



JUNE 2007

TONS OF FUN FOR THE SUMMER!

SUMMMER IS HERE and the diving is easy! This is an auspicious month because on July 11th, the night of our SOCDC July meeting, we will celebrate my 20th year of diving and the Club's 18th year of...clubbing!

PRESIDENT'S CORNER

BY
Konrad Fry



I have already gone into all the places I went diving so I will devote this article to what it is like to dive after 20 years and what knowledge I have gained. The first thing I have noticed is that no matter how bad a shore diver you are, if you shore dive in California, you can dive anywhere in the world. Bad vis, kelp struggles and big surf offer enough skills testing for the toughest diver. When I was in Egypt at Nauuma Bay, the boat captain was not going to let me dive without my logbook. After describing my California diving with wrecks, reefs, rips, rocks, heavy surf, and general mayhem, he said, get on board, you can dive here easily.

The second thing I have learned is that there is no where else on Earth that has so many dive facilities and equipment manufacturers as Southern California. We are truly spoiled with what is available to us. Imagine being in Iowa and trying to get your reg serviced. We can pop down to one of six Sport Chalets, 4 Beach City Scubas, Laguna Sea Sports and All Things Scuba and get it done, maybe in the same afternoon. After throwing myself into the art of fishing, I have discovered another geographic advantage to Southern California. The top fishing manufactures are here as well. Why? Because, thanks to Zane Grey in the 1920's, this is the place where Deep Sea Fishing started. Add the two things together and you will realize that Orange County sits next to one of the most fascinating parts of the Pacific Ocean in the World. We have extraordinary sea life due to the cold Alaskan Current from the North that travels South outside the Channel Islands and the warm Mexican Current that runs from the South and travels North across our coast. What makes this interesting is that baitfish and squid cannot tolerate major temperature changes so where the two currents meet, not only does upwelling occur bringing nutrients to the bait fish, but they hit a wall they cannot cross and pelagic fish (Yellowtail, Tuna, Swordfish, Marlin, Mako, Blue and Thresher Shark) push the baitfish against that temperature wall and make bait balls. They then proceed to rush in the middle and chomp down until the whales arrive and eat the whole thing. This is the mechanism that drives life in our seas and it all happens right off our coast!

Another great lesson in 20 years of diving is that the SOCDC is one of the best places to meet dive buddies in Southern California. We have more 100+

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dive divers in our group than ever before. We have taken more boat trips and international trips than ever before and if you ever need a dive buddy, our own Debbie Karimoto has solved the buddy list problem with her awesome www.OCDiving.com . Now anyone can hookup and go diving that day. Reading everyone's posts give you an idea of their skill level and what to expect. Diving can throw you many curve balls with equipment failure and changes in conditions. You do not need to worry about your dive buddy on top of that. Congratulations, you just happen to be a member of the greatest group of dive buddies possible ;-)

The last lesson I will impart is that you have to keep diving. I have been diving regularly every years except one when I thought arrogantly that I would only do warm water diving. This was my in-between year of losing my regular dive buddy in Long Beach to surfing (don't ask) and not being a club member. When I joined the Sport Chalet Dive Club of Mission Viejo (now SOCDC) I could not believe how much diving I missed out on. There are so many options here it is amazing. I have met so many friends and had extraordinary life experiences that would never have happened if I started....golfing instead.

Happy Anniversary SOCDC and Me!

-Konrad





DON'T FORGET TO BRING YOUR OLD RAFFLE TICKETS - THIS MONTH IS THE QUARTERLY AND AN OLD "LOSER" COULD BE A GIANT WINNER!



THIS MONTH'S SPEAKERS **THOMAS JASKULSKI**

By Paul Miller

Tom will be talking to us about cave diving and showing us the film, *Facing Darkness*, the film is about the dangers and beauty of Cave diving, It shows a different view of the sport. Since my talk is about the Hole this looks very good and entertaining.

Thomas Jaskulski is a medical professional and underwater educator with over 40 years leadership experience in the areas of dive instruction, scientific dive research, law enforcement and community service on a local, regional and national level.

He has worked as a Respiratory Therapist, and as a Supervisor of Pulmonary Services at the Desert Regional Medical Center in Palm Springs. In addition Thomas also was the owner of California Skin diving Schools in Palm Springs. More recently he has taken on the position as the Regional Healthcare Manager for Lincare in Palm Springs.

Here's a good background in his own words:

"In 1982 I was the original founder of and director for the Riverside County (California) Sheriffs Department dive team. I held this position for 20 years. This was a totally non-paid position, and even at times it was an " At your own expense " organization. I was responsible for the training of underwater search and recovery techniques, safety, and the success of these type operations. In that time period, this department has never had an injury in almost 100 missions. The sheriffs department has now gone to a full time officer search and recovery team. I currently still remain an active volunteer for the team.

In 1992 I started a " Safety Diver " Program for the " Devil's Hole Project " in the Death Valley National Park. This is an extremely restricted, highly sensitive, body of water, in an extended overhead environment. It contains an extremely rare fish" The Devils Hole Pupfish " (Cyprinodon Diabolis). I am

the Diving Safety Officer for a team of scientists and safety divers that are the only people on earth allowed to dive there. This also is a non-paid position. In fact until this last year I was paying out of my own pocket for most of the traveling expenses for the volunteer safety divers for the every 2-3 month dives there. The park service has now implemented a program to pay for our expenses. I also participate in the "Devil's Hole Recovery Team". This group is chaired by such organizations as: The National Parks Service, US Fish and Wildlife, Nevada Department of Wildlife, Southern Nevada Water Authority, US Geological Service, University of Nevada Las Vegas, and Southern Oregon University.

In 2001 I started the Dive Mentor program through the local dive shop "Get Wet Scuba " (A DAN member store) This program was created for certified divers that were either: 1) Certified, but felt that they were not proficient enough in their skills to be comfortable in the open water environment. 2) Certified divers that have not been diving for a while and needed a safe place to practice and someone to watch over them and show them new techniques and equipment. 3) Certified divers that were looking for a safe place to work out and test new equipment. These classes are held on Sunday mornings at the city pool. Participants pay only for the use of the pool. My time and the time of the other volunteer mentors are all donated. The efforts produce a diver that now may dive and not a diver that talks about what they used to do or what could have been. The true cost that the participant pays is their time and their effort. All of the participants are encouraged to

return to the program after completion so that they can be a mentor, for a participant.

2004 began my 40th year of diving. I have over 6,500 logged dives in many parts of the world. All of my efforts to produce a safe Search and Recovery diver, a safe scientific diver, or a safe Sport diver are but a small price to pay for all of my adventures. The cost to me has not been measured in dollars but in time and effort. The greatness of a dive instructor is not measured in the amount of Diving Students that they have certified, it is measure in how many Dive students that they have taught to “ **BE SAFE** “.

DIVING AFFILIATIONS, HONORS AND DESIGNATIONS

2004 – DAN Rolex Diver of the Year,
2003 – Abe Davis, NSS-CDS
2003 – DAN Rolex Diver of the Year, Nominee
2001 – DAN Rolex Diver of the Year, Nominee
2000 – Wakulla Award, NACD
2000 – DAN Rolex Diver of the Year, Nominee
2000 – NSS/CDS 100 Full Cave Dives completed
1999 – DAN Outstanding Volunteer Award
1999 – DAN Rolex Diver of the Year, Nominee
1998 – DAN Rolex Diver of the Year, Nominee
1993 – SSI Platinum Diver (5000 Dives completed) designation
1982 – Present: DAN Volunteer Guest Lecturer
1973 – Present: Regular Contributor to PAAAADI Journal, other dive publications

UNDERWATER VIDEOGRAPHY FOR:

1994 – Discovery Channel “World of Wonder”
1995 – National Park Service Production “Vital Signs”
1995 – University of Alabama “Endangered Species” Documentary
1998 – Las Vegas Channel 8 News “Devils Hole Pupfish Project”
1999 – Los Angeles Channel 9 News “Salton Sea Project”

DEVILS HOLE II PROJECT DEATH VALLEY NATIONAL PARK

BRIEF DESCRIPTION OF PROJECT ACTIVITY, AND OBJECTIVES OF PLANNED DIVES:

Since it’s inception into the Death Valley National Park, Scientists, Researchers and Resource Managers have wanted to know the true size, direction, and contents of the Devils Hole Cave System.

With the availability of specially trained cave divers, and their sophisticated equipment the exploration, recording, mapping and filming of this system can be accomplished. The understanding of the true size of this system will give us the knowledge in the possible fragility to all, of the environment of the Amargosa Valley.

This activity should have no effect on 2 rare species of animals who reside in the system:

The Devils Hole Pupfish and the Townsend’s long-eared Bat. The dive operations will be conducted in the Devils Hole II from the months of September to March when the Bat is not in the system. The divers will only be exploring the “true” cave of the Devils Hole and will not enter the cavern system of the Devils Hole I where the Pup Fish resides.

With the knowledge gathered in this project we can understand the relationship of this body of water to all who

reside in the Amargosa Valley.

The project will be divided into two (2) Phases:

Phase I:

Training (Sport of Rappelling) and Dry entries into the Devils Hole II:

Est. Start Date September, 2007 until March 2008

Cost: Transportation costs and housing of personnel.

All personnel involved with “Hands on work” will be trained and authorized by Mr. David Ek of the National Park Service or his designee. All equipment involved in the entry of the Devils Hole II will also be inspected and authorized by Mr. David Ek or his designee.

The Dry Entries are designed for fact finding and information gathering on the safe entries and exits from the system. It is used to understand and prepare for the complications, hazards and technicalities of this type of project in the cave environment. It should be divided into two (2) parts:

1) Entries 1 & 2, prior to January 2008. These will be fact finding, and measuring missions designed to introduce the Team Members to the Cave System and examine it for the introduction of cave Diving and Surface Support Equipment. It will also be the time for the generation of an Emergency Action Plan in case of an injury.

2) Entries 3-4 (Possibly 5) from January to March, 2008. Will be the testing of the experiences learned on the previous entries, the introduction of and testing of some support equipment, plus the storage of some of the equipment for the future underwater exploration of the Underwater System.

PHASE II:

Est. Start date September 2008 until? (Long Term Project, due to limited availability of system)

Cost: May be off set by Grants, donations of equipment from professional organizations in

the industry, plus possible re-imburement from various media for their usage of recordings and documentation of the project. Most of the equipment for the exploration, filming and mapping is already available from staffing personnel. Some other equipment can be donated from professional manufactures.

May require from 12 – 15 divers. This will give us sufficient personnel to guard against delays due to illness, injury, family emergencies or other commitments.

ALL DIVERS entering the Devils Hole System will be under the Direct Supervision of the Dive Safety Officer. ALL Equipment will be inspected by the Diving Safety Officer prior to Entry to the Devils Hole System. ALL Rules of the National Parks Service Dive Program and the National Speleological Society, Cave Diving Section will also be monitored. ALL Divers must show proof of having dove and worked in a true Cave Environment in the last year to that dive.

The project will explore, document, map and record the Devils Hole Cave System on a Horizontal plain to a Maximum Operating Depth (MOD) of 130 ft., to understand the true size, direction and scope of the system. Other information may be gathered at that time (water samples etc). The safety of ALL personnel (Divers and surface support) is paramount at all times in the system. Emergency medical equipment will be on site when ever an entry is made. Upon a completion of exploration for the day or the season (January to March) some support equipment may be left in the cave, covered to prevent damage to the cave.

Since this will be a long term project the off time (April to September) will be used to collect and analyze data collected, review safety procedures, and use the information gathered to plan for the next goal.



Summer Dive Boats —

What's happening at SOCDC

By Wendy Taylor

Wendy's Dive Boat Trips

Magician to San Clemente Island

Sunday July 29rd

11 spots on the Magician for our club. We are splitting boat with Aqua Adventures Open Water Class.

7 spots are left on our list.

\$135 members, \$140 non-members includes food, and air.

You need to bring all your gear on this boat. That means tanks are not provided.

Boat leaves at 1am and returns at 5:30-6:30pm.

You can board the night before after 7:00pm.

Check <http://www.magician.com/> for directions to it's location in San Pedro.

Sundiver to Santa Barbara Island

Saturday August 18th

\$140 members, \$150 non-members includes food, tanks and air.

\$50 for non-divers includes food and a great day out on the water

Boat leaves at 6:00AM returns 5-6PM from Alamitos Bay check <http://www.sundiver.net/> for directions

Can board the night before, after 8:00PM

Wine tasting on trip home, anyone on the boat can participant. If you choose to join the tasting, all that is required is a bottle to share. Also bring a wine glass if you would like to taste in style. The theme of the wine tasting is "Orange County Fair Gold Award Winners". This will be a blind tasting with ballots for all participants score. The owners of the most popular wines will receive Awards.

SOCDC Summer Activities

07.14.07 10 AM Dive 1000 Steps!

07.29.07 10 AM SUNDAY dive Seal Rock / Crescent Bay **Girls Gone Diving**

Shore diving especially for women!

debra@divein.tv

Raftups

07.21.07 Dana Point Harbor Dale_Laube@instron.com

International Dive Trip

08.04 .07 [Fantasy Island Roatan!](#) \$1695 Amazing value, super diving!

email Tom_Dunbar ASAP. Final payment due June 1st 2007

Other Fun Activities

07.05 - 08.07 Kern River Camp out and White Water Rafting.

08.TBD.07 Surf & Turf Day (dive La Jolla and picnic @ Del Mar Race Track

07.28.07 Tina Duate's Temecula Wine Crawl



Ask Dr. Debbie... Stress and the Experienced Diver

By Debra A. Hill, MD

A FRIEND OF MINE RECENTLY TOLD me of how she and her husband rented gear- with plans for a relaxing dive in Maui. She was laughing at first when she started to tell me the story, about the gear not fitting right and of being improperly weighted, but then she got a bit more serious as she said she noticed she was breathing really fast and began to worry that she would over-breathe her regulator--she noticed she was going through air rather fast, and her mask was leaking--she toughed out the dive, and didn't enjoy it that much. When she surfaced her husband was complaining that he could hardly breathe because his wetsuit was so tight, and it was pulling up so tight in the crotch he thought he was going to be singing a high C by the time he surfaced. He kept saying to her that he felt sooo, stupid, and how he couldn't believe it. So, here their plans for a relaxing little dive in Maui turned into an exercise in feeling stupid while fighting with their gear and buoyancy.

Many people think of going diving as a way to relax, and it certainly can be, but how many of us have gone into a dive expecting that, and had the opposite experience. This kind of thing can happen when we have experiences that we weren't expecting to happen.

So many divers are seasonal divers and go out and buy or rent gear that they are unfamiliar with as summer approaches for their summer dive vacation. These are often experienced

divers, and they get into the water with gear that feels different, they haven't been in the water in awhile, and yet they have been diving say for 15-20 years, and they are fumbling around. Their breathing rate goes up, their heart rate goes up, and they begin to put out a lot of adrenaline. High amounts of adrenaline in our systems have an impact on our brain causing us to be unable to remember things that we otherwise would know --we begin to get confused, make poor decisions, and can get ourselves into a lot of trouble.

Ways to deal with this at the moment are to remind ourselves that number one, it is normal to feel a bit awkward with new gear, and stop expecting ourselves to not fumble around a bit. When we change our expectation we are in less emotional conflict and can slow down and be patient with ourselves and begin to think and get oriented, and problem solve at the time. Of course, it's also important to remind ourselves that just because we are experienced divers, that we don't have to prove our own machismo or machismo by continuing to struggle with gear that doesn't feel right. Be bold, abort the dive--that is a diver who has courage and is truly acting on their experience wisely.

Another way to decrease this kind of stress is to always remember to start with slowing your breathing down. We do this on land too when we need to de-stress. We take long, deep, slow breaths. This slows the heart rate too and

allows the amount of released epinephrine to decrease and our brains to become more accessible to clear thinking.

But, truly the way to minimize the stress of new gear, or unfamiliar rental gear is to get acquainted with it in advance of the dive. Get into a pool or shallow protected reef ahead of time. A pool is the best of course. And focus on one thing at a time. If you can have at least your own mask, that can make a world of difference. Being able to see and to breath underwater without trouble is what give us the stress free experience of the underwater world. When your mask is leaking and you can't see out of it comfortably--it undermines your original intent altogether of having a stress free experience of being able to breath easily and see clearly underwater. So, I definitley recommend that you have your own mask that you are very familiar with, that fits well, doesn't leak, and gives you the kind of visibility that you like and feel comfortable with.

Being able to experience the amazing sea life and then share your dive experiences with friends is what diving is all about--expanding one's sense of community in the world--both underwater, and on land. As a result of my conviction about this, I produce a series of DVD's called Ocean's Alive which are about learning to recognize and understand bits of info about life under the sea. We have two DVD's in the series one on Catalina Marine Life, and a second on Marine Life of Fiji. We are currently working on a third in the series which will be on Marine Life of Indonesia. The DVD's are interactive and one can view short clips of the animals that you've seen on your dive--which is great if you only have a short time to view the DVD. It can be viewed as continuos play of the entire DVD as well.

We also, produce another series of DVD's about Diver's telling their most memorable scuba stories called, Clam Chowder for the Scuba Diver's Soul. The first in the series was launched last month at the Long Beach Scuba Show. It too is interactive in that you can view it either continuously or you can view the stories individually.

So that you can enjoy seeing amazing underwater marine life and be able to share great stories with your friends, be sure to familiarize yourself with the gear that you will be diving for your summer vacation dive trip, even if you are an eperienced diver. Bring your own familiar mask, know the weight you need for your suit, know your computer, and be familiar with everything on your BC. This will keep you safe, free from feeling like a total dweeb, and let you focus on enjoying what you are seeing and experiencing on your dive.

Happy and Safe Diving!

Yours Truly.

Debbie Hill Titus , M.D.

Meeting is July 11th at 6:30 - Fudd's

***Bring your "losing"
raffle tickets to the
meeting this month...
you could be a WINNER!***



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

