



the *Primary Regulator*

San Diego Dive Club Newsletter

November 2008

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President's Slate

As we pass into Fall and Winter its time to remember things what we are here for... ITS ELECTION TIME... we get to cast our wonderful ballots deciding the fate of a nation. We move towards this most crazy time with thousands of hours of ads, news coverage and commentary. We have been bombarded with so much information, misinformation, quotes, and such that are heads are reeling with the pure volume of its content. It is so close to being over... some time underwater is a relief from it all and gives one a time to marvel at the process that we have grown to love (or despise) as the case may be! But we exercise our rights....

Its not just coincidence that it shortly thereafter that it is then time to sit back and give thanks for all that you are grateful for. We could look at the Thanks created in the election OR not make it a political statement at all and look at our families, friends and other loved ones. For me... thanks for being around me and thanks for influencing my life in ways not ever imaged. Take care of all around you.

Its now time to go Blow bubbles!



Michael J. King

SAVE TREES!! SAVE TREES!! SAVE TREES!!

Still receiving the newsletter via snail mail? Did you know you can access it online at www.sandiegodiveclub.com? If you're receiving the newsletter via letter mail, have access to the internet, and would like to do your part for the environment. Email the editor now at mthorn3478@aol.com to change.

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****

Nov 1-8 Roatan Trip, Sport Chalet
Nov30-Dec7 Grand Cayman Trip, Sport Chalet

Dec 6 Scuba Santa, PL Sport Chalet

Dec 13/14 SDDC Disneyland Trip

Dec 21 Parade of Lights

Dec 25 Merry Christmas!!



At our last meeting...

TED Talks (Technology, Entertainment, Design). It began in 1984 as a conference bringing together people from those three worlds. Since then its scope has become ever broader.. We had three interesting talks about the Oceans... with some informative and even comical information.

Monthly Raffle Winners

Winner Name	Prize Won
Scott Anderson	Akona fin bag
Scott Brown	lobster diving/catching kit
Marriann Dean	pelican water proof case
Sandi Schankin	PrincetonTec torrent light
Paul Schankin	keychain with o-rings
Kevin Lass	waterproof playing cards
Shandi Magill	beanie
Leslie Alstrand	12 blue glow sticks
Kevin Lass	\$25 gift card Sports Chalet X2
Leslie Peariso	Yukon Dive Shirt
Scott Anderson	UK mini pocket light

Quarterly Drawing

Barbara Lloyd high pressure tank

PADI Specialty of the Month - November Underwater Navigator

PADI Diving Society Members can earn free gifts on the road to Master Scuba Diver when they complete PADI Specialty courses during the featured month.



\$3 OFF any \$15 purchase

OR

\$5 OFF any \$25 purchase

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

RealFlavorItag.com

GIOVANNI'S
RESTAURANT



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

Don't miss **Alberto Mantovani, President and CEO of DiveNav** at our next meeting...

Thursday, November 6th, 7pm at Giovannis

Alberto will be demonstrating eDiving™, the Virtual Underwater World SCUBA diving simulator.

With eDiving You can:

- virtually explore real marine locations
- share your underwater stories, images and videos
- plan your next underwater explorations
- find buddies that share Your dreams

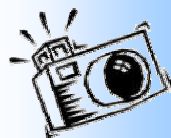
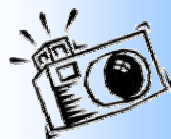
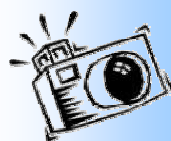
DIVING KNOWLEDGE QUIZ

The first person to respond to the editor (mthorn3478@aol.com) with the correct answer will receive **5 free raffle tickets** at the next regular club meeting. You must attend to receive your tickets. **Sorry, Dive Instructors not eligible.**

Q: At a depth of 82.5 feet in salt water a diver consumes how much more air per breath than at the surface.

A: Find out the answer & winner at the next Club Meeting.

Photo Tip of the Month



Digital vs Film – Remember that even the inexpensive 6-megapixel cameras give plenty of resolution for emailing, web paging, or even printing to 8x10 prints or larger. The other thing digital does is save me a ton of money! On a week long dive trip with 4-5 dives per day, and shooting film, that is 25 rolls of film per week. By the time you buy film and pay for developing it's about \$20 per roll - so that's a film cost of \$500 a week to shoot film! That is a lot to add to the cost of a trip and makes the payback and justification to buy that digital camera when you look at the savings! Perhaps more importantly than cost is that digital allows for better adjusting and thusly, getting better shots. If you use a film camera, you probably won't see the end result for a week. While when you shoot digital, you can see the shot instantly. You know a second later and can see if you got the shot or the fish's tail instead. You can just shoot again... then back on land you can download your camera and make some more adjustments and just delete the bad ones! Remember that deleting is OK.

~ Mike King



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.

September Photo Winner: Scott Brown, Kelp Channels, San Clemente

dan facts

Practical dive safety tips for divers.

Ear Problems? No Problem.

Pressure-related injuries to divers' ears and sinuses are the most common injuries reported to DAN each year. A little common sense will help you avoid such injuries.

Equalize

Equalize early and often; start on the surface with a gentle Valsalva maneuver. At the first sign of a problem, stop your descent until you have equalized. If you cannot equalize, ascend to a shallower depth and use a different equalization technique. Use frequent gentle equalizations; they are more effective than forceful equalization.

Avoiding Ear Problems

- Before entering the water or before descending, equalize.
- Descend slowly and steadily, and clear often.
- If you experience difficulty, stop your descent before you experience ear or sinus pain.
- Descend and equalize in a feet-first position.
- If you do experience pain or discomfort, ascend until you experience relief.
- Equalize early and often.

Can't equalize?

Got a broken nose, deviated septum or allergies or a history of ear infections? Don't dive until you have seen a doctor, and the problem is resolved. Use nasal sprays or oral medications to shrink swollen membranes and aid equalization.

Symptoms of damage to the ears and sinuses include:

- Ringing in the ears or hearing loss
- Nausea, vomiting, dizziness or vertigo
- Blood from the nose or ears
- Unresolved pain in ears or sinuses

If any of these symptoms occur during or after a dive, consult a physician before the next dive. Proper care and medication will aid your return to diving.

www.DiversAlertNetwork.org

Divers Helping Divers™



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

