

# SOCDC



Monthly News, Events, Diving Trips and Information from the most active club in Southern California

A Monthly Newsletter

JULY 2011

## In this issue:

### Special Article

Check out the images of Mike Bartick

Page 5



### Raffle Prizes

Check out this month's great prizes.

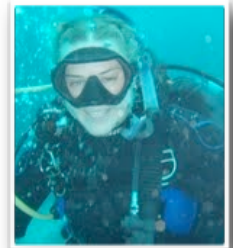
Don't forget your past tickets...this month is the "Quarterly"

Page 9

### This month's Speaker...

Cindy Rhode will give us a great overview of: The 3R's - Rocks, Rips and Reefs.

Page 7



### President's Message

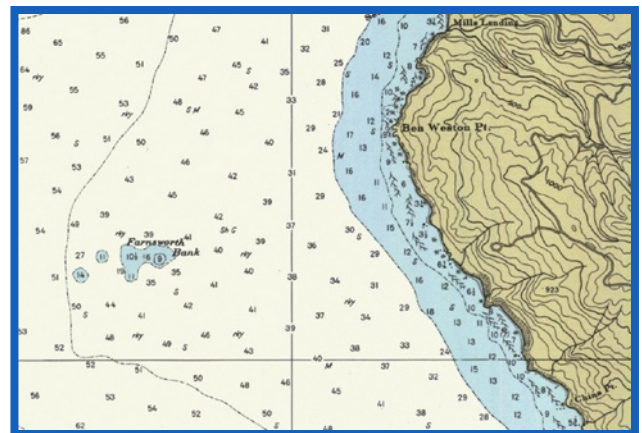
*Konrad Fry*

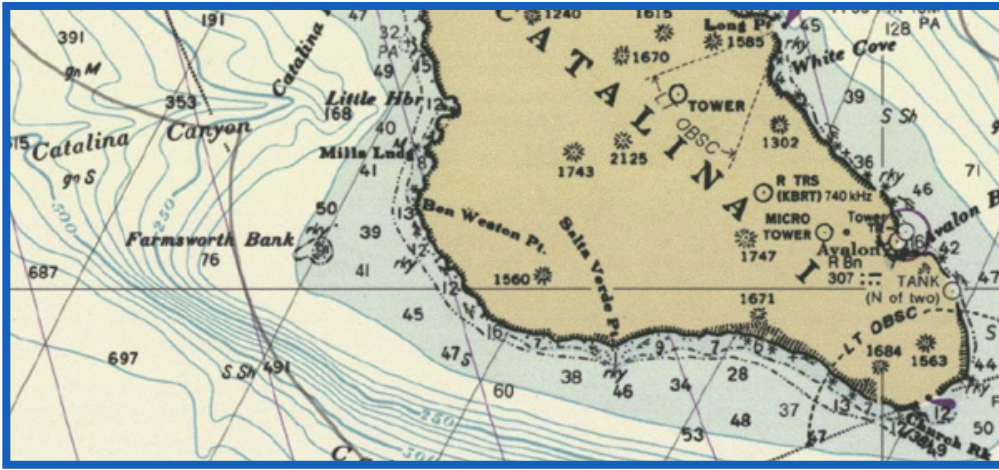
## July is special in

**Scubaformia.** We have a mix of warm coastal and cool deep water that makes something called temp breaks. Temp breaks are areas of the ocean where two water temperatures come together and make traps for bait fish that cannot move from one temperature to another. Ocean predators use this trap to gobble up the bait fish in large quantities. The bait fish do themselves no great favor by reacting in a bait ball. When the bait ball happens, every predator in a mile zooms to it to gobble gobble the clustered fish. You will see sea gulls, pelicans and terns dive bombing the swirling fish from above while yellowtail, tuna, swordfish, mackerel, white sea bass

and shark attack from below. To see this in the open ocean is amazing. When the tuna come in from Mexico later this month, you can see a school 1/2 a mile wide attacking one of these bait balls. The ocean simmers and froths with massive munching of anchovies, sardines and mackerel. Farnsworth banks is in just such an area where temp breaks occur.

If you notice on this nautical chart, Farnsworth Banks are





located about 2 miles West of Catalina Island. The average depth around the banks is 250 feet. The depth just past the banks is 465 feet deep and 2 miles West of that it goes to 4122 feet deep! That is where the cold water upwelling occurs. So you know where I am going on this.... Warm water from shore, mainland shore and the Mexican current meet here and run into the icy cold Alaska current running down the coast and upwelling on the drop off just west of Farnsworth Banks. This is an excellent place to experience a temp break and see the big boys & girls of the predator class in action. The charts I am including here list the depths in fathoms. To calculate the depth in feet, multiply the fathom depth by 6. 1 fathom = 6 feet.

So the site is situated to provide scuba divers with a colorful show of big fish eating small schools of fish, but that is just the frosting on a very rich cake. We will anchor at about 100 – 120 feet. Most divers will follow the anchor line down to the bottom and run through their air in 20 minutes and see rocks. The rich cake is above you. These are oasis islands in a big desert (or dessert if you use the cake metaphor ;-).

Because of the cold upwelling you will see each pinnacle coated in purple hydrocoral. Yes, coral in Catalina. It was discovered in the early 1960's by some fishermen when they found it in their nets. Don't worry, it is still there in great abundance. Interspersed with the coral are sponges in yellow, purple and grey. Adding to the incredible flora are metridians (stalk like white anenomes), strawberry anenomes, and green anenomes. Wedged into these are mussels', scallops and worm tubes. This is the Boardwalk and Park Place of ocean real estate because there is nowhere else to go! What makes the oil platforms so interesting to dive on is the unique concentration of life that accumulates well away from shore. The same dynamic happens on the sea banks. So consider what you will hopefully see. Each pinnacle is an action packed ecosystem with California reef life scrambling to inhabit every square inch from 50 feet down to 90 feet. Around the reef are lobster, eels, Garibaldi, senioritas, perch, blacksmith, shrimp and octopi. Beneath the pinnacles are local squid that rise every night to feed on the reef. Surrounding the reef are anchovy, sardines, smelt and mackerel.

Add a temp break and you will have white sea bass, yellowtail cruising the pinnacles to munch on the bait fish. If we are very lucky, there will be bait balls and that will bring in the big boys like swordfish, shark and even though it is early... tuna! Anything can happen when you are offshore diving. This will be a wonderful experience and as usual, a wine tasting return. Martha will make the call on the varietals next week by email. Let's thank Martha for putting together another winning dive trip. Please remember we need to board the Friday night before we leave.

### **Rips, Rocks and Reefs.**

I took my 3 R's course from Black's Beach in San Diego with Al Bruton and the lifeguards. Our speaker is with the LA County lifeguards. If you are new to scuba diving, or are getting back into it, take one of the 3 R's courses and you will not fear Southern California beach diving. This course teaches you proper surf entry and exit. It teaches you how to manage the rip currents that can kill you if you fight them or speed you off shore if you use their energy properly. They teach you how to deal with approaches to reef in surf. The main lesson you learn is not to fight the ocean, but use it, channel its energy for your purposes.

My experience with 3 R's was excellent. We did not have big surf so the whole thing was more kicking than surviving. The lifeguards drove us down to Black's Beach in La Jolla (Yes that beach) so we did not have to go down the goat path and push through the nude sun bathers. We

drove down and merely, observed the nude sun bathers ;-). Entering the surf was easy since the breaks were 2 feet. We did learn to shuffle our feet so we did not step on any stingrays. Yes, there were many, many stingrays in the 2 – 3 foot water. Then we snorkeled using a minor rip current, out to the 20 foot ocean. The had us kick down the coast and get near reefs so we could was up on and off them. The key to everything was to stay calm and let the waves and current move you. It is amazing to hold your breath and become a cork. You float on, you float off, you float out away from danger. The rest of the time we kicked further south and wound up at Scripps Pier for the exit. One of the lifeguards was just back from a Tuna fishing trip out of San Diego and treated us to Tuna Steaks on a BBQ at La Jolla Shores. What a great day.

## **LSD/SOCDL Catalina Paniolo Hawaiian Cowperson Luau**

Has it really been a year since our first joint dive club Luau? Mark Angel and I spent 3.5 days shopping and cooking for the last one. We established the ways and means of transporting food to a camping site and feeding 80 people. This year will be even more exciting since we are adding the Hawaiian cowboy theme to the event. I am on the food committee and will be on shore again to cook and serve the divers from the Laguna Sea Dwellers and the South Orange County Dive Clubs. Everyone leaves early Saturday morning on one of three dive boats. We unload the food and cooks (me) and they set up the camp kitchen. Everyone else does two dives near the boy scout camp. When the dives are over, you moor at the pier next to the boy scout camp and head to lunch. We will have Hawaiian and BBQ. This is a great event. We hope you can attend!

## **Summer Shore Dives**

We are getting excellent turn outs for our summer weekend dives. During summer Jeff and Russ meet at 8 AM so there is parking available at the beaches we dive from. Lately we have been running Saturday and Sunday shore dives. If you want to get back into diving, this is the best way to go. Think about it. The Club Membership Includes 1 Free Air Card from Sport Chalet (bring your membership

card to any store, have it punched and get the air card). The trip to Laguna is only 10 miles R/T for most of us. Everyone meets up by 8:15 AM (summer hours). Suits up and dives by 9 AM. Exits by 10 AM. Heads home and has the rest of the day. It ain't Hawaii but it is convenient. Come out and dive with us, you will have a blast.

## **SOCDL Summer 2011 Calendar**

### **SOCDL July 16 Dive Boat (wait list)**

**Saturday July 16, 2011**

**Magician to Farnsworth Banks! Only \$135**

You get breakfast, lunch, snacks and dessert on the way back to dock. Nitrox for \$10 a fill. Cheaper than any dive shop. 22 divers max for 22 bunks. Leave early in the morning to get there. Probably like 4am. Bring all your gear including wts and tank. Wine tasting or beer on the way back to dock. May board the boat the night before after 8pm. This is AWESOME. Purple Hydro Coral.

**email Martha:** [Blueedgediver@sbcglobal.net](mailto:Blueedgediver@sbcglobal.net)

## **2nd Annual Luau at Catalina With Laguna Sea Dwellers**

July 30th, 2011 - a Paniolo Luau! Yes, a Hawaiian, Western theme! We have the Magician, the Bottom Scratcher, and the SeaBass chartered. Divers and non-divers are welcome. 2 dives in the morning at the island, and then afternoon of fun, food & festivities at the Corsair Yacht Club. There will be plenty of moorings for our dive boats and other private boats that want to join us. Bathrooms, showers, bbqs, tables will all be available. Departing at 6:30am, heading back at 6pm, in port by 8pm-ish. \$135 for divers, \$115 for non-divers, \$25 per person for private boaters. For reservations contact Gary Williams at [gary@bytebuilder.com](mailto:gary@bytebuilder.com). Bunk assignments on the Magician and Bottom Scratcher will be honored in the order in which payment is received (the SeaBass does not have bunks and will likely require boarding at 7am). We have roughly 45-50 people signed up. Still room for about 18, or so, divers and 8-10 non-divers. Also, still interested in committee members for the activities/entertainment committee.

## COZUMEL 2011

Hotel Cozumel August 13-August 21 6 days of 3 tank dives

**ALL INCLUSIVE \$912 divers / \$505 Non-Divers (WOW!!!)**

\*airfare extra (+/- \$600 as of March)

email: Tom Dunbar [fourwins88@dslextreme.com](mailto:fourwins88@dslextreme.com)

## Saturday Beach Dives

Meet @ Pavilions Laguna Beach Every Saturday/  
Sunday 8 AM.

Hosted by Russ Follmer and Jeff Reitz

## SOCDC Meetings

(Fuddruckers El Toro Road, 2n Wednesday 6:30 PM) July 13th

## Cindy Rhodes RIPS, ROCKS & REEFS LA County

August 10<sup>th</sup> TBD

September 14<sup>th</sup> Joe Varenic The PALM ISLANDS in Dubai

## Raftups

(If you own a boat, why not join in? email Dale Laube: [ddlaube@socal.rr.com](mailto:ddlaube@socal.rr.com))

Meet Saturdays @ Dana Point Harbor 9 AM unless time is changed.

July 23, August 6, August 20, September 10, September 24, October 8, October 22.

## The Adventure Cart

Smart Gear, Inc

[www.smargearusa.com](http://www.smargearusa.com)

By Debra A. Hill, M.D.



This month we will have a special short presentation before our main speaker by Brian Guerrero, VP of Sales and Marketing for Smart Gear, Inc. on their latest greatest product, the Adventure cart.

Brian had emailed me about his new product, and I was quite impressed with it's versatility and ruggedness. I thought it would be of interest to our club members and invited him to demo it and do a short presentation. Brian will demo the Adventure cart and it will be made available for purchase that evening. He has also offered that 3% of sales on three or more carts sold at the time of the meeting or within a few days of the meeting will be given to our club. This is a wonderful offer that the club can use to offset costs for future club events.

Brian describes this great product as follows: "*The **Adventure Cart** is a rugged, versatile, well-engineered, lightweight, all-terrain, gear carrier. It is perfect for a multitude of industries and uses. These includes: scuba diving, construction, moving/storage, medical, food and movie studio industries. The Adventure Cart can transport up to 350+ pounds, but only weighs 24 pounds.*

*The cart is collapsible, rust resistant, offers a telescoping handle, custom-designed upper/lower supports with indentations for dive tanks, gear bags or any transportable product. It also offers a unique front platform and a first of its kind rear platform."*

*I am looking forward to seeing the Adventure Cart! I hope you find it interesting too!*

# ADVENTURES OF MIKE BARTICK :

## The Hebo Swordfish

I recently had the pleasure of chatting with Mike Bartick about his latest travels and adventures. His story was riveting and his diving adventures have taken him in a new direction as he is now the North American Spokesman for Marco Vincent Resorts and Philippine Dive Safaris that offer individual and group travel to Anilao, Coron, Dumaguete, Cebu, Mindoro, Mindanao on the Philippines.

The following is what Mike had to say:

"Hi folks, I recently returned from a 9-1/2 week sojourn through Indonesia and South East Asia. I Explored and dived some of the most bio diverse destinations on the planet. The trip went smoothly enough and turned out some very exciting experiences! I wanted to share a few of these adventures with the club to remind everyone of the incredible opportunities we have as divers. 'Fact is certainly more interesting than fiction' and diving is one of those things that allows us to witness this duality play out before us consistently.

I was diving on a seamount in Mindoro Philippines (Near Puerto Gallera) about 300 meters off shore, trying to encourage my guide Marlon to model for me. As we set up next to a sea fan near the edge of the reef, I saw a quick silver flash behind him. It actually looked more like a plastic toy dangling in front of my lens. I pulled my



eye away from the viewfinder and was in awe as I watched a giant gamefish come zipping by our position. I signaled Marlon and took off after the beast, into the blue water. I was finning away from the reef being pushed by current. And with adrenaline pumping, I stared into the blue. What the heck was that? Did I just see a Marlin swimming past us? Then I saw it



**Dr. Debbie Hill MD**

again, only this time it was coming straight towards me, like a bullet. Having zero experience with a charging Marlin I wasn't sure what to do.

This Living javelin came straight for me, turning and flashing its colors then speeding away, Wow...it took my breathe away. I was shocked to see it coming in again, but this time I was ready with my camera. I used my AF (auto focus), but the marlin was approaching much too fast. So, I just focus locked and fired. This amazingly

agile fish rocketed towards me then steered off at the last second. Doubting it would impale me, I still feared it might. I didn't know what to do first. It all ended in a flash. We were left in the deep blue and had to use our compasses to navigate back to the reef. My guide, Marlon, turned to wave me over to the reef when I saw his eyes

## ADVENTURES OF MIKE BARTICK : The Hebo Swordfish (continued)



jumped up and down like two schoolboys after a football game. We motored back to Marco Vincent Resort and began telling everyone, 'Marlon saw a Marlin!', which became the running joke

Mindanao in the Philippine Islands.  
For more Info Mike can be reached in the following ways: Mike Bartick- [949.632.6485](tel:949.632.6485) or friend him on Facebook  
Happy Diving Everyone!  
Yours Truly,

*D<sup>r</sup> Debbie Hill, M.D.*

light up,,,,the Marlin was right behind me, following me! After reviewing the pics, there was less than a two minute lapse between the first and last pic's...chalk another one up to being grateful that I'm a diver...  
I saw the reef a few seconds later and continued to circumnavigate the seamount. Looking at Barracudas and Jacks just seemed a bit dull after what I'd just experienced. I realized the rest of this dive was just fluff. Back on the boat, Marlon, my guide, and I 'high five'd' and

for the rest of the week."  
Mike Bartick is now the North American Spokesman for Marco Vincent Resorts and Philippine Dive Safaris offering individual and group travel that travels to Anilao, Coron, Dumaguete, Cebu, Mindoro,



# This Month's Speaker...

Cindy Rhode will speak about:

## The 3R's - Rocks, Rips and Reefs



Cindy Rhode knew from the start of scuba diving that this was something she really loved and wanted to share it with others. She especially wanted to work with adaptive scuba divers. She first began working with adaptive scuba divers when she volunteered with the Challenges Foundation in the fall of 2008. She began helping disabled veterans challenged with Traumatic Brain Injuries (TBI), Post Traumatic Stress Disorder (PTSD) and Polytrauma conditions.


Shortly after this experience, Cindy decided to become a certified Scuba Instructor. Because of the high standards she had for herself and for her future students she chose to pursue one of the most challenging and thorough Instructor Training courses...the Los Angeles County Underwater Instructor Certification Course (UICC) where she earned both her LA County and NAUI Instructor

ratings. Shortly after achieving those certifications she continued on and earned her Handicap Scuba Instructor (HSA) rating. During the first quarter of 2011, Cindy was the lead instructor for the Loma Linda branch of the Disabled Veteran's Scuba Project. Another class is being scheduled for the fall of 2011.

Cindy has continued her long history of service with Los Angeles County by volunteering as staff for both the Advanced Diver Program (ADP) and the 3R's (Rocks, Rips and Reefs) educational programs offered each summer by the Department of Parks and Recreation. Shore-based diving is also another passion for her. Since

much of her diving is shore-based, she was able to see the recreational divers and snorkelers need for such training in how to manage the rocks, rips and reefs of our local shores. As a result, she became regularly involved with the LA County Rocks, Rips, and Reefs program. Since she first began working with the 3R's program, Cindy has become a co-director and enjoys teaching the about basic shore-based diving safety.


Cindy loves the water and can be found in the ocean practically every weekend either on skin or scuba. When she is not teaching Cindy is more than likely taking pictures underwater, often only while skin diving.



County of Los Angeles Department of Parks and Recreation

### 3R's 2011 Schedule

## Rocks, Rips and Reefs



The 3R's (Rocks, Rips and Reefs) is a series of free sessions designed to orient new and update experienced skin & scuba divers to site specific shore based diving conditions and safe practices for popular local dive sites.

Conducted by certified Los Angeles County Scuba Instructors and other volunteers, the Rocks, Rips and Reefs sessions include a short educational seminar covering the local dive site bathymetry, shore based entries and exits, certain aspects of the local marine environment, and other valuable, site-specific information.

Conditions permitting, the seminar is followed by an in-water demonstration and practice session that includes a skin diving tour of the actual dive site.

**Mandatory Sign-in & Gear Check: 7:30am-8:00am**  
**Session Starts at 8:00am**  
**No in-water participation for late arrivals after 8:00am.**

**MANDATORY REQUIRED GEAR:** Full OCEAN Skin Gear (FOSG) **REQUIRED.** Full Skin Gear is full wetsuit (recommended 7 mil.), hood, gloves, booties, mask, fins, and a snorkel. We highly recommend sturdy booties with open heel fins to provide foot protection as certain locations involve entries & exits as well as skin diving on or near rocks.

If you desire to wear a weight belt for practicing skin diving, you need to wear a snorkeling vest or buoyancy compensator and no more than 10 pounds of weight.

Don't forget to bring sunscreen and other exposure protection (depending on the day) as well as drinking water to maintain hydration. It's also a good idea to bring snacks.

**Topics and skills covered in each session include:**

- Understanding the local Shore Bathymetry
- Seasonality of prevailing swell conditions
- Surf Zone dynamics and how it applies to local conditions
- Shore-based entry & exit skills based on different shore types
- How to plan your dive by observing swell and surf patterns
- Interesting marine life & history at each location
- Review of self and buddy rescue skills
- How to identify hazardous rip currents and avoid severe surf conditions

**UPCOMING SCHEDULE**

Date	Location
May 14, 2011	Redondo Beach
June 11, 2011	Cabrillo Beach
July 9, 2011	Malaga Cove <b>DATE CHANGE</b>
August 13, 2011	Point Dume
September 10, 2011	White Point
October 8, 2011	Nicholas Canyon

We recommend bringing a folding style beach chair to each session for the lecture portion of each session as well as a pen & paper.

For More Information Call: (323) 726-2155 or Email: [apply@lacountyscuba.com](mailto:apply@lacountyscuba.com)  
[www.lacountyscuba.com](http://www.lacountyscuba.com)  
Additional & Individual Site Information Also Available on Website

# SOCDC joins up with LSD to host the...

## Laguna Sea Dwellers 2nd Annual Luau

### July 30, 2011 on Catalina Island

**Diving**  
**Games**  
**Entertainment**  
**Food**

**3 Dive Boats**  
**Chartered!**



Horse shoes, hula contest, limbo contest, Gilligan's Island trivia (on the boat enroute to first dive), best Gilligan's Island character costume contest.

**\*\*Bring water gun for travel fun on the dive boats!\*\***



**Boats: Bottom Scratcher, Magician, Sea Bass**

**Depart 6:30 A.M. Return aprox. 8:00 P.M.**

**COST: \$130 for divers \$115 for non-divers  
\$25 pp private boat**

**Reservations: Contact  
[boats@lagunaseadwellers.com](mailto:boats@lagunaseadwellers.com)**

**See club website: [LagunaSeaDwellers.com](http://LagunaSeaDwellers.com)**

**\*\*Limited spots available - Those on the list  
that have not paid may go to the waiting list.\*\***

Menu includes: Beef, pork, chicken, salads, baked beans, baked potatoes, Hawaiian sweet rolls, dessert.

Mai tai mix and juice *provided but...*

**BRING YOUR OWN ALCOHOL!** Club does not provide this.

# This Month's Raffle...

1. CETACEA Reef Protector Kit (\$30.00)
2. TRIDENT Tank Rack (\$20.00)
3. Sport Chalet Dive Log Book (\$20.00)
4. Dive Mask (\$30.00)
5. 2-Sport Chalet Dive Mats (\$30.00)
6. TUSA SP-200 Snorkel (\$50.00)
7. TRIDENT Wreck Reel (\$50.00)
8. AKONA Deluxe Mesh Backpack (\$50.00)
9. Gift Basket of Goodies (\$40.00)

*July is a "Quarterly Month" and the item is: AKONA Roller Backpack Model AKB144 31" x 21" x 14" (\$250.00)*

**Join us  
Wednesday  
July 13th  
At Fudd's**



**SAVE THE DATE...July 30th! It's our Annual Luau at Catalina!  
This is the event that was such a big hit last year.**

2nd Annual Luau at Catalina, July 30th, 2011 - a Paniolo Luau! Yes, a Hawaiian, Western theme! We have the Magician, the Bottom Scratcher, and the SeaBass chartered. Divers and non-divers are welcome. 2 dives in the morning at the island, and then afternoon of fun, food & festivities at the Corsair Yacht Club. There will be plenty of moorings for our dive boats and other private boats that want to join us. Bathrooms, showers, bbqs, tables will all be available. Departing at 6:30am, heading back at 6pm, in port by 8pm-ish. \$135 for divers, \$115 for non-divers, \$25 per person for

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