

# PARADISE DIVE CLUB

Thoughts | Club Business | Odds & Ends



## Upcoming Meetings

**Club meetings at Zodo's  
Bowling & Beyond 5925  
Calle Real in Goleta last  
Tuesday of each month**

7:00pm, but show up early for  
dinner and socializing.

Aug 29

Sept 26

October 31

## Deco Stops

5:30pm, 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*

Well folks, I'm feeling a little sad. I'm feeling hopeful. I'm feeling relieved. I'm feeling like I'm coming down with something. "Why, Paul, what could be the cause of your strange feelings?"

Thanks for asking. Actually, I'm feeling pretty good! This will be the last time I write the President's column for our newsletter. That's right. My one year tenure that turned into a three year sentence has finally come to an end. My parole hearing is coming up soon (please come to the meeting so you can vote) and the next President is ready and raring to go.

We're still looking for a qualified (but we'll take un-qualified too) Vice-President and probably a couple of other positions on the Board. SO your club needs you. Step up and drink the Cool-Aid, get with the program and volunteer a couple of hours per month to help our club be better than it has been before. Your ideas are valuable and pertinent and I'm sure you've all got ideas on how you'd run things.

But what about diving?



## Dive Club Officers

President	Paul Bullock
Vice President	Tim Doherty
Past President	Kellen Tobin
Treasurer	Jim Axtell
Secretary	Richard Cirincione
Membership	Ludovico Cavedon
Sgt. at Arms	John Henderson
Entertainment	Juan Beltranena
Social Media	Jan Fejt
Publications	Gary Justice

## 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.

## Connect With Us

- [Email](#)                      [Facebook](#)
- [Meetup](#)                      [WWW](#)

Oh yes. There’s lots of diving opportunities coming up soon. There are trips to the Channel Islands for 3 days, there’s the underwater photo challenge at Refugio, the beach clean-up, Channel Keepers trip to Naples, the camping trip to Monterey and Santa Cruz Island and lobster season opens soon. Not to mention all the beach divers that keep taunting the sharks off of our local beaches. So although we don’t have warm water here, we’ve got ample opportunity to dive. I hope to see all of you at all or some of these events.

OK next meeting is on August 29<sup>th</sup>. I’ll have some used, but good condition, wetsuits that were donated to give away.

It has been an honor and a pleasure to serve you as the President. Thank you for your support and friendship. I look forward to seeing you all again soon.

Keep Bubbling!

## Club Business and Club Meetings

*Staff Writer*

Our club meetings are usually well attended by upwards of 30 divers and guests. The meeting typically kicks off with an “ice breaker” during which each attendee is asked to briefly answer a question such as “what is your favorite underwater creature”. We then move into a discussion of particularly interesting dives any of the attendees have recently done, or are contemplating. Next there is a discussion of upcoming Club events, such as the Naples Reef boat dive, the campouts in Monterey and Santa Cruz, the underwater photography contest, the underwater pumpkin carving contest etc.

The highlight of the evening is a presentation by a speaker.

Most of the time we have an outside speaker, but on occasion a Club member makes the presentation. For instance, at the July meeting Club member Steve Trainoff , who is a superb underwater photographer, gave a presentation on the pleasures of night diving, including night photography. At our upcoming meeting on August 29 Club member Dave Burroughs will give a presentation on a dive trip to Cuba that he and some other members made earlier this year. Speakers in the recent past have included Reef Check scientists discussing Reef Check's citizen science underwater survey programs, a UCSB professor who gave a great talk on her dive trips to Antarctica to do scientific research, the owner of the dive boat Conception who gave a presentation on how it was stolen, wrecked, and completely rebuilt, a film called "Sonic Seas" which explained how noise in the ocean harms marine life - and many more!

## Upcoming Club Events

*Staff Writer*

The Board has set the schedule for club events for 2017. Always check the [Meetup](#) and Facebook pages for details and updates on these events, especially last minute changes or cancellations due to conditions:

- August 26; Underwater Photo Contest Refugio State Beach
- August 29: Club Meeting
- September 16: Clean Up the Beach - Meet at Refugio State Beach, Carpool to Tajiguas State Beach
- September 21-24: Monterey Campout (may be re-scheduled due to conflict with September 24 Naples Reef boat dive)
- October 6-8: Santa Cruz Campout
- October 28: Underwater Pumpkin Carving Contest at Goleta Beach
- December: Holiday Party

## Shell Shock: What You Find Hiding Inside Might Surprise You!

*Douglas Klug*

When my daughters were toddlers, we enjoyed walking along beaches in Southern California. Every two steps, it seemed, someone would stop to pick up a cowrie or mussel

shell and ask “Daddy, what’s this from?” The obsession with shells grew until every beach-walk ended with pockets (or even sand pails) stuffed with shells. On days I went diving I was, of course, expected to return with some type of shell-treasure. Urchin tests, tiny abalone shells, snail shells... they all made their way into my daughters’ bedrooms for display. When my daughters started to go out into the ocean with me, it didn’t take long for that old shell collecting obsession to kick back in. Dives were spent hovering near my daughters while they searched the sand for that perfect shell. I knew, and they learned, that they had to be careful when collecting “empty” shells on the bottom. Many shells had been re-inhabited by other animals.

In the ocean the slow moving, shell bearing animals often become a meal. A few feet off the reef, you can usually find these reminders of the oceans “eat or be eaten” way of life. Small abalone and urchins fall prey to sheephead while snails are consumed by starfish or larger, predatory snails. After a meal, empty shells are abandoned by the predators. The oceans natural surge finishes the process by pushing the shells around until they settle into rows in the sand. One of my favorite diving pastimes is to examine these areas and see what’s living inside the leftover shells. If you’ve never done this, you might be shocked. Nature recycles. What first appears to be an underwater “trash heap” is teeming with life!

Many small fish and invertebrates find refuge in these shells, taking advantage of the newly available real-estate. Sometimes these secondary residents are difficult to spot. Because of this, divers should always take care when examining what appears to be an “empty” shell, especially if you’re considering a souvenir. More than one diver has brought up a good looking olive snail or periwinkle shell, only to watch it crawl away on the legs of a tiny hermit crab. The best way to make a “shell dive” is to explore a shell pile and discover new animals that you might have otherwise overlooked.

One of my favorite shell-inhabitants is the sarcastic fringehead (*Neoclinus blanchardi*). These ferocious little fish have an enormous mouth, jagged teeth, bulging eyes, and an aggressive attitude. It’s a good thing they’re only about six inches long! They seem to prefer large shell piles set in sandy patches a few feet off a reef. In some



places every wavy turban snail shell I find has a sarcastic fringehead poking its head out. The little fish back into the shell and sit with their head and mouth exposed, waiting for an unwary crab or other meal to come by. They are fiercely territorial and watch closely to make sure no other fringehead's get too close. These fish are named, in part, for the tassels that grow from the top of their heads and give them a perpetual bad hair day. For added fun, bring a small mirror (or a large camera dome-port) and watch them flare out their gills in a territorial display when they see their own reflection!

There are two common species of hermit crabs found roaming the shell piles in their mobile homes. The California hermit crab (*Phimochirus californiensis*) is the smaller of the two and can be recognized by its smooth skin and red/white coloring. These relatively small hermit crabs are shy and will quickly retreat inside their shells, testing the patience of most divers before finally emerging again. More exciting is the hairy hermit crab (*Pagurus hirsutiusculus*). These thick bodied brutes grow large enough that they can be found inhabiting the empty shells of whelks or wavy turban snails. They are easily recognized by the thick fuzz growing off their legs. Best of all, they are less shy than their smaller cousins so even divers who startle them into hiding are apt to see them again soon.

Black-eyed gobies (*Coryphopterus nicholsi*) are a common fish found near the rock/sand interface at the edge of most California reefs. They will often take refuge inside or under an empty shell, watching the world go by from their protected space and darting out to grab a bite when something interesting drifts by.



Inspecting “empty” shells will provide plenty of discoveries for divers, but the best find has to be an octopus. The two-spot octopus (*Octopus bimaculoides*) and the smaller pygmy octopus (*Octopus microprysus*) both scour the shell beds for crabs, their favorite prey. In a bit of irony, an octopus can easily extract a hermit crab from a shell, leaving the shell behind to be re-inhabited by another hermit crab later. Sometimes the octopus itself will move into the shell. Small two-spot octopi will coil into turban snail shells and red octopi will squeeze into norris top snail shells, poking their eyes up like twin periscopes. Shells provide protection for small octopi, which are a favorite food of many larger fish. The octopi could also be waiting in a shell to ambush an unsuspecting hermit crab intent on moving into what it thinks is an empty shell! While shell-searching on one dive, I even found an octopus no bigger than my thumbnail blending in to the enamel on the inside of an old scallop shell!

If you haven't tried it, take a few kicks away from the reef on your next dive and search through the empty shells lying nearby in the sand. At first glance it may look like a graveyard, but the discoveries you make might just leave you shell shocked!

## Odds & Ends

*Staff Writer*

The most recent issue of *Undercurrent* contained an interesting article entitled “A Hidden Killer in Our Midst” dealing with the phenomenon of immersion pulmonary edema, or IPE. This can cause a diver to feel breathless and out of gas, even when there is plenty of gas in the tank. The article makes the point that some diver deaths attributed to drowning may actually have been the result of IPE. In IPE the lung alveoli fill with fluid. This can lead to unconsciousness and/or cardiac arrest. Immersion in water causes redistribution of blood from the periphery to the chest. Divers with pre-existing cardiac disease or hypertension are particularly at risk. Immersion in cold water or hard exercise also increases the risk. If a diver appears breathless for no reason it is important to get that diver out of the water and into treatment.

[http://www.undercurrent.org/UCnow/dive\\_magazine/2017/HiddenKiller201708.html](http://www.undercurrent.org/UCnow/dive_magazine/2017/HiddenKiller201708.html)