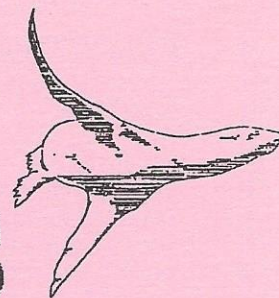


THE SEA DIVERS



FROM THE EXECUTIVE CRYSTAL . . .

No firm news yet on a meeting place for our General Meeting. The August affair at Ken and Dicie's went very well with the club netted \$55 from sales of leftover goodies from boats and TRW -- the food was great, too!! THERE WILL BE NO SEPTEMBER GENERAL MEETING DUE TO THE LABOR DAY HOLIDAY.

Beginning in October, the General Meeting will take on a slightly different format. The day and time will remain the same, but the business portion of the meeting will be limited to 10 to 15 minutes and the entertainment to about 30 to 40 minutes. This will allow for significantly more socializing, especially with visitors and/or new/potential members. Observation and feedback suggests our members would prefer more social time ---- sounds good to me!

AP

AUGUST NEWSLETTER SURVEY

As some of you noticed, there was a \$25 certificate waiting for the 30th caller who read at least page 5 of the August newsletter. We had 15 calls!!! Obviously, some of you read it and didn't call, but allowing for that it appears that only between 20 to 30% of our members read the newsletter. Question is, what is the message??!
Do you read your newsletter??

Thanks to those who called (in order of appearance): Robin Grant, Kathy Bachus, Dan Portway, John Mowrey, Kathleen Bennett, Pete Kenefick, Jim Monroe, Vann Parker, John Delaney, Dave Nesheim, Dicey Sizemore, Kathy Dacey, Mike Kaminski, Wes Stepp and Gus Vargas.

REMINDER: NO GENERAL MEETING IN SEPTEMBER!!!

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	371-2636	371-2636
BOAT DIVE RESERVATIONIST	KATHI McNALLY	812-1137	370-1657
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	KEN SIZEMORE / LINDA MONOSMITH	371-2636 376-8956	371-2636 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 half hour precedes the meeting from 6:30 to 7 PM, and a feature presentation follows the business meeting. The meeting is held at The Red Onion, 1655 N. Harbor Drive, Redondo Beach.

NO GENERAL MEETING
HELD IN SEPTEMBER.

EXECUTIVE MEETINGS are held at 7 PM on Thursday the week following the General Meeting at Reuben's in the Manhattan Village Mall (beginning with the July 1991 meeting).

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

ARE WE HAVING FUN YET??

13/14 SEPTEMBER (Fri/Sat)

SAN MIGUEL

PEACE

MEMBERS \$165

(ALL INCLUSIVE)

NON-MEMBERS \$185

Boarding for the September two-day on board PEACE will begin around 8:00 PM on the 12th for a 2:00-3:00 AM departure on the 13th. Weather permitting, we will head out on the north side of SANTA CRUZ Island to FRASER POINT for our first dive. We will then cross the Santa Cruz Channel and dive the northwest tip of SANTA ROSA around one of the pinnacles or reefs in the area. Our next spot will be around TALCOTT SHOALS and/or SANDY POINT, followed by a run across the San Miguel Passage to CLUSTER POINT on SAN MIGUEL. Following this dive, we'll head up to the northwest area of SAN MIGUEL and make one or two more dives in the HARRIS POINT area. We hope to overnight at CUYLER's and enjoy ALL the amenities the PEACE has to offer (!!), including full dinner and appropriate accompaniments.

Saturday the 14th, we will either pursue additional dives on SAN MIGUEL or "go for" WILSON or RICHARDSON'S ROCK(s) before heading back towards Ventura and one or more dives along the way. As usual, our return trip will be complimented by late lunch/early dinner. We will be providing several untypical additional awards and/or prizes on this trip. Weather permitting, the trip is suitable for all skill levels -- beginners and/or intermediate divers must check with the on duty Sea Divers divemaster at the more advanced spots, or if in ANY doubt, before diving. This trip will cater to divers, part-time divers, lazy divers, and non-diver bubble watchers, and will feature ABALONE, SCALLOPS, FISH and great spots for LOOKY-LOOS, PHOTOGRAPHY and VIDEO. By the way, Bill and Cheri video all trips, just in case!!!

We were quiet in May, but this is September, folks!! Be there, don't miss out. For sign-up call Kathi (McNally) or Allen (Parker) at [213] 370-1567. The boat is already almost full --- money and membership talk!!! and there are ALWAYS last minute cancellations.

THE SEA DIVERS 4TH ANNUAL UNDERWATER PUMPKIN CARVING CONTEST & POTLUCK

Test your underwater dexterity at the 4th (in recent times) annual pumpkin carving contest being held on Saturday, 13 October, at White Point (Issei Cove). The fun will begin at 10:00 AM and all entries must be on display for judging by 1:00 PM. The grand prize for the winning pumpkin is a single day trip on an upcoming Sea Diver boat dive

A potluck will follow the contest. The Sea Divers will provide snacks, hot dogs and drinks. Family and friends are welcome. Please plan to bring a potluck dish of your choice to add to the post-diving activities. Hope to see you there. Any questions, please contact Kathleen Bennett at (818) 988-6561 [home] or (213) 648-7077 [work].

NO BOOKING SCREW-UP, NO BROKEN COMPRESSOR????

4 OCTOBER (Friday)

SAN MIGUEL

WILD WAVE

MEMBERS \$73

(ALL INCLUSIVE)

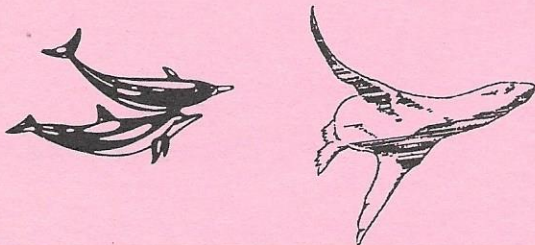
NON-MEMBERS \$80

Last year's attempt failed twice -- once due to a WILD WAVE booking error and once due to a broken compressor -- leading to our "freebie" dive in January this year. Well, we're going to give it another shot!! BUG season opens Wednesday, 2 October 1991, and we'll be at SAN NICOLAS in the early AM on Friday -- note Friday -- 4 October, just two days later. The "San Nicolas Express" will leave 22nd Street Landing at 12:01 AM for a typical fast run to the Island for an early AM night dive. Don't forget your dive light, backup and new chem lights. We hope to make four or five dives, depending on weather, dive spots, success (or failure!), and diver ocean time. Quick in, quick out makes for more dives and perhaps a shot at our \$50 dive light prize for the first bug over 8 pounds. SAN NICOLAS can still provide the big LOBSTER, with FISH as a backup once you've made your BUG limit of seven !?#@?!!

This trip was quite popular last year during sign-up and was oversubscribed for both attempts. Call Kathi or Allen at (213) 370-1657 for early sign-up for this real early season special. The dive will include spots suitable for all skill levels -- ocean conditions permitting -- and we'll tailor the dives to the skill levels on board. We will have our usual full steak dinner and "trimmings" on the way back to 22nd Street. GET YOUR FIRST 1991 SEASON BUG(S) RIGHT HERE!

EXACTLY 20 YEARS AGO . . .

The President was Jack Tregeser; Vice President, Tony Savino; Treasurer, Ted Gecks; and Secretary, Alex Sana. Paul Meister was almost everything else! The General Meeting was at the perennial Lococo's -- the first meeting there after leaving Friar Tuck's Inn. Either we didn't have Executive Meetings, or the venue was secret!! Activities being pursued included kelp restoration projects; an advanced diver program (not LACC); PURP - Project Urchin Review Panel, which had 800 divers bashing 800,000 urchins to destruction at White Point; near accident reports; basic SCUBA course and the young diver section "The Lilly Pad" for the FROGS by Freddie, attached to the newsletter. The September boat dive was on the "Maverick" to San Clemente, no price listed. There was no specific beach dive listed. We were pushing TRW-blue nylon windbreakers with TRW Sea Divers embroidered on the back.



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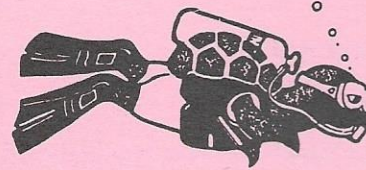
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A REMINDER TO THOSE NOW COMPUTERIZED

Computer diving has significantly increased bottom times, thus reducing DCS margins, normally in place when using Navy Tables, etc. Remember:

- deepest dive first
- avoid reverse profile dives, dive to the planned depth first and work shallower as the dive progresses
- do not exceed required ascent rates
- hold at 15 feet, during ascent, for a minimum of 3 minutes, especially after dives deeper than 60 feet
- be especially cautious on multi-day dives.

The above is basic good practice which should be followed with or without your trusty computer.



1911 SOUTH CATALINA AVE.
REDONDO BEACH, CA. 90277
PHONE (213) 373-6355

THE SEA DIVERS SHOP

END OF SUMMER SALE!!

Most items 20 to 50% off.

See Barry Friedman for Sea Diver specials



KATHY'S GENERIC SEA DIVER'S AFTERMATH

It was a grey, slightly overcast morning, as the slowly awakening divers stumbled out onto the deck to see where the boat had taken them during the long and rocky night. The destination was advertised as:

- a) Richardson's Rock
- b) Wilson's Rock
- c) Begg Rock
- d) Cortes Banks

but alas, it was not to be. Once again the unforgiving ocean conditions wouldn't allow the boat to reach the renowned diving utopia. The divers discovered that instead they had dropped anchor off the shores of:

- a) San Nicolas
- b) Santa Barbara
- c) Catalina
- d) Santa Rosa
- e) Santa Cruz
- f) San Miguel
- h) 22nd Street

The divers were not discouraged, however, as they quickly suited up.

- a) PK
- b) AP
- c) KD
- d) KD
- e) WS
- f) DJ

was the first diver to test the waters. He/she promptly announced:
"It's _____ cold."

- a) f__king
- b) God d__n
- c) ice
- d) really
- e) a tad

The conditions were typical for this time of year, with the visibility extending as far as:

- a) 100 feet (HA!)
- b) 40 feet
- c) 20 feet
- d) the end of your arm
- e) the inside edge of your facemask

and the fun loving ocean once again providing memorable swimming conditions in the form of:

- a) regulator ripping current
- b) stupendous surge
- c) tsunami size swells
- d) wild and wacky whitecaps

After the diving was completed, the "great white hunters" compared their catches. The club is not known for its hunters for good reason, and only a few meager

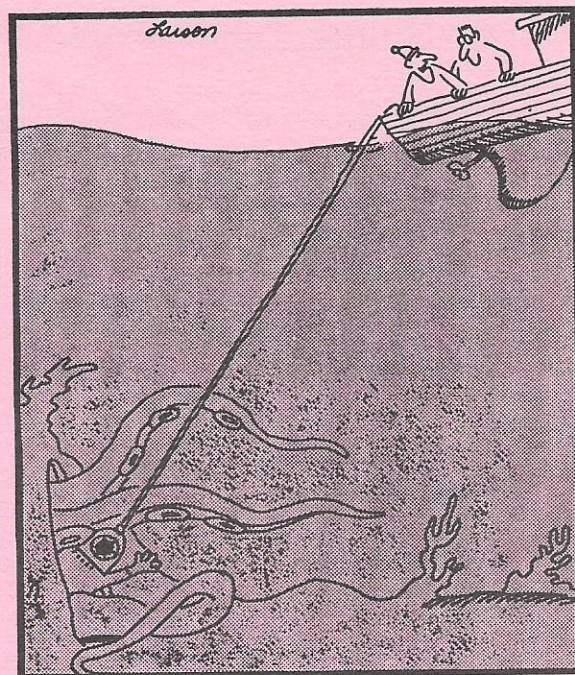
- a) abalones
- b) scallops
- c) lobsters
- d) fish

were brought aboard. Of course, the prize winning catch of the day was caught by a shell collector who had clumsily "tripped" on the edge of the reef and accidentally ensnared an unsuspecting trophy fish in his goody bag.

Once the diving was done, the partying began with wine supplied by the club and a fantastic culinary feast prepared by the galley crew. Boobie prize candidates were announced with the winner being _____ for _____ (chose one from each column).

- a) BS
- b) RG
- c) JD
- d) PK
- e) KS
- f) KM
- 1) having his/her tank on upside down so that the regulator came up between his/her legs.
- 2) making a spectacular rescue on what turned out to be an inflatable doll.
- 3) performing an obscene act with a shellfish.
- 4) having his/her hood on backwards and not noticing until the end of the dive.
- 5) generously donating another \$100 worth of dive equipment to the ocean gods.
- 6) accidentally "scoring" in the bunk room with a member of the same sex (well, it was dark!).

So ends another epic adventure with The Sea Divers.



"Now wait a minute. . . He said two jerks meant 'more slack' and three meant 'come up' . . . but he never said nothin' about one long, steady pull."

YES, VIRGINIA, THERE REALLY IS A BEGG ROCK!

When the CHARISMA dropped anchor on the morning of July 26th, the divers on deck began rubbing their eyes, squinting and shaking their heads!! No, it couldn't be!! I've got to cut back on my drinking! They said it doesn't exist! There we were, anchored alongside the infamous, the notorious, Begg Rock. To add to our disbelief, the conditions appeared to be great.

The divers quickly jumped into the water and headed down the anchor line. After descending about 30 feet, what seemed to be a snow covered rock appeared. No, it wasn't snow. It was a large pinnacle covered with beautiful white sea creatures (Whitea Thingius) -- an awe inspiring sight. The hunters in the group immediately began working on their limits of scallops while others just marveled at the scenery and outstanding conditions, 60 feet of visibility and zero current.

Back on the boat the gate remained open long enough for people to make another dive (recommended for computer users only for obvious reasons) or to let the late starters get a chance at the famous rock. All of the superlatives were used to describe the diving at Begg: "gorgeous," "beautiful," "awesome," "outstanding," "excellent," -- the list went on and on. After finally pulling up anchor from the rock, the CHARISMA headed towards San Nicolas Island. Four more dives were done that day in various areas. Three of the dives were in heavy kelp areas, one of which, unfortunately, was denoted as "Carcass Alley" by some of the divers due to the 3 or 4 bloated carcasses of murdered (allegedly by commercial fisherman) sea lions entangled in the kelp. One other dive location was visited that was named "The Halibut Spot" -- a location that was aptly named by an obviously disgruntled and sarcastic fisherman. Although all of the remaining dives of the day had their bright points, as far as the abundance of sea life to amuse the hunter, photographer or looky-loo divers, none could compare to the first dives of the day at the fabled Begg Rock.

With the diving completed for the day, the partying began. The Sea Divers love to dive, but anyone that's been on a boat with them will tell you they love to party, too. So out came the wine, the beer, the vodka, the tequilla, and the Grand Marnier . . . and they were off and running with tales of their exploits (real or imagined). While the divers were partying, Belinda, the galley crew (a crew of one) was busy preparing a superb feast of prime rib, baked potatoes, corn, tossed salad, rolls, cake and ice cream. After gorging themselves with food and alcohol, a vote was taken to determine the next day's diving activities. Another attempt at Begg Rock or a run to Santa Barbara? Needless to say, Begg Rock won the vote hands down (well, actually, we DID have to raise them -- where did that cliché come from, anyway??).

Because of the long trip home, the second day of diving was somewhat abbreviated but started off as well as the first with two dives being done at Begg. The boat then moved to San Nick for two more dives and then pulled anchor for a 6-7 hour ride home. During the trip home, prize winners were selected and prizes distributed as follows:

Early Pay Up/Sign In
(a single day boat trip)

Kathi D

Boat Sign In
(a tank tote & Magic Castle Pass)

Mike D

Boobie Prizes
(a Sea Divers shirt, key chain, patches and cookbook)

Dexter K (a perennial winner) for jumping in with his tank strap loose and running out of air at 20 feet

(a tote bag for his personal protection devices)

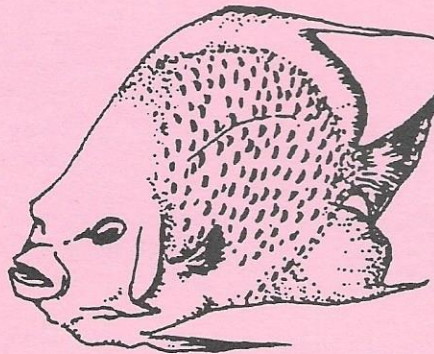
Bob S (another perennial winner) for getting a negative "remaining bottom time" reading on his computer on the very first dive which caused him to miss all the rest of Friday's dives.

Boobie Prize Honorable Mentions:

Lynn S - for turning regulator knob on her buddy's tank instead of turning tank valve on.

Ken S (the divemaster's divemaster) - for turning his buddy's air OFF instead of ON (it does last longer that way, though!).

Michael B - for jumping in with his fins off (at least you don't have to worry about swimming too far away from the boat).



CHARISMA QUOTES . . .

- "I'm not married. I'm not used to going without for weeks at a time."
- "Only three Kathy's on the boat . . . a record low."
- "Wesless Dacey."
- "He didn't fall off the wagon . . . he jumped off!"
- "He offered to swim between her caverns."
- "I've been in this club 2-1/2 years and I've only been quoted once."
(Editor's note: make that twice.)
- "You're jumping off headfirst this time 'ey Delaney?"
- "I asked my wife for some money last night . . . and she gave it to me!"
- "It was nice to meet you, write down those quotes."
or
- "It was nice to meet you, write down those quotes."
- "She didn't have a kid 'til she was 31 and she thought it was a yeast infection."
- "Everything that I don't know what it is . . . is a sea anemone."
- "It was a tough decision, scallops or my kid."
- "The PADI wheel enforces long surface intervals 'cus it takes them that long to figure it out."
- "Checklist in kitchen:
- Pick up potato chips
- Get laid."
- "I know a place where they sell Harleys with training wheels on them."
- "Where's ED?"
- "He seems like such a stable kind of guy."
(referring to Bob Stivers)
- "The trick is to never talk to him for more than 10 minutes."

DIVE COMMITMENTS

13/14 SEPT (Fri/Sat)
PEACE

4 OCTOBER (Friday)
WILD WAVE

1. MICHAEL BORDEN	1. KATHLEEN BENNETT
2. CINDY BURKE	2. KATHY DACEY
3. MIKE BUTLER	3. BRUCE GILES
4. KATHY DACEY	4. SHARON HALE
5. JOHN DELANEY	5. PAT HARRISON
6. CATHY GALE	6. PETER LANDECKER
7. BRUCE GILES	7. KATHI McNALLY
8. SHARON HALE	8. ALLEN PARKER
9. NOREEN HANKE	9. VANN PARKER
10. JACKIE HARDIE	10. DAN PORTWAY
11. FAISAL HAROON	11. DICIE SIZEMORE
12. ART HILL	12. KEN SIZEMORE
13. SUE HOEHN	13. WES STEPP
14. PETE KENEFICK	14. TRACEY WATTS
15. PETER LANDECKER	15.
16. DAVID McCracken	16.
17. JOHN McMANUS	17.
18. KATHI McNALLY	18.
19. ALLEN PARKER	19.
20. DAN PORTWAY	20.
21. BARBARA SERENA	21.
22. DAVID SERENA	22.
23. DICIE SIZEMORE	23.
24. KEN SIZEMORE	24.
25. WES STEPP	25.
26. BOB STIVERS	26.
27. JOE ZAHAVI	27. DM -
28.	28. DM -
29.	
30.	
31.	
32. 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.

SPLISH – SPLASH – BANG – BANG – BOOM!!

The WILD WAVE was waiting for us at Island Packer's dock in Ventura Marina as we began to arrive late Friday afternoon. Mickey P had skippered the boat up and Joel I had driven his camper up -- presumably to "hotel in" during the WILD WAVE's stay in Ventura.

There was much speculation during the evening's activities as to whether (or weather) we would make Wilson Rock -- we had made it last year, so hopes were high. We informed everyone that we were to leave the dock at 12:01 AM, which we did minus Faisal H and Gus V!! Fortunately, they were strolling back to the boat, armed with a pizza, and noticed the WILD WAVE peeling out. A quick radio call from an understanding third party called us back and they climbed on board and we set off again.

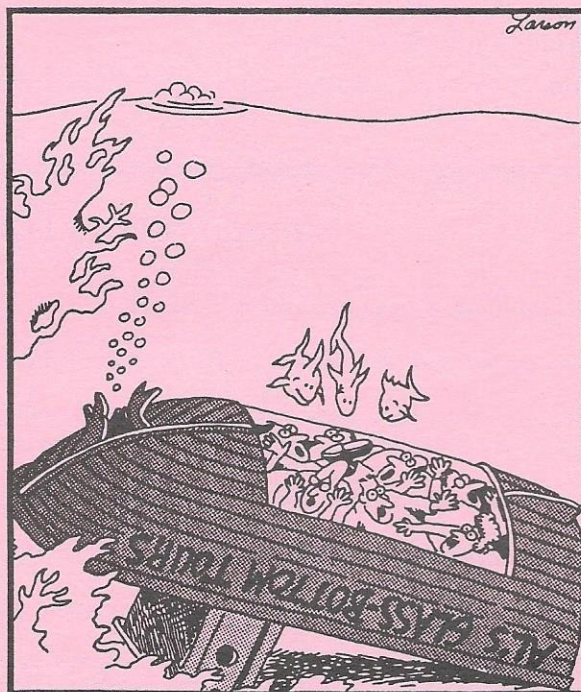
Our earlier speculation was answered at the marina exit -- how rough was it? On a scale of 1-10, it was probably a 10 on a slow boat, but with WILD WAVE's speed and Joel's desire to get there, he raised the scale to a solid 12 or 13!! We ploughed through, flew over and bounced across anything the ocean had to offer. As one diver stated, "They tied the gear down, how come they didn't tie us down?" We eventually made the south (lee) side of Santa Cruz and things settled out some. However, once past Gull Island, it got worse!! The sounds of running, leaking, water were everywhere, and suddenly there were flashings and crackling noises accompanied by a not too encouraging smell of burning. Then a giant flash and bang somewhere in the rear area of the forward bunk room. I jumped out of my bunk, along with others, ran up into the galley and yelled at Joel to shut things down. In short, leaking water had shorted out the electrics under the stairs and had blown out the large circulating fan motor. With no other damage apparent, we proceeded, arriving at Johnson's Lee around 4:45 AM, anchoring for an hour and a half of relative peace and quiet.

Joel decided to poke our collective noses out into the San Miguel Passage -- he IS crazy! We dropped anchor (twice) just off the slaughtered remains of the CHICKASAW in healthy swells, high wind, white caps and a medium current. Basically your advanced hairy-assed dive spot. Once off the surface diving was surprisingly pleasant. Visibility was in the 30-35 foot range and depths up to 65 feet with water temperature in the 57 degree range. Most divers brought up their daily limit of two (red) abalone. Getting back on the wildly swinging boat was a touch sporty!!

The next two dive spots were successively a little closer to South Point on the southwest tip of Santa Rosa Island. Conditions were much the same as the first dive with surface conditions improving a little with each move towards the point. The third spot was just "littered" with red and a few pink abalone. We noted the spot for September. The final (fourth) dive was just east of Johnson's Lee -- much calmer, but visibility was reduced to 15-20 feet in fairly thick kelp.

Diving over, we began our trip back with Joel chuckling over the microphone as to anticipated conditions in the channels. The steak BBQ had to wait until we were in the lee of Santa Cruz where Joel throttled back to "PEACE and CHARISMA speed." We arrived back at Ventura Marina around 6:00 PM none the worse for our adventures at sea. We made only one award --- the infamous booby prize. Contenders were: Ron G (again) for sleeping in a soaking wet bunk; Linda M for posing for pictures in rough water; Kathleen B and Dave M for an unmentionable; Joel I for beating the shit out of Mickey's boat, the crew and The Sea Divers --- for the early AM unannounced fireworks display --- for the illegal low flying without a pilot's license --- and for the selection of hairy-assed dive spots. Joel was the unanimous shoe in and was presented with a Pee Wee Herman doll doing his thing!!!

Of note, neither John D nor Bob S were contenders -- almost a first. Kidding aside, Joel did a fantastic job that only the WILD WAVE will do these days. It's one we'll talk about for quite a while!!



Hypertension Under Pressure

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

Hypertension, or high blood pressure, is the most common adult medical problem in the modern world.

Estimates indicate that over 60 million Americans suffer from this malady. Untreated, many may go on to develop more serious complications such as coronary artery disease or stroke.

The etiology (cause) of hypertension is unknown. Patients generally exhibit no symptoms. If treatment with medications are necessary to control blood pressure, therapy is generally lifelong.

Numerous medications are now available to treat hypertension. These antihypertensives act by a variety of mechanisms to decrease blood pressure.

Selection of the "best" product for an individual is based on other underlying health problems, severity of hypertension, the development of adverse drug reactions, cost of therapy, and compliance with the medication regimen.

This brief drug review will outline possible physiological alterations in the response of individuals when exercising or diving. In general, divers taking antihypertensive medications may have a significant inhibition of normal physiologic control mechanisms in the cardiovascular system.

Poor exercise tolerance is often noted by patients receiving these medications. The development of syncope (fainting) is also commonly reported. Individuals frequently describe limitations during exercise due to the development of generalized weakness, orthostatic hypotension (rapid blood shift), shortness of breath, dizziness or an abnormal heart beat.

Medications, such as diuretics, inhibitors or peripheral antagonists, e.g., increase the ability of the vasculature (blood vessels) to dilate, inhibiting blood pressure rises during exercise and may lead to exertional syncope. Additionally, an increased loss of body fluids can occur with use of these medications.

Calcium channel blockers can produce these same types of general adverse effects under pressure. Changes in heart rhythm and rate of heart muscle contraction can also occur. Careful exercise screening of an individual should therefore occur prior to approval for diving with any of these agents.

Centrally acting agents act at the level of the brain stem to reduce heart rate and decrease vasoconstriction in peripheral blood vessels. Because of the action at the level of the central nervous system, sedation, dizziness and confusion have been reported with their use. Use of these agents

"Hypertension, or high blood pressure, is the most common adult medical problem in the modern world. Estimates indicate that over 60 million Americans suffer from this malady."

in the underwater environment may be dangerous for patients experiencing this side effect.

Beta blockers pose additional concerns for the diver. These medications reduce blood pressure by reducing heart rate and enhancing dilation of blood vessels. Patients receiving beta blockers may also have a significant inhibition of heart rate response to exercise. This can produce severe fatigue and a reduction in maximum

exercise performance. Exercise testing may be appropriate prior to a dive for individuals receiving beta blocking agents.

Discontinuation of antihypertensive medications prior to a dive is not recommended without consultation from a diving physician. Often a "rebound" phenomenon is seen with the abrupt cessation of therapy. Rapid increases in blood pressures have been reported. Contact your physician before initiating any changes in your current drug therapy.

Antihypertensive agents have a direct effect on the cardiovascular system. Other effects on the central nervous system and fluid balances assist in managing blood pressure. Divers must be aware of the problems associated with the inhibition of these physiologic mechanisms and the risks of diving while using these medications.

Please contact your physician to assess your physiologic response to exercise before attempting a dive if receiving any of these medications.

Common Categories of High Blood Pressure Medications

Classification

Generic — Trade Names

Diuretics

Hydrochlorthiazide	
Furosemide	Lasix™
Bumetidine	Bumex™

Beta Blockers

Propranolol	Inderal™
Metoprolol	Lopressor™
Atenolol	Tenormin™
Nadolol	Corgard™
Timolol	Blocadren™

Calcium Channel Blockers

Verapamil	Calan™, Isoptin™
Diltiazem	Cardizem™
Nifedipine	Procardia™
Nicardipine	Cardene™

Peripheral Antagonists

Prazosin	Minipress™
Terazosin	Hytrin™
Hydralazine	Apresoline™

Centrally Acting Agents

Clonidine	Catapres™
Guanabenz	Wytensin™
Guanafacine	Tenex™

ACE Inhibitors

Enalapril	Vasotec™
Captopril	Capoten™
Lisinopril	Prinivil™, Zestril™

Other Agents

Labetolol	Trandate™
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WILD WAVE QUOTES

- "We always have a plan. We just never dive it."
- "A bored man with a credit card and a phone is a dangerous thing."
- "It's not often you see that . . . a bird flying at night — and without lights."
- "We were swimming so fast at 60 feet that we left a wake on the surface."
- "Ron, you're really gross!!!"
- "It's a leaker. It must be Joel's."
- "Such a big gun, Allen. Why don't you shoot something?"
- "Kind of like a pool shot — I called it."
- "This boat's leaking. Is that a problem?"
- "I thought McNally was taking candid pictures again. I didn't realize the boat was exploding."
- "You GUYS are real slobs."
- "I don't know how he slept up there. The water was running off both sides of his bunk."
- "How long are you going to hang it out?"
- "7 — AKA Faisal plus 2."
- "They must have been looking for a stamp — USDA Red Abalone."
- "If I had a better body, this suit would be svelte."
- "It's got to be like sleeping on Niagra Falls."
- "He was running down the road, chasing the wagon he fell off of."
- "I've got a little mouse that does backflips."
- "What's so funny about that? Must be one of those male bonding things."
- "Delaney's got so much shit on him, he sounds like a wind chime."
- "Throw them in the pan, they'll cook themselves."
- "Put it in YOUR mouth!"



THE PRESIDENT

CHARLES SCHULZ

 = \$500

ON THE AVERAGE DAY

☐ The President of the United States earns \$547.95.

☐ Cartoonist Charles Schulz earns \$87,671.23.

Source: *On an Average Day* by Tom Heymann

1991 BOAT DIVE SCHEDULE

91-9	FRI/SAT	13/14 SEP	SAN MIGUEL	PEACE	VENTURA
91-10	FRI	4 OCT	SAN NICOLAS	WILD WAVE	VENTURA
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.

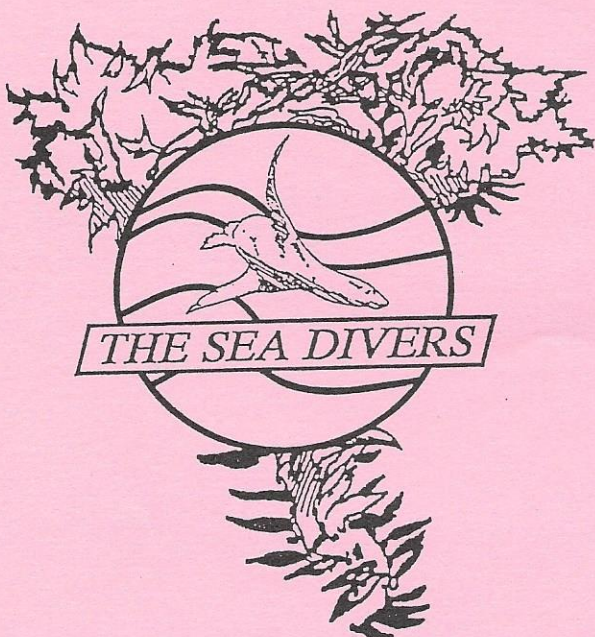
THE SEA DIVERS

P.O. BOX 2415

REDONDO BEACH, CA 90278

FIRST CLASS MAIL

ADDRESS CORRECTION REQUESTED



KATHI McNALLY
20405 ANZA AVE., #50
TORRANCE, CA 90503

SEPTEMBER 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					

September 3
September 12
Sept 13-14

NO GENERAL MEETING
Executive Meeting - (aboard PEACE)
Boat Dive, San Miguel

OCTOBER 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		

October 1
October 4
October 10
October 13
October 19

General Meeting - 7 PM - (TBD)
Boat Dive, San Nicolas
Executive Meeting - 7 PM - Shibaraku Restaurant
Beach Dive, White Point - Pumpkin Carving Contest/Picnic
25th (1990) Anniversary Party - 7 PM

NOVEMBER 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

November 5
November 14
November 30

General Meeting - 7 PM - (TBD)
Executive Meeting - 7 PM - Shibaraku Restaurant
Boat Dive, Santa Barbara