



Laguna Sea Dwellers

Monthly Edition

The Orange County Dive Club

July 2007

July's Guest Speaker Sgt. Mitchell of OC Search & Rescue



July's Photo Contest Winner!
Tim Williams
"The 327 ft. WIT Shoal"

Upcoming Events

- July 6th - Friday
Club Mixer at the Dive Shop
Laguna Beach
5:30PM
- July 8th - Sunday Boat Dive
Bottom Scratcher to Catalina Is.
- July 18th - Dive Club Meeting
At Newport Tennis Club
6:30PM
- July 22nd - Club Beach Dive
Sunday 9AM at Shaw's Cove
- July 26th - Thursday Night Dive
Meet at shop at 6:30PM
- July 27th - Sunday
Blue Whale Boat Trip out of
Dana Point 7:30 AM

Looking for a Dive Club & Dive Buddy?

Thinking about joining a Dive Club? Just got certified? Or, an experienced diver looking for a dive buddy: check out - **Laguna Sea Dwellers Dive Club**, it's the Orange County Dive Club.

The club meets the third Wednesday of the month at **Newport Tennis Club** (see map on back cover) at 6:00 pm. for social and 7:00 pm until 8:30 pm for our meetings.

Membership dues are \$50 for the 1st year and \$40 for renewals. Dues are used for club activities, mailings, BBQ's and for most Club sponsored activities.

Everyone is welcome to come and join the club, and bring a friend! We're all looking forward to seeing you at the next event! See back page for Club Officers' phone numbers and email addresses for any questions!

Bring a friend!

President's Message

Happy Summer Divers,

Here we are in July, which is officially the beginning of summer. I'll tell you how I know its Summer time, I dove Shaw's Cove the other weekend at the Club Dive & BBQ and the water temp. was 62 degrees. Is that amazing or what? Talking about water temp. a group of us just got back from the Philippines trip and the water there was 86 degrees, WOW, I didn't know that existed anywhere. As usual Tom G. put together a great trip, if only he could figure a way to get us there without
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In case you missed it...Highlights from the Club Meeting...

If you missed our June meeting, it proved to be quite an adventure. Jeff Bozanic was our featured speaker for the evening and he shared with us about his recent adventure in April to Clipperton Island. Where is Clipperton Island? Great question! Here's what I found on the internet (just to keep the facts straight) at Answers.com: "It's an uninhabited atoll, c.2 sq mi (5.2 sq km), in the Pacific Ocean, c.800 mi (1,290 km) SW of Mexico. It was used as a base by John Clipperton, an English pirate. The French claimed it in 1858, the Americans held it for a time in the Spanish-American War, and Mexican troops occupied it in 1897. The conflict between France and Mexico was referred to the king of Italy for arbitration in 1908. The award was made (1931) in favor of France, and Mexico surrendered the island in 1932. The island is administered from French Polynesia." Jeff went with 24 passengers and 10 crew members. Within the group there were six scientists and the rest were recreational divers. I can't say I'd call that recreational! It was quite an adventure of trying to get from the boat to the island. They had to take a Zodiac to the island because of the shallows surrounding the island. They had to hike 2 miles to their dive site. They hiked through muck or sludge. Either way, it wasn't pretty. At their dive site, at 50 feet below they ran into Hydrosulfite which smells like rotten eggs and burns your eyes. How fun, but interesting. He was there to collect specimens for two local aquariums here in Southern California. He brought back nine fish, six made the rough journey home alive, and all are still being identified. So we don't know just yet if Jeff had the pleasure of find a **new** species. Time will tell. I enjoyed the evening and living vicariously through Jeff as I think I will probably pass on any opportunity to visit Clipperton Island myself. Thank you Jeff for joining us and sharing such an amazing place with us. Please join us next month to enjoy the next adventure in stories from Sergeant Steven Mitchell who is with the Underwater Search and Recovery Team and will be speaking about search and recovery underwater. See you there!



Pilar

Awards Winners

Winners were:

**Don't miss the next drawing at July's meeting!
Support your Dive Club!**

- Mask Bag - Matt Agren (New Member)
- Hangers - Steve Craig (The Prez)
- Travel Pouch - Margie
- Franko Maps - Sharon DePriester
- Movie Tickets - Kerry Snyder
- PCA Light with Batteries - Matt Londos, guest
- Travel Hanger - Cathy Solomon
- Travel Pouch - Eileen Weierbach
- Scuba Tool - Michel Loignon
- Franko Maps - Skylar (New Member)
- Mesh Dive Bag - Vernon (New Member)
- Movie Tickets - Eileen Weierbach
- 1UW Camera - Russ Johnson

Attention!!

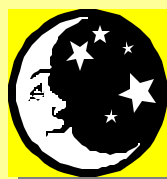
Sign up for the Blue Whale Event!!

The Club is going out again for whales, and this time it will be the biggest whales out there - BLUE Whales!!

**When: Sunday, July 29th
Time: 7:30 – Noon
Boat: RV Explorer, Ocean Institute, Dana Point**

**Cost: \$40
Bring a friend or family member!**

Night Dive July 26th



The club is going to do a night dive at Shaws Cove on Thursday night **July 26th at 6:30pm.**

Those who have not been out for a while should try to make this one. We had a great turn out at the past night dive, so don't miss this dive.

If the conditions don't allow us to dive, we will have the Bar-B-Q. Please bring your own adult beverage and maybe more to share. Please volunteer to help clean up and do the cooking.

If you are interested in this dive, please give **Tom** a call so that he can get divers who have been night diving in the water. Call him at **(714) 319-7577** or **Sat. & Sun. at the shop.**



Dive Information Numbers Water & Surf Conditions:

- Laguna Beach (949) 494-6965**
- Emergency:**
- Medical Alert (213) 221-4114**
- Catalina Chamber (310) 510-1053**
- DAN (919) 684-4326**
- DIVE TRAVEL (714) 319-7577**



Dear Members,

Well as Gordy said, time changes things! The new way you will be greeted on the beach by our local life guard will be different than it has been in the past.

The Laguna Beach Life Guards are now only responsible for your safety if you get in trouble. They don't have to ask, "Where is your Buddy!", or "Where is your snorkel!" It made sense to the head of life guards that it was more important for the guards to be concerned about the people on the beach.

You will still have the responsibility to dive safely and dive within your skill level, but you won't need to worry about having a buddy or any special gear.

So, if a guard asks how long you may be out, or what beach you plan to exit, it is only for your safety in case there is a problem. They want to know if maybe something may have happened and if they need to get involved.

Remember, they are there for the safety of the public, and if you get in trouble, it is always nice to have a guard around!

See you out there diving...

Tom Gorman

Editor

newsletter@diveadventures.net

Laguna Sea Sports website:



www.lagunaseasports.com

Laguna Sea Dwellers web page:

www.lagunaseadwellers.com

Hosted by: ECS

Message from Eric & Julianne - June's Contest

Congratulations to Tim Williams for his winning wreck/artificial reef photo.



In polling the judges it became apparent that his photo won due to his beautiful wife Robyn in the background. Sigh... If only we all had models to pose in our pictures. Tim joins Julianne as two-time winners this year!

In May, we submitted photos of bony fish, now we turn an eye towards those fish with skeletons made of cartilage. Sharks, skates, rays, and even stranger fish make up the Chondrichthyes, or "cartilaginous fish." First appearing on Earth almost 450 million years ago, cartilaginous fish today include both fearsome predators and harmless mollusc-eaters (harmless, that is, unless you are a mollusc (snail)).

Members of the Chondrichthyes all lack true bone and have a skeleton made of cartilage. Only their teeth, and sometimes their vertebrae, are calcified. Thus, fossil record of the entire shark is scarce.

Sharks are unique in many ways. Unlike other fishes, sharks are able to replace their teeth constantly. New teeth grow from the inner surface of the jaw and rotate forward when the old teeth get worn out or lost during feeding. In addition, sharks and rays do not reproduce like other fishes.

Some sharks and rays incubate the eggs in their uteruses until the juvenile sharks are ready to be born. Other sharks and skates lay eggs and attach them to the reef. If that were not enough, sharks have an extra sense that is able to detect tiny electric fields. They can use a series of oil-filled pores called ampullae-di-lorenzini this to find food that is buried or search for animals to eat in the dark or in turbid water. We could just go on and on.

Do not delay your photo-taking any further, we will pause here to allow you to go on your quest of cartilage. As Jimmy Buffett would say "Fins Up!"

Eric & Julianne

Laguna Sea Sports Training Corner

Shop Classes

<u>Date</u>	<u>Class</u>	<u>Instructor</u>
July 7th	Basic Scuba	Bill
July 10th	NITROX	Gordon
July 17th	1st Aid/CPR	Gordon
July 21st	Adv in Diving	Frank
July 26th	Rescue	Gordon
July 31st	DAN O2	Gordon
Aug 4th	Basic Scuba	Bill
Aug 25th	Adv in Diving	Frank

Call shop about what Adv. In Diving Specialty is being offered!

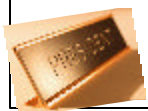
President's Message

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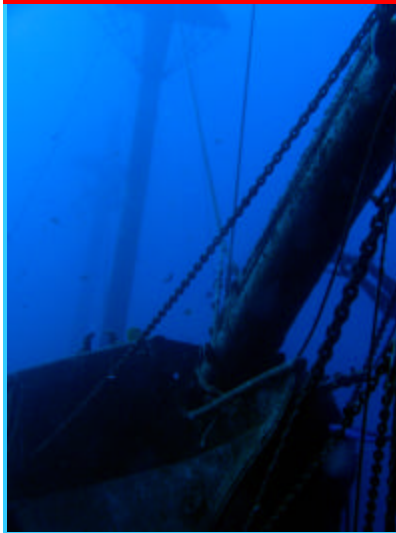
the 12 hour plane rides. I won't give up the van rides though, heck I've paid good money to sit on a roller coaster that was nothing compared to the van ride through Manila. I got pictures of lots of incredible animals and some really strange ones that aren't in the club. But, we'll never see them on the front page of the newsletter 'cause I'm focus challenged, and for some odd reason Eric wants them to be in focus. I tried to explain to him, it was my artistic expression, but he didn't buy it. Mike must have been mixing the Rum & Cokes to weak on the "Sunset Cruise" for me to win that argument. We have a summer filled with activities planned for you so get involved and have fun. Beginning June 28th we are going to do a night/twilight dive every month, so let a board member know if you're interested or have any thoughts to improve on this idea. That will be in addition to the club dives we already do, please don't forget about those. There is also a Poker Run in the planning stages that sounds like fun. The Boat Committee has been working hard for you by planning lots of trips through the summer starting with a trip to Santa Barbara Island on July 8th. I'll be there, will you? The July mixer will be at the shop; this is a Pot Luck so please bring a dish to share and your own libations. The August mixer will be at Newport Beach Tennis Club in a room off the bar that will be set-aside just for us. Also there are great meeting speakers lined up for the next few months, Sgt. Mitchell, Joel Silverstein & Captain Greg from our beloved Bottom Scratcher. Till next month remember to dive safe...

Steve

The Prez



Second Place Photo
Carthaginian - Julianne Steers



Third Place Photo
WW II Plane - Eric Eckes



2007 PHOTO CONTEST WINNER INFO

And the winner is...Tim Williams!

Well, the theme was **Heavy Metal** and we got a lot of great pictures! Congratulations to Tim Williams! Tim is the recipient of \$25 and a chance at winning the Marty Snyderman photo class at year-end. Congratulations!

Who will win in August? All we know is that you can't win if you don't enter! We hope to see more photos in August than we saw in July!

Complete rules can be found with the January 2007 newsletter.

About the Photo

What: WHITT

Where: St. Thomas Is., USVI

Depth: 65ft

When: May 2007

Who: Tim Williams

Camera: Cannon Rebel XT, Sea & Sea Housing



Member's Birthdays For July
Happy Birthday to ALL!

- | | | |
|--------------------|---------------------|---------------------|
| Precy Wakayama 1 | Dan Eisenbeisz 2 | Judith Werkstell 2 |
| Susan Fairbanks 7 | Kerry Snyder 8 | David Rockwell 9 |
| David Cooley 10 | John Zarvos 11 | Rachel Gibbs 12 |
| Michael Carlson 13 | Bill Duffy 15 | James Foster 15 |
| Mary Fritz 15 | James Dodge 18 | Karen Katz 23 |
| Cindy Wager 24 | Matthew Famolaro 25 | Xandra Laskowski 25 |
| | Daniel Spear 29 | |



Laguna Sea Sports Travel

August 16th to 23rd, 2007 - Cayman Brac Island, Brac Reef Resort. Dive the pristine waters of the Caribbean ranked some of the best diving in the world! **Closed**

September 6th - 8th
Laguna Sea Sports has a 3 day trip out on the Conception, going to the Channel Islands. **Few spots left!!**

October 10th - 15th, 2007 - La Paz, Mexico. Stay at Cantamar Beach Resort. Dive the Sea Mounts & Seal Rookery! **SOLD OUT!**

April 4th - 10th Cozumel, Mexico Shop has 8 day 7 night trip to Cozumel. Staying at Scuba Club Cozumel. **4 spots open!**

Sept. 8th to 21st, 2008 - Indonesia 5 days on the Odyssey Live Aboard 5 days at Kasawari Resort - Lembeh **SOLD OUT!**

Don't wait until the last minute to sign up for shop's trips, they fill up fast!

**Brac Reef Resort,
Cayman Brac, Cayman Islands
August 16th to 23rd, 2007**

The waters that surround the islands are abundant with Sea Turtles, dense schools of Barracuda. Cayman Brac has over 120 spectacular dive sites with several ranked among the world's finest. Water temp. in the low 80's.

\$206.00 per month (**\$2449** full cost**)

12 monthly payments w/ \$300 deposit now, & w/ \$300 final payment

(Prices subject to change due to airline taxes)

R/T Air Fare from LAX to Cayman Brac, 7 Nights Beachfront rooms, 6 days of 2 boat dives in the morning &

5 days of 1 tank dives in the afternoon.



COZUMEL, MEX.

Year 2008

April 4th - 11th

\$1589.00

Package Includes: Air Fare on Continental - 8 Days / 7 Nights Hotel

3 / Meals / Day - 5 Days/2 Tank Boat Dives

- Unlimited Beach Diving
Unlimited Night Diving off the Beach, Tanks, weights, & weight belts

Scuba Club Cozumel



Laguna Sea Sports

Presents

The Ultimate Live Aboard Cruiser

M/V Odyssey 1

115 ft long & 24 ft Wide
and

Kasawari Lembeh Resort

****A Luxury Resort with the Ultimate in
Cruiter Diving ****

Come Dive with Us in Sulawesi

Sept. - 2008 !

(8 spots left)



Club Holiday Party Planned for December 8th

The Holiday Party will be held at the
Newport Beach Tennis Club

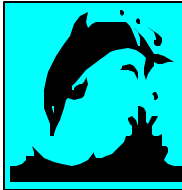
2601 Eastbluff Dr.

Newport Beach, CA 92660

Mark your calendars!



July 6th - Friday Night
 5:30PM Club Mixer at Dive Shop. It's a Pot Luck Bring a dish & a Friend! BYOB & enough to share!



July - Aug

2007



July 8th - Sunday Boat Trip
 Bottom Scratcher to Santa Barbara Island.
 Departs: 1:00am (board the boat after 8pm on Saturday night)
 Returns: 5:30pm (approx.)
 Cost: \$120

July 22nd - Sunday
 Club Beach Dive - 9AM
 Show up at the shop and head for a New location! Bring a buddy if you can!

July 26th - Thursday Night
 Night Dive at 6:30PM.
 Meet at shop at 5:30PM to get air and supplies.

July 29th - Sunday
 Blue Whale Boat Trip
 Out of Dana Point. Contact Julianne Steers.

Diving Milestones
 No Milestones this Month
 Laguna Sea Dwellers was formed to promote the sport of diving in our community. Congratulations to those reaching these important milestones! Have you reached an important milestone? If so, let us know at newsletter@diveadventures.net

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1	2	3	4 of July 	5	6 Club Mixer Dive Shop 5:30 pm	7
8 Club Boat Dive Santa Barbra Is. 	9	10	18 Dive Club Meeting Newport Tennis Club 7:00 pm Speaker Sgt. Mitchell OC Rescue		13	14
15	16	17	18	19	20	21
22 Club Beach Dive 9am 	23	24	25	26 Club Night Dive 6:30PM	27 Club Boat Div Catalina 	28
29 Blue Whale Cruise 7:00AM 	30	31	Aug 1	2	3 Club Mixer at Newport Tennis Club	4
5	6	7	8	9	10	11
12	13	14	15 Dive Club Meeting Newport Tennis Club 7:00 pm Speaker Joel Silverstein		17 	18 Club Beach Dive & BBQ 9am
19	20	21	22	23	24	25
26	27	28	29	30 26 Club Night Dive 6:30PM	31	Sept 1
2	3	4	5	6	7 Club Mixer at Woody's Wharf	8

Member Contributions Wanted!

We are looking for our club membership to participate in our monthly newsletter. Been on a dive trip? Have a great Scuba-related story? Please share your stories with us! Email them to : newsletter@diveadventures.net

Laguna Sea Dwellers
 welcomes our newest members...

Matthew Agren	Skylar Mineshima
Vernon Skyler	Ruth Bass

A Message from a Club Member...

Oh my, I ruined your dive...

These were the first words I heard from my buddy, after surfacing from a very short stay under water. I was a bit perplexed by the statement and more eager to find out if my buddy was alright. I suspected that something went very wrong and I wanted to know what. My buddy was experienced and had to work out mishaps underwater before. There was no evidence of equipment failure or physical distress. From the pale and stricken look of my buddy floating next to me, I had a growing suspicion of what happened; an anxiety episode. Having myself experienced such an attack before, in a rather more forgiving situation, I was thinking of how exhausted she must feel right now. I was so glad she did not bolt up right to the surface when the symptoms kicked in. Why did it happen to her now?

After a bit of research, I was surprised to find out that, although the exact causes of underwater anxiety are not well understood, more than half of the divers of all ages and skill levels have experienced an anxiety episode, leading to some level of panic, while underwater. The way the literature describes it, anxiety is when you start getting into a state of stress and fear and you usually get an adrenaline high in order to deal with a threat or avoid it (the “fight or flight” reaction). Panic is when you start losing all rational thought and you are overcome by very powerful feelings of fear. It is suspected that a significant number of diving accidents are caused by such episodes: divers get in a distressing situation, panic and well... tend not to follow normal ascent procedures.

Now back to my initial, question, why did it happen to my buddy on what was supposed to be a normal fun dive? Well reading some more and talking to my favorite physician, I discovered that (surprise!) triggering factors are not totally well understood. Obvious factors are things like getting entangled, stuck or some equipment failure. And then there are the more insidious ones like sensory deprivation (like let's say a dark and low visibility environment), thermal discomfort (like diving in very cold water or with too much exposure protection in warm water), unfamiliar situations (like let's say a new dive site), stressing events prior to the dive or even some medications. Thinking back now, the site we were going to had several of those characteristics: it was dark, it was very deep, it was very cold and my buddy had never been there before...

Now back to my buddy feeling guilty about "ruining my dive"... Even though I was disappointed that I did not get a chance to explore the dive site further, I was just glad that everything was now fine. Before the dive, I was more concerned about myself getting into trouble than my buddy, a much more experienced diver, and ruining her dive. I never really considered that it could be the other way around. The point I'm trying to make is that even though you do everything “by the book”, things can still go wrong. Even though you hope you can “lean” on your buddy, you should be prepared to do the same. When you choose a buddy, you choose to share a dive, for better or worse.

Michel Loignon



Any Questions?
Call...Our 2007 Board

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**Newport Beach
Tennis Club**
2601 Eastbluff Dr.
Newport Beach, CA
92660
(949) 644-0050

(Location - Off 73 and
Jamboree)
www.nbtennisclub.com
**Meeting starts at
6:30pm**

Map to Monthly Meeting



Members at Large 2007

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Laguna Sea Dwellers
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Laguna Beach, Ca. 92652-0511

See you at the next Club Meeting
Aug 15th
DON'T MISS IT!
Guest Speaker
Joel Silverstein
Diving the USS Monitor

