One of the items that I bring when I dive is Gatorade. I cramp when my thighs get too cold or work too hard. If I suck down lots of Gatorade it helps. So I usually bring a dozen bottles of it with me. Suffice it to say that adds a few pounds to the luggage. So this time, I decided to try the powdered stuff. It comes in a cute little container that looks like the kind of coolers you see the players dunking their coaches with after winning the Super Bowl. But smaller. Much smaller. Well, I needed to remove only a few more pounds, so the Gatorade moved from the luggage to my carryon back pack. Problem solved. Or, should I say, problems delayed. Off I went to go through security and check in at the gate.

Well, guess what powdered substances look like to those friendly TSA folks in an X-ray machine? As I watch the big, nasty guard eyeing his cattle prod/wand I begin to realize the error of my logic in choosing the Gatorade to remove from the luggage. We remove the "cooler" from the back pack and go through the motions and explanations. For the first of many times. But the explanation is accepted and I am allowed to pass.

My flight departs at 9:15 p.m. We arrive in Miami at 5:30 a.m. My connection to Grand Cayman? 1:00 p.m. Well, there's lots to do in Miami. But not at 5:30 a.m.! And the others are all flying through Atlanta. So, I am on my own. For almost 8 hours. How fun. Oh well. Just make the best of it. After all, I am heading for one of the best dive locations in the world for a week of wall

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diving to die for. Just kick back and enjoy.

So, the appointed time arrives. But there is no plane. Hmm. Where is the connection flight? It seems the flight that has the plane I will be taking to Grand Cayman has not arrived yet. Ok. There is some time between my arrival in Grand and my departure to Little. An hour and a half. I got time. Grand Cayman Airport is tiny. What could possibly go wrong? Well, nothing, if the plane would just get here.

So here I am in Miami. 8 hours early. And my connection to Grand is late. Very late. As I wait at the counter I feel like I am in a Kafka story. All I can hear are the boarding announcements for other flights and a loud "Tick.....Tick....Tick" of the layover time I have in Grand Cayman disappearing. What a lovely start to this lovely trip.

Finally, we board. Eventually, we take off. We arrive at Grand and wait for the luggage to off load. And wait. And wait. What the...? There is only one plane that has arrived in the last 30 minutes. How long can it take? The bell sounds and the carousel comes to life. Bags come through. Lots of bags. Just not my bag. The carousel stops. Say what? Where is my bag? My new, first trip ever bag? Tick.....Tick....Tick. Wait a minute. The carousel starts to move again. Finally. The bag is there. I grab it and rush through customs and immigration. Off to the Cayman Airways counter. The line is long. More people than could ever possibly fit on that tiny little puddle jumper that is heading to Little. Noooo. Tick....Tick....Tick. I see one of our dive group at the front. He is being told that the plane to Little, my plane, has already begun check in at the gate, and it is oversold. He has two bottles of Rum that he bought that cannot go on board. So he asks me to put them in my luggage, since his is already gone. I consent, and open my luggage to add his stuff, and notice that the main zipper seemed to be open. Hmm. Off he runs to hope to catch my plane. Fat chance for me, as I do not have a boarding pass.

Tick....Tick....Tick

Well, the agent tells me there is no way I am getting on my plane, and the last plane of the day to Little is oversold. So I am listed standby for the flight, two hours later. If I don't make it that day, I will have to wait for the first plane tomorrow. It leaves at 8:00 and arrives Little at 8:30. The problem is that our boat for the diving leaves at 8:00 also. That means if I do not get to Little today, I will not dive tomorrow.

What!!!!!!???? Have you ever steamed vegetables in a pressure cooker? I felt like a piece of broccoli at this point.

There are a few other people also trying to get to Little

CALENDAR OF EVENTS

MONTHLY MEETING

WHEN & WHERE: TUESDAY AUGUST 25TH, 6:30 AT PETRINI'S

BOARD MEETING

WHEN & WHERE: TUESDAY SEPTEMBER 1ST

MONTHLY DECOMPRESSION STOP

WHEN & WHERE: FRIDAY SEPT. 11TH, 5:30 AT ENDLESS SUMMER CAFE

YUKON DIVE IN SAN DIEGO

WHEN & WHERE: SEPTEMBER 12TH @ 8:00 SHARP

ARRIVING ON THE 11TH IS RECOMMENDED

BEACH CLEANUP

WHEN & WHERE: SEPTEMBER 19TH

WE'LL HAVE OUR TAJIGUAS BEACH CLEANUP

that night. We start talking about alternatives. Maybe we can all charter a boat to get us there? The idea is discarded when one woman states she gets seasick. Are you serious? Why are you going to Little Cayman? To play canasta?

Finally, I get the nod. I am given a boarding pass and head for screening. Wait a minute. "What is that in your bag sir? Do you have some powdered substance in there?" The Gatorade. Again I explain. Tick....Tick....Tick. I get a pass. Off I go.

We get to Little Cayman International. Off comes the luggage. Piece by piece. Happy faces all around. Except mine. Where is the bag? You know, that new one? The one with all my gear? Sorry, not here. It will be here tomorrow. You know, on the plane that arrives after my boat leaves. That's the one. Well, the veggies are done. Open the pressure cooker and let the steam out or they will get soft.

I get to the resort, and head to the dive shop. Sorry, they are closed for the night. I will have to go back in the morning. Sure. Why not. At least I took my own advice and carried on my reg and dive computer. I also have my shorty, so at least I will be peeing in my own suit. Time to decompress.

Ever have 151 Rum? It makes a very nice MaiTai. And you only need one. The evening started to get better after that. So did the trip. As we were just finishing the dive master's introduction to the boat, the island and our procedures, one of the staff shows up on the dock. With my dive gear bag. Hooray!!! I get my own stuff. Life is good again. Only one thing missing. Apparently, my toiletry bag fell out of my gear somewhere between

LAX and Little. No worries. They have shampoo and give me a razor. Everything else is incidental.

From that point forward, the trip was better than advertized. The walls were splendid. The water, warm and clear. The group was great, and the dive masters were fun and funny. And hey, if all that crap hadn't happened I would not have had anything to write about this month.

As Roy says: Come up slow! ■

Dear Dr. Deco,

I read somewhere that diving with Nitrox reduces the level of nitrogen dissolved in your body. Does that mean I won't get narced?

Sincerely,
Nitrogen Addict

Dear NA,

A lot of divers confuse Nitrogen narcosis with Nitrogen loading. Nitrogen narcosis is the impairment of judgment that one experiences when one dives below 100ft. For reasons that are not well understood, different gasses dissolved in your body interfere with the central nervous system at pressure. Different types of gasses have different narcotic effects. Nitrogen has a strong narcotic effect at depth that gives rise to Nitrogen Narcosis, but what is not commonly known is that Oxygen also has a

narcotic effect. In chamber dives designed to test for narcosis, varying the percentage of oxygen in the diving gas makes almost no difference in narcosis. However, as is taught in Nitrox classes, too high a partial pressure of Oxygen is dangerous since it can cause Oxygen toxicity, which is characterized by the sudden onset of convulsions, which needless to say, is catastrophic when it occurs underwater.

All of this is separate from the effects of Nitrogen loading, which is the increase in nitrogen in your tissues due to the increased solubility of gases as higher pressure (Henry's Law). The effect of Narcosis goes away almost immediately when you ascend, whereas the nitrogen dissolved in your body tissues can take a long time to come out. If you ascend too quickly, the nitrogen dissolved in your body forms bubbles that give rise to decompression sickness. Decompression theories typically model your body as a series of different "tissues" or "compartments" which absorb and off-gas nitrogen at different rates. These are theoretical constructs that correspond only loosely to physical tissues in the body. Dive tables and dive computers typically consider compartments with varying half times that range from 5 minutes to as long as 2 hours. In no-stop diving, the combination of depth and time is kept short enough that the total amount of nitrogen in your body is such that you can make a direct ascent to the surface; however a 3 minute stop at 15 feet is always recommended.

SEE IF YOU CAN FIND THE WORDS.

D	R	Q	S	U	R	F	K	D	N
A	E	O	W	B	N	I	J	G	H
X	V	C	S	V	M	N	F	L	D
Z	I	E	O	C	J	S	R	E	S
Q	D	A	I	M	U	L	K	K	A
T	D	N	V	D	P	N	M	R	K
I	J	I	F	S	A	R	E	O	R
L	O	B	S	T	E	R	E	N	A
Y	A	N	A	C	A	P	A	S	H
S	C	U	B	A	R	T	O	P	S

SCUBA

SNORKEL

DECOMPRESS

DIVER

FIJI

FINS

OCEAN

SURF

LOBSTER

SHARK

ANACAPA

TANK

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, or send e-mail to PDC_midweek_dive-subscribe@yahoogroups.com

Membership

\$25/year for individuals, \$40 for families. Membership runs May-April and includes a monthly newsletter, free air-fills, and other benefits. For details or to join, contact Noah Philips at:
membership@paradisediveclub.org.

Newsletter

Send newsletter items to Stuart Ponder at:
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Join the Coolest Club in Town!

1. Monthly meetings with entertainment.
2. Raffle prizes (we all need new dive stuff)
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4. Beach and boat dives, AND weekly night dives
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7. Right to proudly wear the official PDC T-Shirt (nobody has a logo as cool as ours).

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PO Box 21311
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Many thanks to our sponsors for their generosity including air/fill donations and gear discounts!

Meeting Place

The August 25th meeting will take place at
Petrini's Restaurant in Santa Barbara.
14 West Calle Laureles.

Feeding frenzy at 6:30pm, meeting at 7pm