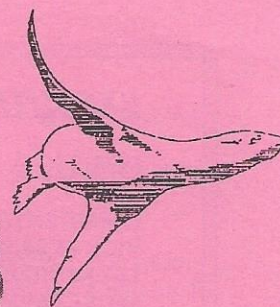


# THE SEA DIVERS



## FROM THE EXECUTIVE PENTHOUSE

December and the early part of January just blew by. Several notable items fell into the "too difficult" file, including getting the Execs together in December, and holding a General Meeting in January. However, the club marches on. Our December two-day on the "Peace" was a success, our Xmas/New Year's party was a blast (thanks to Ken and Dicie) and we are anticipating an excellent year for the club in 1991.

We have a very full program for January and February with two Exec meetings, one General Meeting, a trip to Hedonism II, an ongoing Divemaster training program, three boat dives -- one special dive not listed -- and the Avalon Harbor Clean-up. All are or have been described in the Newsletter -- which we sincerely hope you read, as a lot of work goes into publishing and distributing it.

One piece of bad news -- YOUR DUES ARE DUE AND PAYABLE AS OF 1 JANUARY 1991. Dues are the same as last year, although costs continue to rise.

As always, we hope to maintain and preferably increase club membership and, in particular, active support. We know that we don't please ALL of the members ALL of the time, but we strive to make adjustments or changes as we receive feedback from various members. In that respect, let me remind you that any current club member is welcome to bring any subject up for discussion at the Executive Meeting.

STAY SAFE OUT THERE, and a real Happy New Year of diving and friendship.

AP

## ABOVE AND BELOW - IN AND AROUND CATLINA ISLAND

With Frank Hamell as Our Guide

For our February 5th program, Frank Hamell has graciously agreed to present a selection of slides he has taken at two of the annual outrageous Catalina Clean Up events in which our club has participated. He also has an assortment of slides from other trips he's made to our favorite island, including some interesting aerial shots.

It's time to start planning to attend this year's Clean-Up at Avalon. If you've never been to one of these crazy weekend outings -- you've got to go this year. And if you've been before, I know you'll want to go again. Some of the best stories of the year are a result of this event, and I'm sure you'll hear a few of those stories when we see Frank's slides.

We will have our program right after the swap meet (see information elsewhere in this newsletter), so be sure to stick around.

See you Tuesday, February 5th, at Pancho and Wong's.

Dicie Sizemore  
Program Chairman

25 YEARS — 1965-1990

JANUARY/FEBRUARY 1991 ISSUE

Volume 91, Issue 1



## EXECUTIVE DIRECTORY

<u>POSITION</u>	<u>NAME</u>	<u>DAY PHONE</u>	<u>EVENING PHONE</u>
PRESIDENT/BOAT DIVE CHAIR	ALLEN PARKER	813-2955	370-1657
VICE PRESIDENT	MICHAEL BORDEN	813-4967	372-7764
TREASURER/MEMBERSHIP CHAIR	KATHI McNALLY	812-1137	370-1657
SECRETARY/BEACH DIVE CHAIR	CATHY GALE	223-3344	305-8625
DIVING OFFICER	KEN SIZEMORE	410-3932	371-2636
BOAT DIVE RESERVATIONIST	SCOTT WILLIAMS	410-4588	371-9985
PROGRAM CHAIRMAN	DICIE SIZEMORE	648-6473	371-2636
NEWSLETTER EDITOR	BRUCE GILES	813-5414	924-6128
HOSPITALITY CHAIRMAN	ROBIN GRANT	823-2552	823-2552
LONG RANGE PLANNING	LINDA MONOSMITH	376-8956	376-9226
GLACD REPRESENTATIVE	ART HILL /		675-2123
	LINDA MONOSMITH	376-8956	376-9226

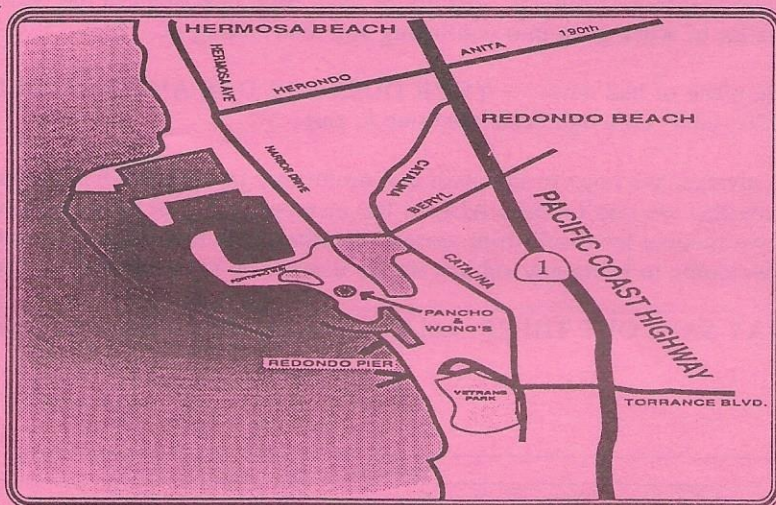
### WRITING FOR THE SEA DIVERS NEWSLETTER

If you would like to write an article for the newsletter or you have an idea to improve it, please write to Editor Bruce Giles, P.O. Box 2415, Redondo Beach, CA 90278, or call me at the above numbers. I am always in need of Lessons Learned articles and new graphics or cartoons. Inputs should be typed, but can be handwritten (not responsible for errors caused by illegible handwriting). Permission is given to reproduce in whole or part. Please give credit to the author and/or The Sea Divers Newsletter.

## GENERAL MEETING

GENERAL MEETINGS are held at 7 PM the first Tuesday of each month. A no-host social hour with free hors d'oeuvres precedes the meeting from 6 PM to 7 PM, and a feature presentation follows the business meeting. The meeting is held at Pancho and Wong's in King Harbor Marina.

EXECUTIVE MEETINGS are held at 7 PM on Thursday the week following the General Meeting at Baxter's in the Manhattan Beach mall.



## MEMBERSHIP APPLICATION

NAME \_\_\_\_\_ SIGNATURE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ ZIP CODE \_\_\_\_\_

HOME PHONE (\_\_\_\_) \_\_\_\_\_ WORK PHONE (\_\_\_\_) \_\_\_\_\_

ADDITIONAL NAME: [FAMILY MEMBERSHIP] \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

EMPLOYER \_\_\_\_\_

CERT NUMBER \_\_\_\_\_ TYPE [PADI, NAUI, ETC.] \_\_\_\_\_

CERT DATE \_\_\_\_\_ LACC ADP \_\_\_\_\_ DATE \_\_\_\_\_

(or equivalent)

NUMBER OF DIVES LOGGED \_\_\_\_\_ DATE OF LAST DIVE \_\_\_\_\_

Do you want your name on a dive buddy list? [ ] YES [ ] NO

Type of diving preferred: beach/boat/skin \_\_\_\_\_

[ ] SINGLE MEMBERSHIP \$20.00 (Prorated quarterly for new members)

[ ] FAMILY MEMBERSHIP \$30.00 (Prorated quarterly for new members)

Please make your checks payable to THE SEA DIVERS and mail to:

THE SEA DIVERS, P.O. BOX 2415, REDONDO BEACH, CA 90278



## HEADS UP — THE NEXT TO LAST LOBSTER DIVE

02 FEBRUARY 1991 (Saturday)

SAN NICOLAS

WILD WAVE

MEMBERS \$71

INCLUDES EVERYTHING !

NON-MEMBERS \$78

Be on board when the SAN NICOLAS EXPRESS peels out of 22nd Street on a fast track to LOBSTERville. We anticipate arriving at the island early enough to make a night dive before the little (or big) BUGgars get back in their houses for the day. Chem-lights and at least one dive light will be required. If we move our gate times along briskly, and the Navy leaves us alone, we hope to make four or five dive spots around SAN NICOLAS.

The larger LOBSTER are still there albeit in lesser numbers than some years ago. As an alternate, there are many varieties of large FISH in the area — especially for those LOBSTER hunters who need to take SOMETHING back home to prove they went diving.

Diving around SAN NICOLAS is suitable for all skill levels; however, relative beginners should discuss their dive plan with The Sea Divers divemaster to ascertain ocean conditions — especially current.

The SAN NICOLAS charters tend to fill early — call Scott (Williams) at (213) 371-9985 for signup. Boarding will begin around 8:00 PM on the 1st for a midnight plus one minute departure. Come ride the W.W. EXPRESS . . . and try for some real BUGS. We will have some of our typical goodies on board.

---

### JUST NINE YEARS AGO . . .

John — one and the same — Mowrey was President; the Vice-President chair was vacant, soon to be filled by Bill Garrett; Bob McSeveney, Treasurer; and Debbie Prosser, Secretary. The February boat dive was to the back side of Catalina on the Wild Wave at \$39 non-inclusive. The "beach" dive was in the shark tank at Marineland (no kidding!!), at \$17. Bill Rowan was just kicking off one of his now famous Divemaster Training Programs. The General Meeting was at Beach Bum Burt's and the Executive Meeting at the home of Dave Fooshe and Greg Hindman. As usual the club was looking for "volunteers" . . . some things never change.



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### SWAP MEET . . . SWAP MEET . . . SWAP MEET!

Paul Cain is organizing a swap meet to be held at the 4 February 1991 General Meeting at Pancho and Wong's. We know you all have goodies you would like to sell or swap — this will be a great opportunity. The swap meet will begin just after the business portion of the meeting. Bring your sell/swap items! Another swap meet will be held on 28 April 1991 at the Bouillabaisse at Veteran's Park.

Call Paul at (213) 214-1750 for information.

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### THE LAST BUG DIVE

10 MARCH 1991 (Sunday)

SANTA BARBARA

WILD WAVE

MEMBERS \$62

(ALL INCLUSIVE)

NON-MEMBERS \$69

SANTA BARBARA has been "hot" and "cold" this LOBSTER season. Some charters have got in and amongst lots of bugs just in one area; others got into the onesies and twosies routine. Well, we'll give it one last shot this season and see if we can hit one or more of the "hot" spots. The WILD WAVE will depart from 22nd Street around 2:00 AM on the 10th for early AM arrival at the island. Won't hurt to bring along your chem-lights and dive light(s), just in case.

Aside from LOBSTER, SANTA BARBARA offers just about every element for diving. The multiplicity of reefs, walls, arches and canyons provide superior opportunities for PHOTOGRAPHY and VIDEO. Add to that the extensive variety sea life and typically great visibility and you've got the best of diving. Some of the larger FISH inhabit the environs — so you spear hungry types will not be disappointed.

Ocean conditions can vary tremendously around this relatively small island — inexperienced divers should consult with The Sea Diver divemaster before committing to a specific dive.

Call Scott (Williams) at (213) 371-9985 for signup. As usual, boarding will begin around 8:00 PM on the 9th. We plan something special for apres-diving on this trip. BE THERE!



Happy New Year, Sea Divers! At the time of this writing, we have five club members at Hedonism in Jamaica. I'm glad some of us are having sun and fun. In December, I took a whirlwind trip to the Cayman Islands and fell in love with the destination. I spent two days diving Cayman Brac - unfortunately, the seas were too rough to make the trip to Little Cayman -- and two days diving Grand Cayman. I especially enjoyed my stay at the Sunset House on Grand Cayman which features a dive shop on the premises with the fastest new dive boat on the islands, the tree tank Manta, Cathy Church's Underwater Photo School and walk-in shore diving. I mean literally you can do a giant stride entry from the limestone shore and that's as easy as it gets. Also thanks to Don Foster for a terrific afternoon spent diving Stingray City. Being surrounded by 40 or 50 stingrays that actually want to be petted, as well as a friendly 7 foot moray eel is a truly memorable dive. The Caymanian people were some of the friendliest I have encountered in my travels and I'm looking forward to returning, hopefully bring a few Sea Divers with me.

Kathy Dacey has come forward with a great suggestion. She would like to see up compile a log of diving travel experiences and recommendations by club members for use by others when planning dive vacations. You know -- that perfect dive operation or that great bar or, conversely, the ones to avoid. Scott and I volunteered to collate this information. If you have anything to contribute please write a brief summary, or contact me for an evaluation form. I trust Kathy and Wes are busy writing up their Bahamas dive memoirs as well as Cocoview in the Bay Islands and Pyramid in Belize. I'd like to see some input on Florida dive operations, Hawaii, Fiji and anyplace else club members have been. Hope to hear from you soon.

Linda Monosmith



309 Pier Avenue, Hermosa Beach, California 90254

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### THE SEA DIVERS SHOP

- Show your Sea Divers membership card for special discounts.
- Barry Friedman from Sea d Sea will be at the General Meeting - be there for other announcements!





## THE BONUS TWO DAY

The Sea Divers 1990 Bonus Program dive was the two-day on the "PEACE," 15/16 December to the Santa Cruz Channel and Anacapa. The weatherman struck again with a second front in as many days passing through the area Friday the 14th, leaving Saturday cold and breezy, and the ocean pretty well boiling.

Skipper Mike R. elected to wait out the ocean until 6:00 AM on Sunday, about 3-4 hours later than our planned departure. It was well worth it, for although there were a few bad bumps, we made Anacapa and began our first dive just east of Cat Rock at about 8:30 AM. Visibility was 40-50 feet with a small current, 60 degree F temperature and depths in the 45 foot region. Pretty dive but no game. We then bumped over to Santa Cruz - in essence making the planned itinerary backwards, in the hope that conditions would improve. We made two dives between Sandstone Point, at the east end and Valley Arch. Each dive was in 35-50 feet with nice reefs, excellent visibility, about 58 degree F water and reasonable current and surface conditions. We anchored at Valley Arch for our overnight, where we made a late afternoon dive into the beach and rock areas seeing a fair number of bugs in the reef and cavern structures typical of the area. The holes were deep, so a few intrepids made a night dive in the hopes that the bug nocturnal theory would pan out. So much for theories!

The overnight was calm and cold! Dinner was the usual full "PEACE" affair, including all the trimmings. We awarded three sign-in prizes -- the first to Rob W., a single day boat dive; the second, to Frank H, a T-shirt, air card, etc.; and the third to Jack B, also an air card. Art Hill received his second free boat dive for his excellent support as divemaster. Rose S won a special prize of a \$25 certificate for guessing what was inside an acorn - you'll never guess! Kathi Mc distributed soft fuzzy animals to everyone on the boat -- leaving them just "hanging around" in the relevant bunks!! The evening was rounded off by a little hot-tubbing, a raucous game of UNO and lots of relaxation with good friends.

Monday the 16th dawned and started lazily. Vann P and company had found an anchor the preceeding evening which was brought on board -- anybody need a 60 lb. anchor?! We cruised over to the inside reef near Gull Island diving in 35-40 feet of calm 59 degree water. Visibility was in the 25-40 foot range. Bugs were there, but tough to get!! Somewhat to our surprise skipper Mike ran us over to Santa Rosa and anchored on the same scallop-laden reef south of Corral Point that we dived in September. Immediate limits of big scallops for all!! in all of 25 feet of calm, clear water -- not so clear after we dove. The final dive spot was on the outside of Fraser Point at the northwest tip of Santa Cruz back across the channel -- we had made our planned itinerary, albeit late! The plan was to make two short dives or one long dive at Fraser. With water depth at 60-70 feet and cold at 54/55 degrees F, most elected one medium length dive. Visibility was 50-60 feet and several bugs were snagged. There was some surge, and getting back onto the boat was a little sporty. Diving over, we headed back to Ventura.

We had planned to award a booby prize and a hero prize. As we really had no outstanding candidate(s), we elected to roll them over to the 12 January 1991 dive on "CHARISMA" to San Clemente. Closest we had to boobies were Vann P for unscheduled, self-inflicted surgery, then breaking the same knife (in anger, we presume), on a rock scallop and for dressing up AND diving in a Santa Claus outfit, beard and all; and Frank H for bringing on board the most kelp I've ever seen wrapped around one diver.

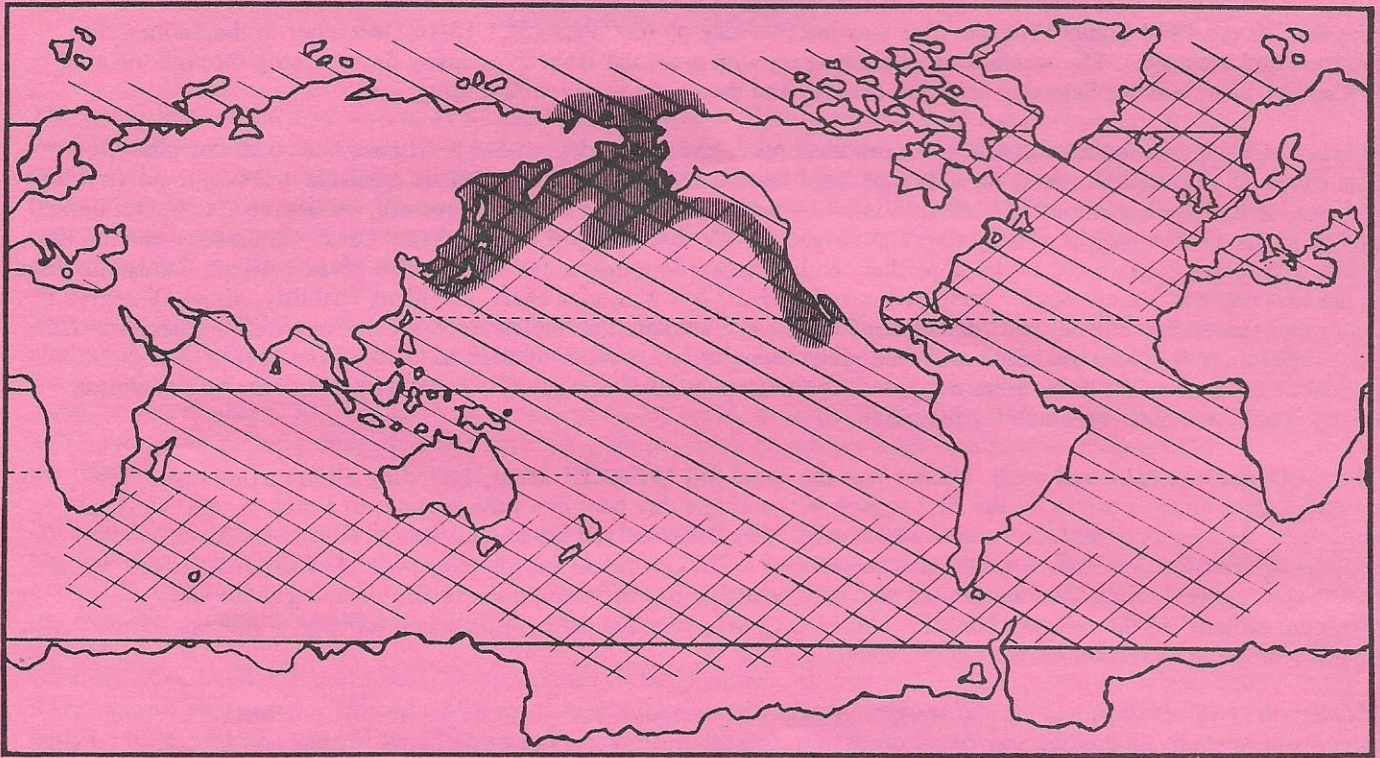
We made the dock at about 6:20 PM after one day of clear, windy weather, and one day of just beautiful clear skies and relatively warm sun. The "PEACE" was excellent -- even though Bill Magee was off skiing in Colorado. The food was outstanding although one questions the choice of Mexican food for divers -- makes for interesting reactions underwater! Thanks for a great year to all you bonus bums and bunnies who supported us. We enjoyed!

## WHAT'S IN OUR NAME?

The club was founded in late 1965 -- we have just passed our 25th Anniversary and plan to have some form of celebration this year. Our first name was "The Skin and Scuba Club," which was changed within a year or so to "TRW Sea Divers." Over the years the name was changed to "TRW SEA Divers," where the SEA stood for Systems Employee Association (now the Space Park Employees Association). About five years ago, we quietly began to again use "TRW Sea Divers," dropping the capitalization of SEA in anticipation of things to come! When we seceded from TRW at the beginning of 1990, we changed our name to "The Sea Divers," going back to the use of "The" which was part of our first name in 1965, and "Sea Divers" which was used early in the club's existence and again the last five years.



# Your Guide to the Whales of the World



**KILLER WHALE (ORCA)**  
*Orcinus orca*

The largest member of the dolphin family, the orca lives in all parts of all oceans limited only by the edge of the ice-pack. One of the most striking of the whales, it is black with white undersides and has a conspicuous white patch near the eyes. The males can grow to a maximum of about 32 feet, with a tall dorsal fin of up to 5 feet in length. One of the most intelligent of the whales, the orca hunts in packs like wolves, but is mysteriously gentle around man and seems to enjoy our company. Taught to perform in oceanariums, the orca has become one of our most familiar whales. It can be seen frequently near the California coastlines, and in the waters off Vancouver Island as well as in Puget Sound.



**HUMPBACK WHALE**  
*Megaptera novaeangliae*

One of the favorites of whale watchers along the west coast because of its graceful antics, the humpback frequently breaches, or dives out of the water, slapping the surface with its great flippers. When beginning a deep dive, it brings its huge tail clear of the water in a graceful arc. The whale is black with light gray undersides and attains a length of 40-50 feet. Migrating between polar waters in summer and its tropical breeding grounds in winter, the humpback can be seen along the coasts of Alaska and Hawaii.



**GRAY WHALE**  
*Eschrichtius robustus*

It is sometimes called the California gray whale because it is found each year near the California coastal waters during its annual 5,000-mile migration from the Bering and Chukchi Seas where it summers. It is a slender-bodied baleen, or sieve-feeding animal, and attains a maximum length of 45-50 feet and averages about 28 tons. Basically dark gray, most are blotched and mottled with patches of barnacles. Grays are best seen from Christmas through February on their southward migration along the California coast. After calving in the waters of Baja California, they will begin their northward migration and can be seen January through April, completing their 10,000-mile round trip in 6-9 months.



**BLUE WHALE**  
*Balaenoptera musculus*

The largest of all mammals, the long and streamlined blue whale can attain a length of over 100 feet and weighs in at 90-140 tons. It's found in all oceans and spends the summer in polar waters, feeding on millions of krill, a shrimplike crustacean. It is marine blue-gray, mottled with lighter gray and white and can be seen at various times of the year in its feeding grounds near the equator and in the north just off the Baja California coastline. Once the most hunted of the great whales, the blue whale is now protected. It is still critically endangered.



**RIGHT WHALE**  
*Balaena glacialis*

Long considered the "right" whale by whalers because it would float when harpooned, the right whale was decimated due to intensive whaling and is now rare. It has been protected by international agreement since 1946. One of the most striking features of the right whale is its large head, comprising over 25% of its total length, which can be up to 50 feet. It averages about 50 tons in weight. It ranges throughout the northern and southern hemispheres and can be seen occasionally off the coasts of the U.S. during its winter migration south to the equatorial regions.



**SPERM WHALE**  
*Physeter macrocephalus*

The whale made famous in Herman Melville's novel, *Moby Dick*, the sperm whale is distinguished by its enormous, thickset head, which forms almost a third of its body. The underslung, narrow jaw is equipped with large, conical teeth. The sperm whale is found in all the oceans, usually in herds of a dozen or so animals, both male and female. The male can attain a maximum of over 60 feet, with the female much smaller. Sperm whales are normally dark blue-gray, with paler undersides. It is probably one of the deepest diving of the great whales, feeding primarily on squid, including the giant squid. There is a seasonal migration from calving grounds near the equator toward more northern latitudes.





# When Your Sea Legs Let You Down

by Karen Vick M.S., R.Ph.

## Common Anti-Motion Medications

### Generic & Trade Names, Dosages and Duration

#### Over-The-Counter:

**Cyclizine** (Marezine™)  
50 mg about every 4-6 hours  
Duration of action 4 hours

**Meclizine** (Bonine™)  
25-50 mg every 24 hours  
Duration of action 12-24 hours

**Diphenhydramine** (Benadryl™)  
25-50 mg every 6-8 hours  
Duration of action 6 hours

**Dimenhydrate** (Dramamine™)  
50-100 mg every 1-6 hours  
Duration of action 4 hours

#### Prescription:

**Scopolamine** (Transderm-SCOP™)  
1.5 mg patch every 3 days  
Duration of action 3 days

*Note: as with all medications, these products should only be utilized after consulting with a diving physician.*

Anyone who's sailed on open water has seen — or knows — first hand how bad motion sickness can get.

Although the symptoms may vary from person to person, individuals usually experience the same symptoms each time. Weakness or nausea are often present and vomiting is common. Other symptoms include drowsiness, excessive swallowing, rapid shallow breathing, headache, and facial flushing.

These sensations are thought to result from overstimulation of the vestibular apparatus of the inner ear. In many cases, this

overstimulation is caused by irregular or rhythmic movements combined with a loss or change in visual stimuli. In some individuals symptoms can occur solely by anticipating a boat ride or air flight.

After the first few days at sea, many people are able to tolerate the motion that made them ill. For those divers who have problems getting their "sea legs" the following suggestions may prove helpful.

### Drug Use

The Food and Drug Administration has concluded that several medications are effective in preventing and treating motion-induced nausea and vomiting.

They are thought to work by blocking signals from the inner ear to the vomiting center located in the brain.

For persons who routinely develop motion sickness, taking these drugs an hour before embarking on a boat or airplane may help. However, these agents are much less effective if taken *after* the onset of symptoms.

Because all drugs which prevent motion sickness produce sedation, individuals should not operate cars, boats, planes, or potentially dangerous machines while taking these drugs. These agents should be used with caution by divers. The development of drowsiness and blurred vision could also pose problems in the underwater environment.


DAN recommends that divers try these or other anti-motion medications *before* leaving on a dive trip. If no side-effects are felt, then that medication should be compatible with diving.

### Over-the-Counter Products

Cyclizine, dimenhydrate, diphenhydramine and meclizine are safe and effective for preventing and treating nausea, vomiting and dizziness associated with motion sickness.

The principle side-effect of these agents is drowsiness. This effect is most commonly seen with dimenhydrate and diphenhydramine. For those desiring the use of an antihistamine, meclizine may be the better choice for persons since it appears to be slightly less sedating. Other, less frequent side-effects include dry mouth and an increased heart rate.

All of these agents are available without a prescription. However, as with all agents which can produce drowsiness or alterations in consciousness or heart function, they should be utilized only after consulting with a physician.

**Alert Diver September/October 1990** 

### Prescription Products

The prescription drug scopolamine has been shown to prevent severe motion sickness.

Scopolamine is classified as an anticholinergic and appears to act by *directly* inhibiting the central vomiting reflex located in the brain.

Scopolamine is available as a tablet and, more commonly, in the form of a skin patch which provides continuous administration of the drug through the skin.

The transdermal patch is a small disc containing 1.5 mg of scopolamine. The drug is gradually released into the skin from an adhesive matrix patch (Transderm-SCOP™) placed behind the ear and maintains a consistent level in the bloodstream.

Motion sickness can be controlled for up to three days. According to the manufacturer, pressure does not effect the rate of delivery of the drug from the patch and can be worn throughout the entire dive trip.

To use the patch simply apply the disc to the hairless area behind the ear at least four hours before sailing. *Use only one disc at a time.* After applying the disc, wash hands thoroughly with soap and water since any drug absorbed making eye contact (through skin absorption) can cause blurred vision.

When removing and discarding a used patch, clean the area with soap and water before applying the new patch. The patch can remain in place for three days and should be removed only when discontinuing treatment.

The most common side-effects are drowsiness and blurred vision, which usually occurs two to four hours after application. Lightheadedness, headaches, and "dry mouth" have also been reported frequently.

### Summary

Many agents exist which can prevent the annoying and often debilitating symptoms of motion sickness.

A variety of over-the-counter products are available.

Research of new drug delivery systems has allowed for a convenient transdermal scopolamine patch to be developed, which allows treatment for up to three days.

However, all these agents have side-effects which could impair diving ability and should be used only after consulting with a diving physician.



## LESSONS LEARNED

The last Friday of the year started as a bright and sunny day. The news of a cold spell coming in for the weekend convinced us to try and dive before the weather got bad. L and I left for the dive about 2:00 PM. Neither of us had eaten anything all day, but for me that is standard practice on work days. We got the boat out on the water about 3:00, and it was already getting overcast with the wind about 20 knots. Of course, we had no protection other than our wetsuits, and after a 30 minute ride to the dive site, we were ready to get into the water and "warm up."

The water temperature at 35 feet was 56 degrees F, and we had about 45 minutes of bottom time. It was about 4:30, and the wind had increased and now felt ice cold. L convinced me to forgo the second dive, but we decided to clean the game on the boat. By the time we cleaned the game and drove back to the ramp, it was almost 5:30. We had been either in an icy wind, or in cold water, for about two and a half hours, with nothing more than our wetsuits. On the drive home, we both commented on how cold we felt.

By 6:30 I could no longer walk, and was shivering uncontrollably. Some hot fluids, and multiple layer of blankets finally helped to bring the shivering under control two hours after they started. The entire time I assumed I had come down with the flu. By midnight, although tired and sore, I was able to get up on my own and get something to eat and drink.

The next day, I called L and found his experience to be identical. He had his body temperature taken, and it was far below normal. We have been victims of hypothermia and exhaustion. I dive quite often, and had gotten careless about the need for warmth and food while diving. Not having anything to eat for 24 hours, along with no protection from a cold north wind, was enough to knock down even a relatively healthy, experienced diver. I was sore for days afterwards from the shivering, and we consider ourselves fortunate that we didn't try and make the second dive. Although diving in "sunny Southern California," the need to account for the tremendous physical demands diving makes on the body should not be taken lightly, and at least this diver will be more attuned to these needs in the future.



PETE KENEFICK



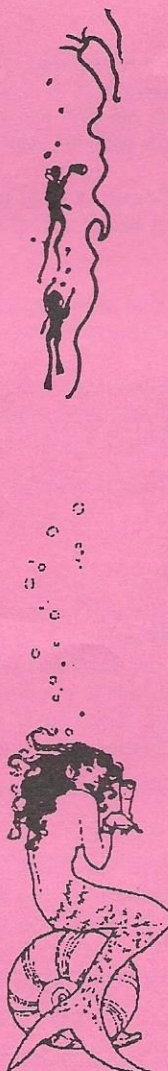
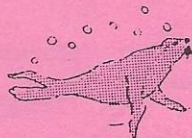
### **1991 BEACH DIVE SCHEDULE**

<u>DAY</u>	<u>DATE</u>	<u>WHERE</u>	<u>FEATURE</u>	<u>KEY CONTACT</u>
FRI-MON	22-25 FEB	AVALON HARBOR	CLEAN-UP, PARTY, ETC.	KATHI McNALLY
SUN	28 APRIL	VETERANS PARK	REFRESHER, BOUILLABAISSE	ALLEN PARKER
WEDS-SUN	3-7 JULY	JADE COVE	JADE, CAMPOUT, ETC.	CATHY GALE
FRI-SUN	23-25 AUG	LA BUFADORA, MEXICO	POTLUCK, CAMPOUT	MICHAEL BORDEN
FRI-MON	30 AUG/2 SEP	CATALINA CAMPOUT	POTLUCK, CAMPOUT, ETC.	KEN SIZEMORE
SAT	13 OCT	WHITE POINT	PUMPKIN CARVING CONTEST	KATHLEEN BENNETT
FRI-TUES	(TBD) NOV	COZUMEL, MEXICO	BOAT, BEACH, PARTY, TOURS, ETC.	LINDA MONOSMITH



## QUOTES OF THE MONTH I

"Eggs over easy? I'll give it a whirl."  
 "Your eggs look awful sad."  
 "My muffins just expired."  
 "I finally caught up with breakfast."  
 "That's the worst looking breakfast I've ever made."  
 "Woah -- chocolate in the crotch."  
 "It's the old bag lady."  
 "Well, that dive sucked."  
 "\$10 if you can figure out what she's doing to him."  
 "I've done ADP -- I don't need to dive."  
 "Sleeping beauty is up."  
 "Well, that wasn't half bad."  
 "I'll put on my straight face."  
 "How's your liver these days???"  
 "Twin Geeks!!!!"  
 "Believe it or not, we don't have any boobies."  
 "I can't ready my watch. I thought it was 1:00 PM and it's only 11:00 AM."  
 "He was fine once we taught him how to tell time."



## DIVE COMMITMENTS

2 FEB (Saturday)  
WILD WAVE

10 MAR (Sunday)  
WILD WAVE

1. KATHLEEN BENNETT	1. KATHLEEN BENNETT
2. MICHAEL BORDEN	2. KATHY DACEY
3. KATHY DACEY	3. BRUCE GILES
4. BRUCE GILES	4. PETE KENEFICK
5. ROBIN GRANT	5. KATHI McNALLY
6. FAISAL HAROON	6. DAVE NESHEIM
7. SUE HOEHN	7. ALLEN PARKER
8. JOHN KALASKY	8. SCOTT SIMPSON
9. PAUL KAMINSKI	9. DICIE SIZEMORE
10. PETE KENEFICK	10. KEN SIZEMORE
11. KATHI McNALLY	11. WES STEPP
12. LINDA MONOSMITH	12.
13. DAVE NESHEIM	13.
14. ALLEN PARKER	14.
15. ROSE SILVA	15.
16. SCOTT SIMPSON	16.
17. DICIE SIZEMORE	17.
18. KEN SIZEMORE	18.
19. BOB STIVERS	19.
20. (SAN DIEGO)	20.
21. (SAN DIEGO)	21.
22. (SAN DIEGO)	22. DM TRAINEE
23. (SAN DIEGO)	23. DM TRAINEE
24.	24. DM TRAINEE
25.	25. DM TRAINEE
26.	26. DM TRAINEE
27. DM -	27. DM -
28. DM -	28. DM -

## *THE SEA DIVERS 1991 DIVE BOAT BONUS PROGRAM*

- The program is open only to club members.
- Base period will be 1 January 1991 through 30 November 1991.
- Members must have supported a minimum of four dive days (i.e., four single-day dives or one two-day and two single-day dives, or two two-day dives). There are sixteen dive days scheduled in the base period.
- Free trips do not count, nor do club certificate dollars.
- For divemasters all days count, dollar amounts will count to the extent received by the club.
- The club will pay a 5% bonus on dollar amounts accrued by qualifying members.
- The bonus can only be used on the Peace two-day scheduled for 13/14 December 1991. The bonus amount will be refunded to each qualified diver on the dive.



ELEVENTH ANNUAL  
AVALON UNDERWATER CLEANUP  
22-25 FEBRUARY 1991

As usual, The Sea Divers will be participating in the Avalon Harbor Cleanup. Tentative schedule is as follows:

Friday - 22 February

6:30/10:00 PM Travel to Catalina

Saturday - 23 February

9:00/3:00 PM Harbor cleanup activities

4:00/5:30 PM Patio get-together

6:30/ ??? PM Awards dinner, etc.

Sunday - 24 February

AM On your own to dive or  
play tourist

2:00/3:30 PM Barbeque, etc.

4:00/6:00 PM Travel back to mainland

Monday - 25 February (OPTIONAL)

AM Activities TBD

PM Local tours/patio party

4:00/6:00 PM Travel back to mainland

RESERVE EARLY!!! We anticipate between 20 and 30 people will attend this annual event. Please call Kathi McNally at (213) 370-1657 [home] or (213) 812-1137 [work] for information and/or signup.

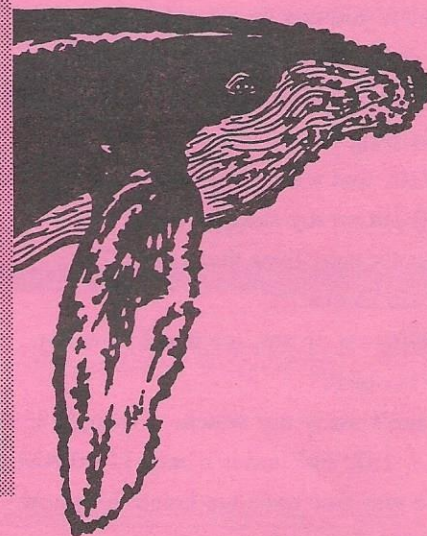
Hope to see you there. This is always one of the best. . . .  
The Sea Divers usually do well in the awards ceremony.

**ADVERTISING RATES\***

SPACE	PER ISSUE	PER YEAR
2 lines x 1/2 page**	\$8	—
1/10 page (Business card size - 10 max)	\$10	\$100
1/4 page	\$25	\$250
1/3 page	\$30	\$300
1/2 page	\$45	\$450
One Page	\$75	\$750

\*As space is limited we reserve the right to accept a limited number of ads.

\*\*Club members personal ads only



QUOTES OF THE MONTH II . . .

"I've stepped over better to get to  
a dark corner."

"We played the dot game all the way  
to Ventura."

"I kept having to throw an elbow  
into his ribs to keep him awake--  
and it was 6:00 PM already."

"I didn't pull it that hard."

"You should cut up your old wetsuit  
and sell the pieces as historical  
diving artifacts."

"You mean Delaney missed the first  
dive --- WOW!!"

"I didn't realize my nuts could climb  
so fast. They were up right next  
to my heart."

"I think you've cashed two too many  
checks of mine."

"We have the first boobie prize candidate --  
my buddy speared me!"

"You got it off -- good for you."

"Now, that's what I call a woman. She's  
cleaning his scallops. Mine's just sitting  
in the g \_ \_ \_ \_ n \_ \_ \_ \_ ing  
hot tub."

"Hey woman, dye your hair black and get  
over here."

"Where's McNally?? Crashed and burning  
and in the bunk???"

"This one's warm and wet, the other is  
cold and dry."

"Members can sign up for anything."

"I've lost more hair than you ever had."

"The oil rig wins the Christmas boat  
lights award."



## 1990-91 BOAT DIVE SCHEDULE

91-2	SAT	2 FEB	SAN NICOLAS	WILD WAVE	22ND STREET
91-3	SUN	10 MAR	SANTA BARBARA	WILD WAVE	22ND STREET
91-4	SAT	13 APR	"OLYMPIC" WRECK/CATALINA	CHARISMA	22ND STREET
91-5	FRI/SAT	10/11 MAY	SAN MIGUEL/SANTA ROSA/ SANTA CRUZ	PEACE	VENTURA
91-6	SAT	8 JUN	NINE FATHOM REEF/SAN CLEMENTE	ENCORE	22ND STREET
91-7	FRI/SAT	26/27 JUL	BEGG ROCK/SAN NICOLAS/ SANTA BARBARA	CHARISMA	22ND STREET
91-8	SAT	3 AUG	WILSON ROCK/LITTLE WILSON	WILD WAVE	VENTURA
91-9	FRI/SAT	13/14 SEP	SAN MIGUEL	PEACE	VENTURA
91-10	FRI	4 OCT	SAN NICOLAS	WILD WAVE	22ND STREET
91-11	FRI/SAT	1/2 NOV	CORTEZ BANKS	WILD WAVE	22ND STREET
91-12	SAT	30 NOV	SANTA BARBARA	WILD WAVE	22ND STREET
91-13	FRI/SAT	13/14 DEC	SANTA ROSA/SANTA CRUZ/ANACAPA	PEACE	VENTURA

### Wild Wave/Charisma/Encore - 22nd Street Landing

South on Harbor freeway, left on Gaffey, left on 22nd Street, down the hill and park in designated areas.

### Peace - Ventura Marina

North on Ventura freeway to Victoria Ave. in Ventura. Turn left onto Victoria and continue to Olivas Park Drive. Turn right and continue all the way down toward the beach and across Harbor Drive; go to the left on to Spinnaker Drive. Look for Milano's Italian Restaurant and turn right into the parking area. If you get to the end of Spinnaker, turn around and take the second left. Park adjacent to the berth (Slip #20) to unload, then park overnight in the last row adjacent to Spinnaker Drive.

### DIVE BOAT POLICY

A club member may, but is not required to, have a boat deposit on file with the club. A club member may make a reservation on an upcoming dive as follows:

- A) Unconfirmed reservations may be made for any boat dive at any time. To confirm a reservation, payment in full must be received.
- B) For single day dives, divers holding an unconfirmed reservation will be called 3 weeks prior to the dive and advised that payment in full is required no later than 15 days prior to the dive to be confirmed. Dive boat deposits will be considered as payment in full.
- C) For two day dives, divers holding unconfirmed reservations will be called 5 weeks prior to the dive and advised that payment in full is required no later than 30 days prior to the dive to be confirmed. Dive boat deposits may be used as part of the payment in full.
- D) If payment in full is not received by the deadline, the diver may be replaced by a wait listed diver who has paid in full.

Any reservation may be cancelled two weeks prior to a dive with a full refund. Cancellations will not be accepted within two weeks prior to the dive unless a diver holding a reservation can sell or transfer their reservation to another qualified diver. The dive reservationist will assist in this process, but is not responsible for providing paying alternates. When confirmation is received by the dive boat reservationist that a cancelling diver is being replaced by another qualified diver, the replacement diver is then fully responsible for the cost of the dive.

If a diver has a deposit on file with the club and uses that deposit to secure a reservation on a boat dive, he may not use that deposit to secure additional dives until he has paid the club for the first dive. Two years after a diver has ceased to be a member of the club, his unclaimed dive boat deposit will be forfeited to the club. Only Sea Diver club members and members of other selected clubs may make boat dive reservations prior to one month before a scheduled boat dive. Partial refunds from boats which do not make the advertised dive location will be passed on to members who request them within two weeks of the dive.

### BOAT DIVE RESERVATION FORM

DIVE DATE: \_\_\_\_\_ DESTINATION: \_\_\_\_\_

NAME OF DIVER(S): \_\_\_\_\_

PHONE (DAY) [ ] \_\_\_\_\_ (EVE) [ ] \_\_\_\_\_ COST OF DIVE \$ \_\_\_\_\_

MEMBER [ ] YES [ ] NO DATE OF LAST DIVE \* \_\_\_\_\_

Please make checks payable to THE SEA DIVERS and mail to:

THE SEA DIVERS  
P.O. Box 2415  
Redondo Beach, CA 90278  
(213) 371-9985

\* Please include date of last dive for each diver.



# THE SEA DIVERS

P.O. BOX 2415

REDONDO BEACH, CA 90278

FIRST CLASS MAIL

ADDRESS CORRECTION REQUESTED



## FEBRUARY 1991

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

February 2  
February 5  
February 14  
February 23-25

Boat Dive, San Nicolas  
General Meeting, Pancho & Wong's - 7 PM  
Executive Meeting, Baxter's - 7 PM  
Avalon Cleanup/Barbeque

## MARCH 1991

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

March 5  
March 10  
March 14

General Meeting, Pancho & Wong's - 7 PM  
Boat Dive, Santa Barbara  
Executive Meeting, Baxter's - 7 PM

## APRIL 1991

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

April 2  
April 11  
April 13  
April 28

General Meeting, Pancho & Wong's - 7 PM  
Executive Meeting, Baxter's - 7 PM  
Boat Dive, Olympic Wreck/Catalina  
Beach Dive/Bouillabaisse - Veteran's Park