



the *Primary Regulator*

San Diego Dive Club Newsletter

January 2009

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2008 Officers

~President~

Michael King
scubamike44@yahoo.com
(858) 361-0402

~Vice-President~

Steve Anderson
unclesteve@cox.net
(619) 459-0798

~Treasurer~

Peggy Petschek
Pegemail1@aol.com
(619) 669-3684

~Secretary~

Evie Burton
eviejonesburton@sbcglobal.net

~Entertainment Coordinator~

Barbara Lloyd
barbara.lloyd@gmail.com

~Community Representatives~

Kevin & Barb Lass
bountifulbarb@hotmail.com

~Dive Coordinators~

Dennis Fox
DHFox@aol.com
(760) 580-5951

~Equipment Coordinator~

Steve Fellet
fellet@att.net
(858) 560-5645

~Store Representative~

Dave McNair
netdave1@yahoo.com
(760) 822-1845

~Publicity Representative~

Rich Burns
sddiver@cox.net
(619) 697-6589

~Club Historian~

Betty Parish

~Newsletter Editor~

Mike Thornton
mthorn3478@aol.com

The President's Slate

Time for New Years Resolutions... a glass of champagne and kissing total strangers at midnight. This is a great way to start a new year. Where does it go from here? We've had quite a 2008 - Diving for Easter Eggs, movies (sometimes!?!) on the beach, several trips to the Channel Islands (out in the water and by land), divers in red dresses (Oh My!) and Santa in a red suit! Ending with watching boats with fancy lights from the back of a turn of the century 3 masted schooner. What does 2009 have in store? Scuba diving for sure! And other fun and adventures for your club!

But remember that this is our "rainy season" and typically the time of less diving due to passing weather. Also time to remember those little maintenance items that all that diving lets you forget. Time to really inspect your gear and make any necessary repairs. Time to take that regulator in for an inspection or service (check your records and keep it in warranty) Remember to take those batteries out of your lights and other items (Cameras, Strobes and such....) and clean them up for a typically longer storage.

This is also planning time... and getting involved... remember this club does not run alone and it is here for you. Club officers are needed and elections will be coming up. Wanna really be part of the planning, preparing and creating for everyone?? Otherwise we still need ideas and your wants, wishes and needs!! Do not be shy.... No matter what the idea ...

It's now time to go Blow bubbles!

~ *Michael J. King*

San Diego Dive Club Officer's Meeting

Have some ideas and suggestions on the direction the dive club should be heading? Come share those ideas with the club officers. All members are encouraged to participate in the San Diego Dive Club Officers' Meetings. The Officers' Meetings are held at **6:30 PM** on the **3rd Thursday** of each month at:

Marie Calendar's, 6950 Alvarado Rd. La Mesa

The officers of the club try to anticipate the needs, desires and best interests of the club, but remember that this is your club too, and we need your new thoughts and ideas to keep the club fun and exciting.



Long Range Calendar

****San Diego Dive Club sponsored events****

Jan 1 Happy New Year!!
 Jan TBD Stone Brewery Tour
 Feb TBD U/W Confidence Course,
 Point Loma Sport Chalet
 Apr 11 U/W Easter Egg Hunt &
 Pancake Breakfast
 Apr 24-27 SDDC Two Harbors Trip
 May 30-31 SCUBA Show, Long Beach



At our last meeting...

Tom Phillips of Aqualung presented a unique dive opportunity in Brussels, Belgium. NEMO 33 is a "pool" of 125 feet depth that is set up for training, and fun in the landlocked region of Brussels. He had the opportunity to personally experience this place this year and provided a fantastic account of it.

Monthly Raffle Winners

Winner Name	Prize Won
Peggy Petcheck	Dive Parka
Randy Thomas	Club T shirt
Kevin Lass	Club T shirt
Melissa Maldonado	Surf's Up Color Change Barbie
Terry Thomas	Dive Beanie
Kathy Bouic	Wrist slate/multiple
Terry Thomas	UK C8 xenon diving light
Scott Brown	Dive care cleaning kit
Merrienne Dean	Pelican 1300 waterproof case
Mike Petcheck	\$20 gift card-Starbucks
Steve Fellet	UK dive beacon
Terry Thomas	\$25 gift card-Sports Chalet

January Quarterly Prize

Aqualung Gear Bag Combo & Sport Chalet Gift Card

\$3 OFF any \$15 purchase
OR
\$5 OFF any \$25 purchase

RealFlavorMag.com

Not valid with any other offer or specials.
Dine in only. One coupon per visit.

KEARNY MESA 9353 Clairemont Mesa Blvd 858-279-6700
CLAIREMENT 6133 Balboa Ave. 858-278-9191

End of the Year Show & Share

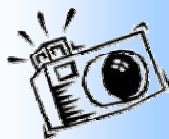
Thursday, January 1st, 7pm at Giovannis

Dave McNair* will present DAN video "I'm bent, now what?" and a BCD demonstration.

All San Diego Dive Club active Dive Instructors are encouraged and welcome to present training, tips and techniques.

*SDDC Member Dave McNair has been a diver practically since he was born, snorkeling with family even as young as 4. He was certified when he was 15, pro since 2003, and has more than 1000 dives (if only he could find his log book). He's traveled many places around the world to dive, including: Australia, Guam, Philippines, Japan (Okinawa), Fiji, Hawaii, Puget Sound, Florida, Bahamas, Turks and Caicos, Bonaire, Jamaica & Cayman Brac. As an instructor he most enjoys the pleasure of bringing this underwater world to new divers. "Nothing is better than seeing their eyes bug out (in astonishment) on their first dive!!"

Photo Tip of the Month



No matter how simple a camera is designed ... underwater all those menus and buttons sure *appear* complicated! Take a small tip and take those new cameras out in the air and shoot lots of pictures. Not in auto mode... in manual modes and change the settings and change the white balance, shutter speed and exposure. Get a feel for where the buttons are and make it second nature to change the settings. Underwater that little bit of work will make all those adjustments effortless. Go shoot some photos with that camera!

~ Michael King

Two Harbors Dive Trip, West End, Catalina Island

We have finalized details for our springtime trip to Two Harbors on Catalina Island. Reservations are for the weekend of **April 24th through the 27th**. Please note that since we are now making the venture over to Two Harbors only once a year we have decided to make this a 4 day weekend. That means **we will be heading over on Friday morning, the 24th, and coming back Monday afternoon, the 27th**. We will be departing San Pedro for Two Harbors at ~10:00 am on Friday and then returning for the mainland trip at ~2:30pm on Monday. **The cost of the trip is \$150*** and includes **round trip transportation between San Pedro and Two Harbors via the Catalina Express, 3 nights accommodations at Two Harbors camping cabins, breakfast on Saturday, Sunday and Monday mornings, and dinner on Friday, Saturday and Sunday nights**. Choice of cabins will be on a first pay, first choose basis, and you must be a current club member to sign up. Boat diving has been arranged for both Saturday and Sunday and costs \$80 for each 2 tank dive, the purchase of a boat dive will also get you free tank and weight rentals for the weekend for shore diving. We have also negotiated some significant discounts on equipment rentals from Two Harbors Dive & Recreation Center. **If you would like to sign up for this trip come to the January dive club meeting and see Rich Burns**. If you can not make it to the meeting contact Rich after January 2nd by e-mail at sddiver@cox.net or by calling 619-697-6589. **This trip always fills up so don't wait too long.**

*cost of trip is based on per person, double occupancy in the camping cabins.



SCUBA CHARTERS

- REMINDER -
Dive Club members get
10% off charters

Reservations can be made at any Sport Chalet or at 1-800-348-3794

Contact your local Sport Chalet

Point Loma (619) 224-6777

La Jolla (858) 453-5656

Mission Valley (619) 718-7070



Photo of the Month Contest

A friendly contest we can all enjoy. Here's how it works. Take an underwater photo, frame it for easy display, and set it up at the club meeting with the other entries. Everyone in attendance votes for their favorite picture and the winner receives five free raffle tickets. Membership is not necessary to vote. One vote per person.

The intent here is to involve as many club members as possible in the fun and entertainment. Even a friendly contest has rules (not guidelines) and we'll all be operating under the honor system.

- Underwater pictures only (digital or film) taken since the last meeting
- The photographer must be submersed in the same liquid as the subject
- One picture per person per month
- Display your picture as taken with your camera and lighting
- Cropping is OK, but please refrain from zooming in on your subject or using any form of Photoshop'ing before printing

Each month's winning picture may be displayed at the following month's meeting as the previous month's winner. We have several excellent photographers within our membership and as this contest continues, hopefully we'll see the photo display table crowded with stunning pictures for all our viewing pleasure.

December Photo Winner: Randy Thomas, Octopus, La Jolla Shores

MANAGING DCS RISK

by Mike Thornton

A 42YO Navy Diver in excellent shape, with no dives in the last 24hrs, completes a dive to 100' with 20min bottom-time and ~30fpm ascent rate. Fifteen minutes after surfacing he presents with tingling in his right arm, a neurological exam is started; shortly after he begins to lose feeling on his right side. He's immediately placed on O₂ and rushed to the nearest chamber.

We all know if you violate the No-Decompression Limits (NDLs) you are placing yourself at a greater risk for decompression sickness (DCS). But the NDLs are not absolutes, even if you comply completely with them there is no guarantee you won't get bent, but the likelihood is certainly lower. The best an individual can do is, manage the risk to a level acceptable to themselves. When considering the risk of DCS, remember this simple acronym (**S.E.A.R.C.H.**) for a few techniques you can use to reduce the risk.

Safety-stop - All recreational certifying agencies advocate a safety stop of some manner. Just do it! Many experts now also believe a 1-3 min deep-stop at ½ your max depth is a prudent measure for dives deeper than 60 ft.

Exercise - It's important to stay fit and healthy for diving, but to reduce DCS risk avoid heavy exercise immediately before, during and for at least 6 hours after diving.

Ascent Rate - Slower is better....Slow down your ascent rate. If 60 feet-per-minute is good, 30fpm is better. Navy technique is currently 30fpm, but note - no safety stop is required on USN NDL dives.

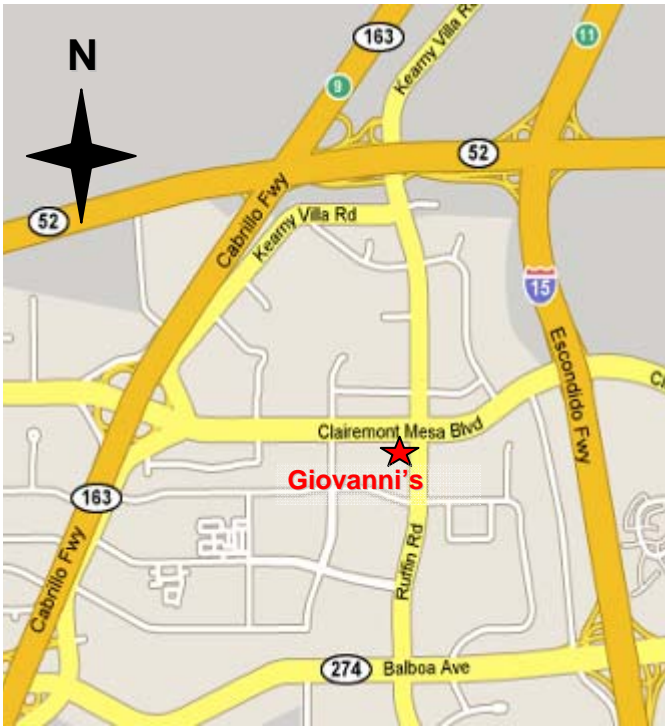
Rest - Rest is an important part of healthy living. Most adults regularly get less than the 7-9 hrs recommended. On dive days make it a point to be well rested and you'll feel better before & after diving.

Conservatism - Extended Safety Stops, Enriched Air, Deepest dives first, longer surface intervals, breaks during multiple days of diving, safety buffers to NDLs. There are multiple ways you can add conservatism to your diving.....and as you age, you should consider adding these and other methods to reduce your risk.

Hydration - Recent studies have indicated that dehydration can significantly increase the overall risk of severe DCS & pre-dive oral hydration decreases circulatory bubbles. As the CamelBak motto goes "Hydrate or Die". Of course plain old H₂O is still the best source to replenish your bodily fluids, and alcoholic beverages and caffeinated drinks have the opposite effect.

After a USN Treatment Table 6 with 2 extensions the diver makes a full recovery. Why did the diver get a DCS "hit"? No one knows for certain, the only contributing factor may have been a vigorous early morning surf session prior to diving.

So by all means enjoy the sport, but mitigate your risks!



DIVE CLUB MEETING LOCATION

1st Thursday of each month @ 7:00 P.M.
at

Giovanni's Italian Restaurant
9353 Clairemont Mesa Blvd

From 163 take Clairemont Mesa Blvd. East
From 15 take Clairemont Mesa Blvd. West
Giovanni's is on the South side of Clairemont Mesa
on the West side of Ruffin

Monthly raffle drawings!

January, April, July and October are the club's quarterly meetings and we will have a grand raffle prize.

The winning ticket is drawn from that evenings batch and from the previous two months.

***ONLY CURRENT CLUB MEMBERS ARE
ELIGIBLE TO WIN THE GRAND PRIZE!!!***

Dips, Tips and Trips

Send a description of your favorite local dive spot, your best Dive Tips or U/W Photo Tips, or a brief report or article describing your last Dive Trip. Each month we'll select and publish the best ones in the *Primary Regulator*.

Submit them electronically to, mthorn3478@aol.com no later than the 15th of each month. Submissions are subject to editing.

San Diego Dive Club
P.O. Box 81678
San Diego, CA 92138-1678

Check your mailing label to see if you need to renew your membership

