

WWW.SOCDC.COM



JANUARY 2006

THE THEME FOR 2006 IS "ANYTHING IS POSSIBLE!"

In this issue...



Tons of winners and tons of prizes. Check out page 4 for a recap.



Kurt Lieber from the Ocean Defenders Alliance is our speaker this month. Kurt will be telling (and showing) us about their efforts in the Orange County area.

PRESIDENT'S CORNER



BY Konrad Fry

HAPPY NEW YEAR scuba divers and diverettes! The South Orange County Dive Club enters its 15<sup>th</sup> year in 2006. I have been privileged to be a member since 1993, newsletter editor and board member since 1995, dive coordinator since 1997 and President since 2001. In my 6<sup>th</sup> year as President I am amazed at what a wonderful organization the SOCDC has evolved into. When I started in 1993 I joined because I did not have anyone to dive with. I was certified in 1987 and did most of my dives in Hawaii and around the world. My dive buddy went the surfer route and I was stuck at home with no where to go. Whaaaaaahaaa! So I went to the Mission Viejo Sport Chalet and spoke to the scuba counter guy - Jon Lamb - who told me about the Sport Chalet Mission Viejo Dive Club. If I wanted to go diving, I could meet up with them and dive at least twice a month. My, how things have changed!

In 2005 we had dives scheduled almost every weekend and boat dives every month. We had 3 major picnics and a camping weekend and wine tasting. We acquired the Greater Orange County Dive Club members and their president, Tina Duarte became our VP of Fun. Our own Debbie Karimoto started up her OCdiving.com website and email list that lets our members and any other subscriber hook up for diving any day of the week. For those who are considering a dive, they can read the kick-by-kick reports from the posts there and know the up-to-the minute local diving news.

Our website changed dramatically as I built the ultimate marine/surf/weather tool for Orange County. When the rain storm hit us this weekend I could tell how bad it was going to be and what was coming next. Did you know that we have about 170

fully paid members and average over 2000 hits per month on the website? The hits continue to rise even though we do not advertise it outside of our membership.

2006 will be my year of diving quality sites. I have 476 logged dives and want to make the swim-to-500-dives special so we will have varied and hopefully excellent 11 AM dives on Saturdays. My goal is to do La Jolla Cove, 1000 Steps, White Point, Malibu and maybe a Monterey / Paso Robles camp-and-dive to get to 500 dives.

Laurel stepped down as dive boat coordinator. She has way too much to do and we are eternally grateful to her for her dedication over 3 years putting the SOCDC on the finest boat trips I have ever experienced. We all are in Laurel's debt for her masterful coordination with the boat captains.

Our own Wendy Taylor will take over as Dive Boat Coordinator. Sandra Thornton is Club Secretary and Theresa Boehm is Membership Director. We will try to get the club database on-line to make it easier for you to change your email and contact information and download the membership

forms.

Be sure to get involved with the Avalon Harbor Cleanup weekend. The Cleanup will be on Saturday, February 25. We have 4 condos reserved and are working on a 5<sup>th</sup>! That is a record for the SOCDC! Bill Thornton has made this a major happening for our club and we are very happy to participate in the cleanup and subsequent Luau Larry's subterfuge. I can't wait for this one.

The SOCDC has been the largest private contributor to the Catalina Hyperbaric Chamber Fund for the last two years and we would like to make it there this year as well. \$5 dollars from each new and renewal membership goes to the chamber fund but we need private contributions from you as well. Don Spencer will make it all happen starting with the January meeting.

Our international dive trip will be in Fiji. This is a first for the SOCDC. Dr. Debbie Hill-Titus set up the trip with Scott Raish and then Debbie Karimoto got us an EVEN LOWER PRICE!!! How incredible. I have only landed at the airport on the way to New Zealand and never dove Fiji. Here is my chance and yours, as well. The resort is

incredible and the food out of this world.

We may finally do a Whale Watch in Guerrero Negro with a wine tasting south of Ensenada in March. This would be a 3-day weekend with a lot of driving but lifetime experiences. I need to get an idea of how many may be interested. We would have to leave EARLY Friday (3 AM) and drive straight to Guerrero Negro, Baja Sur, Mexico (500 mi), touch the baby whales on Saturday, drive to El Rosario in the afternoon. Wine taste the San Tomas Valley south of Ensenada Sunday morning and return that evening. Crazy! But fun.

The theme for 2006 is ANYTHING IS POSSIBLE.

Is there something you want the SOCDC to do? We are open to all suggestions. Let us know and we will find a way to do it. After all, we gotta dive!

Now let's see how good the job market is getting so I can afford all of this!

Siempre Presidente,

*Konrad*

## Upcoming Events

**Wednesday, January 11th** **SOCDC January Meeting:** Kurt Lieber & Ocean Defenders Alliance (ODA) remove abandoned commercial fishing gear. This "ghost" gear continues to harm and kill marine wildlife long after it is discarded on the bottom of our beautiful underwater habitat. For more information please take a look at the ODA website at: [www.oceandefenders.org](http://www.oceandefenders.org).

**Friday – Sunday, February 24-26th** **Avalon Harbor Cleanup Weekend.** We have 4 condos reserved and Bill would like someone to spearhead a 5th. All SOCDC members are welcome to come by on Saturday afternoon for our condo get-together after the cleanup dive. Please contact Bill Thornton for more details: [h2othornton@yahoo.com](mailto:h2othornton@yahoo.com)

**Wednesday, May 3rd** **Chamber Day**

**August 3rd - 12th** **Fiji @ Beqa Resort** The new lower price is only \$2,400!

# *Fiji Trip, August 3<sup>rd</sup>-12<sup>th</sup>*



## **Beqa Lagoon Resort in Fiji**

### **NEW LOWER PRICES!**

Trip includes:

- Round trip airfare LAX – Fiji
- Transfers to/from Beqa Lagoon Resort
- Accommodations (2 people per bure)
- 5 days of 2 tank boat dives
- Unlimited shore diving
- Ocean kayaks for use
- Three gourmet meals daily

\$2276 – diver plus \$124 airline fuel surcharge (total of \$2400)

\$2076 – non-diver plus \$124 airline fuel surcharge (total of \$2200)

Now accepting \$500 deposit (\$250 non-refundable)

Contact: Scott Raish at [salr@cox.net](mailto:salr@cox.net) for further information

OUR HOLIDAY PARTY WAS  
A GREAT EVENING TO  
CELEBRATE A GREAT YEAR.

*Wow...Don and Bruce  
got some great prizes  
for the raffle...and  
they got "tons" of  
them...GREAT JOB  
Guys!*



WWW.SOCIDC.COM



# SCUBA SCUTTLEBUTT: Diving Updates & December Raffle Winners

*By Debbie Karimoto*

**H**appy New Year  
Divers!

**Squid** - There have been recent reports of mating squid and squid egg casings at Catalina, Redondo Canyon and La Jolla Canyon. While not a huge squid run quite yet, it can be a great diving experience to witness this cephalopod reproductive dance and I look forward to seeing it for myself!

**Abalone** – Surprisingly, the California Fish & Game Commission approved a plan to consider re-opening SoCal waters to a limited commercial fishery for abalone. I expect this will be an interesting year as various stakeholders debate the merits of this proposal. If you have an interest in this topic stay tuned at <http://www.OCdiving.com> where we'll be sure to keep everyone updated on the process. I'd *really* like to hear from you if you have an opinion on the merits of re-opening abalone to commercial fishers here in Southern California.

**Dive Boats** - Wendy Taylor is our new dive boat coordinator and is busy setting up our 2006 dive boat schedule. She has the following dates set aside and now you can help determine the destinations

for some of the trips! Save the dates on your calendar now and contact Wendy at: [socdcdiveboat@hotmail.com](mailto:socdcdiveboat@hotmail.com) right away to give your thoughts on where we should go. She'll also discuss the dive boat itinerary at our meeting on Wednesday. Be there!

**Sundiver**

April 16 (Sunday) Easter at Farnsworth!

August 19 (Saturday) This could be a 2 day trip - Friday and Saturday

October 22 (Sunday) Where do you want to go?

**Peace Dive Boat**

December 17 (Sunday)

**Fiji trip** – This promises to be a fantastic dive trip for our club! You've seen it before but I'll repeat it: The price has been reduced and is now an even better bargain than it was before! Scott Raish, our Fiji dive coordinator, was enthusiastic about looking into a better price for us after I notified him that another local dive club is doing to same trip and was quoting a better price. Thanks Scott!

**OCOF** – The OC Ships2Reefs group has changed their name to Orange County Ocean Foundation and will be very active in 2006 to achieve their primary goal of sinking a ship off our Orange County coast. Every diver in Orange County

can benefit from the efforts of this group and I hope all will help to make it happen. Stay tuned for more info!

**Fitness** – How many of you indulged a little over the holidays? I know I sure did! Dive fitness is important for many reasons so let's resolve to get it together and increase our cardio fitness, reduce our middles, and fit into our exposure suits with ease. The basics are important – move more, eat less! It's simple, right? With increased fitness we'll enjoy easier stair climbing for beach dives, easier surface swims, better bottom times, and look good, too! We'll all have more fun in and out of the water if we get into better shape. Make 2006 your year for better fitness!

*Debbie Karimoto*

[deb@OCdiving.com](mailto:deb@OCdiving.com)

## USC Catalina Hyperbaric Chamber: 2006 Class Schedule

Each year the USC Catalina Hyperbaric Chamber offers a limited number of classes to divers wishing to increase their knowledge and skills beyond what is covered in most recreational dive training classes, even instructor training. Any diver, at any level, who wishes

to expand their understanding of diving physics, physiology, decompression, accident management, and hyperbaric treatment, can sign up for any of the following classes:

### **Emergency Diving Accident Management (EDAM)**

Offered two times in 2006 on March 19-24 and July 23-28  
Information on the EDAM class can be found at:  
<http://wrigley.usc.edu/hyperbaric/EDAMINFO.HTM>

### **Emergency Response Diver (ERD)**

Offered once in 2006 on October 22-27  
Information on the ERD class can be found at:

<http://wrigley.usc.edu/hyperbaric/ERDINFO.HTM>

### **Advanced Decompression Physiology**

Offered once in 2006 on September 16-17  
Information on the Advanced Decompression Physiology Class can be found at:  
<http://wrigley.usc.edu/hyperbaric/advdeco.htm>

Space is limited for these classes.  
If you have any questions about these classes please direct e-mail queries to [chamber@usc.edu](mailto:chamber@usc.edu) and phone queries to 310-510-4020.

## *This Month's Speaker*

**Ocean Defenders Alliance (ODA)** is a volunteer grassroots, non-profit marine conservation organization dedicated to protecting Southern California's underwater world from dangerous man-made objects that threaten marine wildlife on reefs and seabeds.

Our first project, initiated early Summer of 2004, is working in the field to remove lost and abandoned commercial fishing gear such as lobster traps, weights, nets, line and other non-natural items (including basic trash) that is too often found near many important reef systems.

Derelict fishing gear continues to trap and kill sea life long after it becomes abandoned by the fishermen. Lobster traps often become "lost" when the float line is accidentally cut by a passing boat propeller, or abandoned if the gear becomes snared on the reef. Lost traps, line and nets can (and do) continue to kill lobsters and fish for years if not salvaged and are a threat to the reef system in many ways.

Kurt Lieber will be talking about the impact that abandoned fishing gear has on the local underwater habitat and what Ocean Defense Alliance is doing to remove this "ghost gear". Also on the menu will be a short discussion on the loss of biological diversity in Southern California and the effects it is having on the underwater world.

**OCEAN DEFENDERS ALLIANCE**

Protecting and Restoring California's Underwater World

Ocean Defenders Alliance (ODA) is a volunteer, grassroots marine conservation organization based in Orange County, California. ODA strives to make our coastal waters safer for ocean wildlife by removing dangerous man-made objects from the sea floor, especially abandoned commercial fishing gear that poses a threat to marine mammals, fish, invertebrates and reef systems. ODA carefully liberates marine animals helplessly trapped in derelict gear that needlessly contribute to capture and kill. [Learn more about ODA.](http://www.oceandefenders.org)

<http://www.oceandefenders.org/>



## Ask Dr. Debbie...

### Common Dive Related Injuries: Common Misconceptions as to How to Handle Them.

By Debra A. Hill, MD

**WE ALL KNOW** what to do to prevent injuries such as cuts, scrapes, stings, and muscle strains, i.e. use good buoyancy control, wear gloves, don't touch marine life, and stay fit and strong to avoid back injury when hoofing gear. But, there are times when these injuries can't be easily avoided, and once they occur it's valuable to know what to do to avoid the worst case scenarios that can occur from seemingly minor injuries.

#### Cuts and Scrapes:

The most common marine injuries are cuts and scrapes from contact with the reef and its marine life. Basic wound care is essentially the same no matter what has caused the injury. A minor kitchen knife wound and a cut from being tossed into the reef from severe surge both result in bleeding and risk infection. But marine related cuts or scrapes expose one to much higher levels of bacteria. So even seemingly minor cuts or scrapes can result in serious infection if not properly cleaned and cared for.

**Step 1:** Assess the wound for foreign objects by rinsing the area with fresh water.

**Step 2:** Carefully remove any foreign object.

**Step 3:** Apply pressure directly to the wound to stop bleeding. If bleeding persists or the wound is jagged or gaping, stitches may be required and proceeding to an emergency room is indicated.

**Step 4:** Clean the wound. Begin by rinsing with fresh water and then rub the inside of the wound with clean gauze or a clean wet cloth. The scrubbing of the wound removes much more of the bacteria than rinsing alone. After scrubbing, rinse with fresh water again or use 10% Povidone iodine solution. Contrary to popular belief, a wound cleansing solution does not have to sting to be effective. Also, squeezing a wound to make it bleed more does not decrease the risk of infection either.

**Step 5:** Apply topical antibiotic ointment such as Bacitracin (which can be purchased over the counter).

**Step 6:** Apply a clean bandage.

**Step 7:** Always change the bandage daily and check for evidence of redness or swelling as those signs indicate infection.

**Step 8:** If redness, swelling, warmth over the wound, pus-like drainage or fever occur, seek medical evaluation as this may require oral antibiotics to treat infection.

#### **DID YOU KNOW:**

**Location of the wound impacts the risk of infection.** Wounds on the face and scalp are less likely to become infected as compared to wounds on the hands or feet. This is because scalp wounds require more bacteria to become infected than hand wounds.

**Type of wound impacts the risk of infection.** Crush injuries are more likely to become infected than sharp cuts.

**Foreign objects left in a wound increase the risk of infection.** Wounds with foreign objects in them need less bacteria to start an infection than wounds without anything in them.

**Even the best cleaning doesn't prevent swelling and redness.** Sometimes a wound may be complicated by toxins that create a localized allergic reaction that causes swelling and redness.

## My Halibut Bite Story:

Several weeks ago I was diving at the Long Beach Aquarium of the Pacific and feeding the halibut in the Blue Cavern exhibit. One of those eagerly-eating halibut known as ambush predators grabbed the squid from me so aggressively that it also bit my hand just behind my right first finger knuckle. The bite was extremely painful—kind of like having needles shoved right through my hand.

When I surfaced to clean the wound it looked like three little red dots on the surface of my skin. They didn't bleed much and there was hardly any broken skin to speak of. But about four hours later the back of my hand began to look like that of the Pillsbury dough boy, and about two hours after that it looked blackish and even more puffed up—like a half of a grapefruit. It was very tender to the touch.

The hand can be a serious place for infection because the smaller compartments in the hand don't have much place

to expand when infected and tissues can begin to die from pressure within.

I began to get quite concerned about possible serious infection in view of these symptoms. So, I called a friend of mine who is an orthopedic surgeon specializing in hand injuries and hand surgery. He said that there is a high bacteria count in the mouths of most fish and that there can also be mild toxins that can cause a rapid localized swelling like I was experiencing. He recommended immediate oral antibiotics, which I fortunately had at home left over from a recent trip in which I'd taken them along for emergencies. His instructions were to definitely call if the swelling and darkened color of the skin on the back of my hand worsened over the next 24 hours after beginning the antibiotics.

Fortunately, the symptoms stabilized and it took about 5 days for my hand to look normal again—and about two weeks for the numbness that I had around the area of the tooth punctures to remit.

Now not all of you are feeding squid to halibut on your local dives but I caution you to avoid breaking up urchins to attract garibaldi and sheephead. You never know when a bite from one of these lovely guys could cause a similar local toxic reaction or infection.

This is the first of a series of articles that I will be writing on Common Dive Related Injuries. If you have a dive related injury that you'd like to share or a question as to how to handle a particular dive related injury, please email it to me and I will be happy to include it in my future articles.

***Prevention is always the best course of action, but to avoid wounding one's pride, remember accidents do happen no matter how careful we are.***

Happy diving as always and Happy New Year!

All the best,

*Debra A. Hill, MD*

## *First Aid items to add to your dive kit:*

**Povidone 10% iodine solution**  
**Bacitracin**  
**Bottled water**  
**Small scissors**  
**Tweezers (to remove foreign objects)**  
**Ziplock bag with some 4 x 4 inch gauze pads**  
**Band-aids (all sizes, large to small)**  
**Clear bandage tape**

*Meeting is January 11<sup>th</sup> 6:30 at...*



**Come join us Wednesday Night  
for Good Food and Good Friends!**

*Please give your support to all of the people who support us...the dive shops, Fuddruckers and all of our diving friends....*



## *Holiday Party Winner List*

Pearls - Gary Cornell	Dive Watch - Susan Wright
Tank - John Doyle	DVD/VCR Recorder - Don Spencer
Speargun - Nathan Wiederman	RCA Turntable/CD player/radio - Kevin Glenn
Binoculars - Gary Cornell	Emerson 20 inch flat screen TV - Tom Mannon
Portable DVD Player - Gary Cornell	Sherwood BC - Gary Cornell
Wreck diving reel - Matt Rogers	UK Hard Scuba Case - Jeff Reitz
Dive Knife - Jeff Buchman	Uwatec Dive Computer - John Doyle
Dive Parka - DJ Strong	JVC 32 inch flat screen TV - Derek Karimoto
George Foreman Grill/Rotisserie - Kevin Glenn	
Wine/Wine Glasses/Rack - Laurel Valker	\$30 Cash - Matt Herndon