



Primary Regulator

San Diego Dive Club Newsletter

May 2012

www.sandiegodiveclub.com

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Jeff & Eve Burton,
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The President's Slate

Time once again for my yearly lecture on diving safely. Every issue of Scuba Diving magazine (and now, PADI's Sport Diver magazine) contains an instance of a diving accident which unfortunately in many cases results in a fatality. Thankfully, this month's article in Scuba Diving magazine has a happy ending with the diver's mild case of DCS being fully resolved after two chamber treatments despite the diver waiting six days before seeing a doctor. And the diver's only problem was trying to get in too much diving in the two days available to him. Despite waiting 30 hours between his last dive and flying DCS had already begun. The article points out that each diver and each dive is different and no matter how conservative we are, there is always the chance of problems. Think about it, we immerse ourselves into a hostile environment in order to enjoy ourselves. A contradiction? You betcha! But manageable with proper training, gear maintenance, and fitness. Every diving accident I've read in each magazine has described an incident which could have been easily prevented by paying attention to those three things along with using brain cells rather than ego to make a decision.

Here in our colder waters we are encumbered with a relatively large amount of gear in order to enjoy ourselves underwater while not getting too cold. Those of us who have been fortunate to dive in warm waters know very well the difference in our respective comfort and relaxation underwater between the two temperatures. In short, being warm is easy while being cold is work. That's why I personally always make a safety stop during every dive and my ascents, which sometimes include a deep stop, are slower than recommended. The longer my dive, or colder, or the harder I've worked, the longer my safety stop. So keep using those brain cells and we'll all continue to enjoy those wonderful trips to our club's Catalina watering hole known as Two Harbors.

Scott Brown, President

San Diego Dive Club Officers' 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 Calender's, 6950 Alvarado Canyon Rd, San Diego (619)465-1910

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. We need your new thoughts and ideas to keep our club fun and exciting.



Long Range Calendar

- May 5 & 6 Scuba Show, Long Beach,
www.ScubaShow.com.
- May 23 Club Dive, LJ Shores
Luau Potluck and Movie on the Beach,
with dive
- Aug. 4 Super Villain/Hero BBQ and Movie on
the Beach, bring desserts
- Sept. 9 Annual Carne/Pollo Asada with Movie
on the
Beach, bring desserts
- Sept. 22 3Rs, Childrens' Pool, SDDC hosts
- Dec. 1 Underwater Santa

May Meeting

Thursday, May 3 7pm at Giovanni's

No speaker info available at press time.

BUBBLES & BURGERS CLUB NIGHT DIVE Wed. May 23

Meet at 5:30 at the flagpole by the Life Guard Station at Kellogs Park, La Jolla Shores. For Advanced divers with night experience. SDDC will provide burgers for grilling before or after the dive. Please contact Kathy Bouic, Dive Master, for additional info and to RSVP to Kathy Bouic, at 619.318-1616, kbouic@ucsd.edu.



Photo by Randy Thomas

SDDC April Meeting

Photo of the Month Winner
Randy Thomas, Shrimp, LJ Shores

We enjoyed new member Mark's photos and tales of travel and diving in Australia, a presentation full of adventure, excitement and humor. We should all go to Australia! Two TED Talks rounded out the evening. The first, Deep Ocean Mysteries & Wonders, featured amazingly beautiful and startling creatures living in the deepest sections of the oceans. The pictures "wowed" everyone and we were actually quiet! The second talk, The Secret Life of Plankton, narrated by a dead fish discussing how plankton feed the largest animals in the ocean. Member Kathy Bouic reported on recent carbon monoxide poisonings in Cozumel, and risks. She indicated the "If you can taste the air, its bad-ABORT YOUR DIVE!", and to also be very aware of current, upwelling and downwelling. Member Barbara Lloyd entertained us with her P-38 video and lovely voice. She has requested any and all divers to bring her more recent pictures & videos of P-38, as hers is from 2005-2008.

Raffle Prizes & Winners

Kevin Lass	Dive knife
Scott Brown	Scuba Tuba. Mask-Slap Strap, Catalina Dive Card
Scott Anderson	BC Travel Hanger
Terri Thomas	Costa Rica T-shirt
Randy Thomas	Save-a-dive kit
JJ Swanson	Aqua Sox
Merrienne Dean	Hose guards
Steve Gardner	Tank Knocker & Wet Suit Lube. Night Glow Stick
Quarterly Prize-Scott Brown	Pop-up Wagon, Cooler, Towel, Beach Chair, Pop-up Tent shade, Sunscreen

Reported by Laura Brown, Secretary

SAN DIEGO DIVE CLUB DOES IT AGAIN!

Reported by Merrienne Dean

This year's annual Underwater Easter Egg Hunt and Pancake Breakfast was a rockin' success, with Mother Nature providing a beautiful sunny day and the SDDC providing approximately 150 breakfasts of pancakes, scrambled eggs, bacon & sausage. While 34 buddy teams hunted underwater for 141 colored plaster eggs, kids hunted for 300 candy filled eggs topside. Most buddy teams received prizes, in addition to the thrill of the hunt. Everyone had a great time diving, eating and hanging out with friends, including divers from South Orange County Scuba, Power Scuba, Bottom Bunch, San Diego Free Divers, Underwater Photographic Society, and the San Diego Lifeguards.

Breakfast at Kelloggs Park(photo by Barbie Lass)



The Hunt Begins (photo by Barbie Lass)



Council of Divers Meeting April 9, 2012

Reported by Barbie Lass, Community Rep

This month's guest was Gretchen Aston. You may remember Gretchen from her talk with SDDC about her Scuba Fit program. This program promotes fitness to help people become better divers. Padi has embraced this idea and created a new **ScubaFit® Diver Distinctive Specialty Course**. Gretchen is also the spokeswoman for a new project called "Dive the Coast". They are planning to have divers along the 1,000 miles of California coastline gearing up for the largest mass scuba dive sometime in 2013. They are currently working out the logistics for diving some of the inaccessible areas on the CA coastline and how to pull this project together. As Gretchen gets more information, she will be visiting local clubs meetings looking for volunteers and divers. Gretchen brought along Brandon Bethea, founder of the Fin Forward program that brings cancer survivors on shark dives. Brandon was there to get the word out to San Diegans about his program and support "Dive the Coast". Please check out the following websites for more information: Fit-diver.com, Divethecoast.com, Finforward.com.

The 3R's schedule will be released as soon as the Council completes organizing local dive clubs to support and provide snacks. The first 3R's will be at La Jolla Cove/Boomers on June 2nd. Please check the council website for more information: sddivers.com.

If you would like to know more about this month's speakers, the current APRL lawsuit and discover how you can express your opinions to the Coastal Committee at their July meeting, plan to attend the May 14th Council Meeting at the La Jolla Brewhouse at 6:30.



Two Harbors

Report & photo by Rich Burns

29 people joined our adventure to Two Harbors on the west end of Catalina Island. We headed out at dark thirty on Friday morning the 13th and returned on Monday afternoon. Since we venture over to Two Harbors only once a year we make this a 4 day weekend. Most of the travelers headed over on the Catalina Express, with a couple of people bringing their own boats. Friday brought a little bit of rain, followed by a lot of wind on Saturday. Sunday and Monday presented us with fantastic weather and the weekend was once again, well worth the trip. Diving was a little subdued due to weather conditions but there were plenty of other activities to keep everyone occupied, even quite a few sightings of the legendary Catalina Buffalo. If you missed out on this year's trip, don't fret as we have already reserved April 19th through the 22nd 2013 for our next trip to Two Harbors

Photo of the Month Contest Guidelines

The rules for this contest, enforced by the honor system, include:

The photographer and subject must be submersed in the same liquid at the same time the photo was taken

One picture per person per month

Display your picture as taken with your camera and lighting

Underwater pictures only (digital or film) taken since the last meeting

Cropping is OK, but please refrain from zooming in, and

No Software-based Enhancement before printing

This is a friendly contest, featuring framed underwater photos displayed at the club meeting. Anyone in attendance can vote; the winning photographer receives 5 raffle tickets plus the fame and appreciation of the SDDC. Each month's winning picture may be displayed at the club meeting with the previous month's winner, and featured in the newsletter. Competitors, consider placing your photos onto portable media to provide to the Newsletter Editor in the event you win so the photo may be featured in the newsletter; or send as attachment to

editor@sandiegodiveclub.com.

DIVE CLUB MEETING

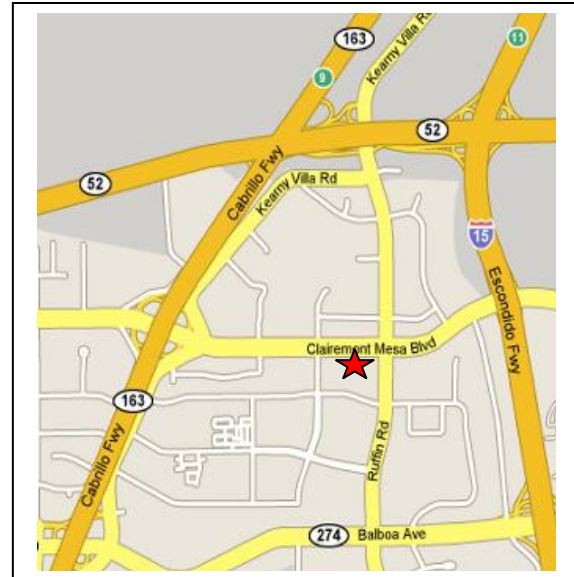
1st Thursday of each month @ 7:00 P.M.
at

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 evening's batch and from the previous two months. **ONLY CURRENT CLUB MEMBERS ARE ELLIGIBLE TO WIN THE QUARTERLY PRIZE!!!**



Dips, Tips and Trips

Please send descriptions of your favorite local dive spot, best dive tips or U/W photo tips, or brief reports or articles describing your last dive trip. Or? We'll select, edit, and publish them, as space allows. Please submit electronically by the 15th of the month prior to editor@sandiegodiveclub.com.

San Diego Dive Club Check Out These Benefits!!!

- 10% discount on non-sale dive gear & rentals, education classes, & boat charters at Sport Chalet.
- 10 free air fills and 10% discount on additional air at Sport Chalet.
- Quarterly buddy lists & Monthly newsletter.
- Meet new friends and dive buddies at monthly meetings & dives.
- Group travel to exotic diving locations.
- Ocean, lake, and beach cleanup events.
- Special member only events.
- Fantastic monthly and quarterly raffle prizes.