



# Aqualliers Dive Club

## Newsletter



JUN/JUL 2008

WWW.AQUALLIERS.COM

### INSIDE THIS ISSUE:

Seeing Stars 1

Breathe the Free Air 1

Skip to My Lou 2

Keeping It Real 2

Event Calendar 3

Weather and dive conditions 4

Easy Access 4

Club Stats 5

Loading Dock 5

Contact Us 6

Diving into the past 6

## Seeing Stars

While some of us will be seeing self-proclaimed stars daily in L.A., the true stars are of course those on Old Glory (and the many Aqualliers that made this year's 4th celebration more fun than watching Al Gore's delusional rants). This year's turnout was spectacular, with the most folks we've had in some time and several newbies. And both Old Glory and the Aqualliers flags were proudly flown together for the first time in ages. While there were no fireworks per se, the recent wildfires combined with the screaming winds provided a multi-layered smoky backdrop on the surrounding mountains. The 'smoky vis' continued below the surface where over a half dozen divers flew in IFR conditions for extended swims, learning the true meaning of 'trust your instruments'. As one diver discovered, the lack of an underwater T<sup>2</sup>CAS meant setting a compass heading for a pylon results in heading a pylon. But all in all the dives and divers were excellent as were the tri-tip, ribs, and, once again, Jack and Roy's signature abalone. "God bless America" sums it up.

First time boathouse diver learns the phrase: "Vis? We don't need no stinking vis!"



See the new cable? Aqualliers repaired the pit (As if anyone else would).



## Breathe the Free Air

Months in the making, the saga of the clubhouse move can now be drawn to a close. Lots of hard work, hard labor, and dedication were required; but we're now officially back online—to include our coveted air compressor. That's right folks. All the free air you can breathe and just

in time for the summer dive season. If you look at the posted test results, it's the cleanest air you'll ever breathe this side of a vacuum. Again a special thanks to Jack, Brian, Roy, John, Mike, and others who fought for our turf and got us back on the grid.



How Aqualliers should feel about the new clubhouse

Stop whining and get wet



## Safety Brief: Skip to My Lou



Let's face it. Everyone hates to be first one in a group to run low on air and cause a dive to end. While there are many practical and safe ways to make that tank last longer, one not so smart method is the subject of this bulletin's safety brief: Skip breathing. So what is it? Basically it's an attempt to maximize the time in between breaths (rather than just breathing normally) in the hope that, over time, you take fewer breaths and thus make a tank last longer. In practice, you inhale deeply, hold that breath for an extended period, exhale, then repeat the cycle.

It's truly amazing this theory of stretching out a tank refuses to die given its many inherent problems. First, it violates the first safety rule of diving (if you're reading this you SHOULD know what that is). Taking the risk of blowing out a lung just to extend bottom time is as dumb as expecting O.J. to find the 'real' killer. Second, skip breathing can lead to a build up of CO<sub>2</sub> (generally known as hypercapnia). Since diving itself usually causes a slight increase in CO<sub>2</sub> anyway (at least according to Navy research), excessive hypercapnia caused by skip breathing can lead to underwater blackout—a condition divers hopefully want to avoid. Though not as traumatic, additional CO<sub>2</sub> buildup can cause minor effects such as anxiety and headaches, defeating the purpose of diving being a relaxing activity. Last but not least, since elevated CO<sub>2</sub> (not low O<sub>2</sub>) is the primary driver for the urge to breathe, skip breathing often ends up making you use *more* air, not less. Not quite the recipe for success.

So, if you want more bottom time, be smart. Dive more. Get in shape. Get a bigger tank (except Welliver). Dive shallow. Swim laps. Make sure you've nailed exactly how much weight you need and are properly trimmed. Streamline your gear. Master buoyancy control. Stay warm. Use only your legs (save your arms for the pool). Move slowly. Breathe with your diaphragm. And most of all—RELAX. Skipping may be fine for the playground, morning college classes, and peanut butter. But skip breathing has no place down below.

## Keeping It Real, Keeping It Legal

Game wardens are always on the lookout for ways to make their Christmas just a little bit nicer, especially when sticking it to bug hunters. One hair from a gnat's butt too short? That'll be \$100, please. Let's make sure they get what they want from Santa the old fashioned way—credit card debt—by knowing the rules. Sure, old farts (seasoned professionals?) like Bob and Roy have this stuff down. But for the rest of us here's rules of the road, uh, water. Just go to the links.

Wing OI covering diving on base: <http://www.e-publishing.af.mil/shared/media/epubs/30SWI32-701.pdf>

2008 ocean fishing reg handbook: <http://www.dfg.ca.gov/marine/pdfs/oceanfish2008.pdf>

2008 ocean fishing regulations: [http://www.dfg.ca.gov/marine/sportfishing\\_regs2008.asp](http://www.dfg.ca.gov/marine/sportfishing_regs2008.asp)

Common Cali shore fishes: <http://www.dfg.ca.gov/marine/fishid.asp>

Sport Fishing Reg Map: [http://www.dfg.ca.gov/marine/fishing\\_map.asp](http://www.dfg.ca.gov/marine/fishing_map.asp)

New lobster rules for 2008: <http://www.dfg.ca.gov/marine/pdfs/lobsterbrochure.pdf>

Marine protected area maps: <http://www.dfg.ca.gov/mlpa/maps.asp>

**Stop whining and get wet**

August 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14 Club Meeting at PCC	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

September 2008						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11 Club Meeting at PCC	12	13
14	15	16	17	18	19	20 Beach Cleanup at Refugio
21	22	23	24	25	26 Bug Season opener!!	27 Bug Season opener!!
28 Bug Season opener!!	29	30				

Stop whining and get wet

# Weather and Dive Conditions—Know Before You Go

## Water Conditions

<http://buoyweather.com/> (Find Pt. Conception's buoy & plug in for the ride)

<http://cdip.ucsd.edu/models/wave.model.shtml> (California Swell Models)

<http://facs.scripps.edu:80/surf/socal.html> (NOAA Buoy Data)

<http://www.weatherflow.com/navair/analysis.html> (So Cal Wind Analysis)

[www.tidesonline.com](http://www.tidesonline.com) (Tide tables)

<http://www.tidelinesonline.com/> (Tide line charts)

## Dive related links:

California Diving News: <http://www.saintbrendan.com>

Rodale's Scuba Diving Magazine: <http://www.scubadiving.com/>

Divers Alert Network: <http://www.diversalertnetwork.org/>

Ron Fairbanks' Boat: <http://santabarbaraoceancharters.com/>

Sundiver Ray Arntz's Boat): <http://www.sundiver.net>

California Dive boats: <http://www.calboatdiving.com/>

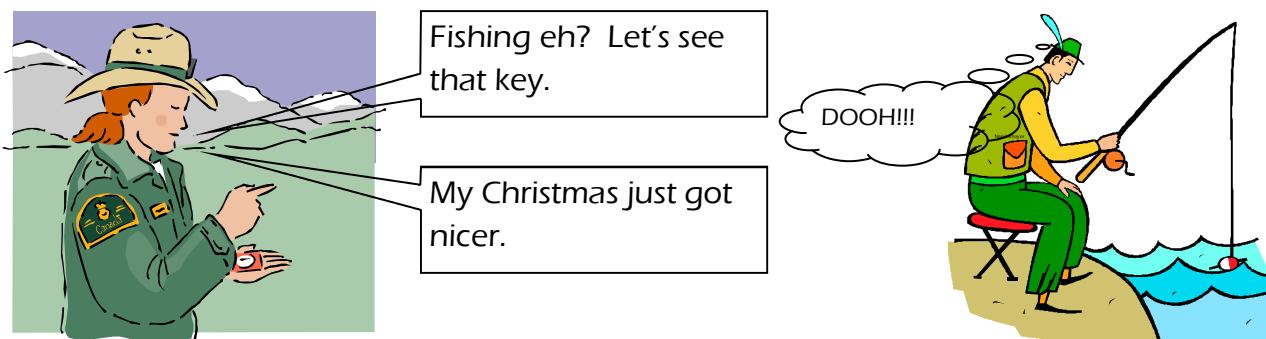
PADI: <http://www.padi.com/>

Diving News: <http://www.cdnn.info/>

## Easy Access, Mi Amigo, Easy Access

As a reminder, the boathouse is now under lock and key. As you might expect a key comes with a catch. Aha!! Dive club keys are for **diving**. Also, remember to have an active duty or retired military member diving with you, have a PADI card and your club card. Want to fish at the boathouse? Then sign out a MWR key for a buck. Any block-head caught fishing on a dive club key will be taken out back, and the club could lose its access to the

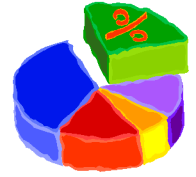
boathouse. And that won't weigh nearly as heavily on your conscience as those concrete blocks tied to your ankles at deep reef.



**Stop whining and get wet**



# Club Stats



Here's some essential club cash-flow stats, just so you know where we stand:

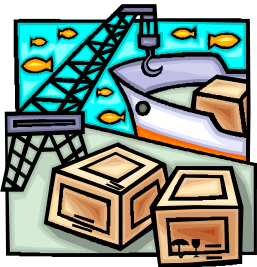
Compressor acct: \$946.39      Trip acct: \$38.92      Checking acct: \$322.47

Missed the Jun, Jul Meetings and the 4th campout? Here's who you missed:

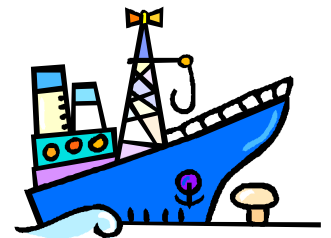
The Wards	The Wurzbachs	The Tollivers	Mark Esola	Chris White	Andy Wulfestieg
Phillip O'Connell	Tim Butler	Bob Johnson	The Porters	Tobin Kyllingstad	
The Linses	Brian Welliver	The Wassermans	Dick Bazzell		

**WELCOME ABOARD!! Please welcome our new members (and new prospective members):**

Jim Vasconcellos	Phillip O'Connell	Scott Heise	Rob Wasserman	Pace Hartman
Monica Wu				



## Loading/Unloading Dock



Let's face it. We all have crap we want and crap we want to get rid of (so we can get more crap). That's the purpose of this section—to bring buyer and seller together to facilitate the mutually beneficial exchange of crap. Have something you want or want to get rid of? Email the club secretary at [homiec.white@verzion.net](mailto:homiec.white@verzion.net)

### Wanted

1. Low pressure aluminum or steel 95 cu ft tank. Got one? Email Chris at [homiec.white@verizon.net](mailto:homiec.white@verizon.net)
2. One yellow fin MIA at the dock July 4th weekend. It's on the bottom somewhere....
3. We have new club members in need of dive gear. If you gear you want to unload, let a club officer know so we can advertise.



### Wanting to Sell

1. Sensus Pro data recorder. Essentially a black box for diving (records depth, temperature, etc). Bought in late 2004 (has a 10 yr battery). Has about 60 dives on it. \$60. Call Chris at 703-309-5330
2. Tons o' dive gear (see pic below). Contact Bob Johnson at 757-0174 .



**Stop whining and get wet**



## Aqualliers Dive Club

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The Aqualliers is Vandenberg's Scuba Diving Club. The club has a large roster and a unique opportunity to dive in the pristine conditions of which most divers can only dream. Southern and Central California diving offers fantastic Kelp forests and an abundance of marine life. Specific dive interests within the Club vary tremendously and your interests can be shared once you begin to meet the different members. Special opportunities include the availability of numerous boats, local chartered and beach trips, weekend camp-outs, BBQ's and more. Come join the fun! (Please note: This is a private organization. It is not a part of the Department of Defense or any of its components and it has no governmental status.) Editor's note: To all that have made these last 3+ years of diving a blast, many thanks. It's been more fun than could ever have been imagined. Special kudos to Jack and Laurel, Roy, Brian, Marcia, Katie, Curt, Bob, Capt Ron, Kym, and Rob as you helped make this land lubber a subsurface addict—an addiction far better than many luck could have thrown my way. Rest assured I will spread the Aqualliers gospel on my Gulliver's travels. Yes, I realize no one reads the fine print, but the law of Coastal Confessions mandates at least a subliminal "Gracias". Until next time.....

Got Wet?

# Diving Into the Past

You thought (and hoped) those pictures from yesteryear were lost with the secrets of Atlantis. Tube socks, mullets, big 'fros—we'd all like to forget. But not so fast. The 'Diving Into the Past' section reveals all. Here's this month's history lesson. Can you name these artifacts?

(Want to contribute a pic? See/email the club secretary. You'll get it back—honest!)



Stop whining and get wet