



SEPTEMBER 2007

WHAT A GREAT SUMMER FOR
DIVING, AND ENJOYING THE
COMPANY OF FELLOW DIVERS!

AUGUST WAS A MONTH
of diving like no other
in my 20 years of
submergibility!

**PRESIDENT'S
CORNER**



BY
Konrad Fry

We started in Roatan, went
out to San Clemente Island
and wound up in La Jolla with
more Giant Black Sea Bass
than I have ever encountered.

Roatan surprised all of us from the beginning. What we thought was going to be a Cozumel experience with visits to town and long boat rides turned into a more peaceful, sedentary time at a lovely resort with a literal zoo of tropical animals and short rides to our dive sites. It was raining when we landed. That was good. It turned out that was the first rain in 3 months and took all the humidity out of the air. Since it was so dry, there were almost no mosquitoes and very few sand fleas. We went through the poor town's of Coxen's Hole and French Harbor which we would only see twice more, past the mimic of the White House and into Fantasy Island. It was raining, and the resort was not the Ritz Carleton. But after settling in, we all had air conditioning and big rooms with views of the lagoon. Everyone wound up in the bar where it was cool to smoke cigars ;-).

The next day, you get a briefing after breakfast. While you are waiting, the spider monkeys are jumping all around you. I found out why, they run into the kitchen, next to the briefing room and steal food and drinks! Our briefing was an hour long and our first dive was not until later in the morning. No rush, real easy. The SOCDC was given the best DM and boat captain: Daren and Moses. Nothing was ever rushed, everything was smooth. Every day we would eat breakfast at 7 AM until 8:30 AM. Then on to the first dive. We would motor out for 10 minutes and there would be our dive site. Then back for more tanks, another dive, then back for lunch, and out at 2:30 for the final dive. This was absolutely the most comfortable diving I have ever done. So here are the dives:

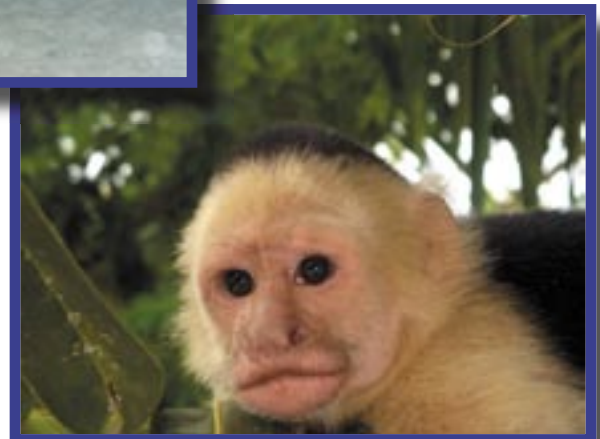
SOCDC President's Dive Log, August 2007 - Roatan

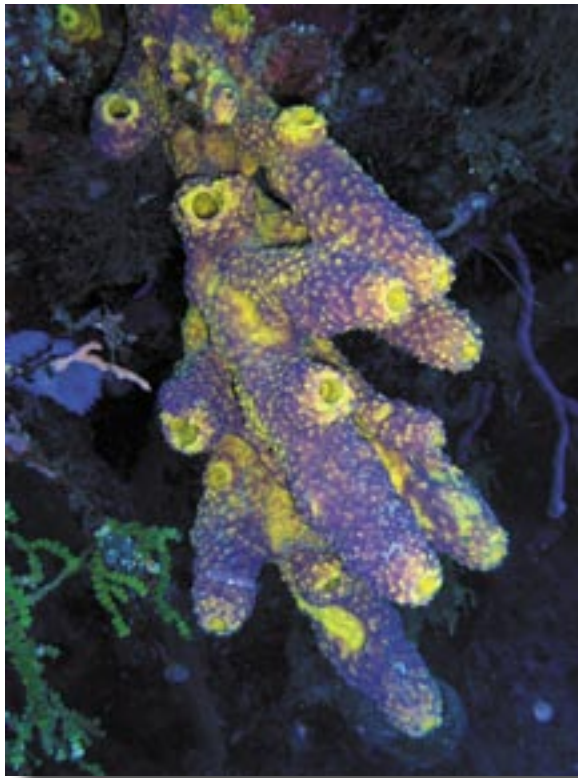
- #559 Gold Chain 65' 48" 100+ vis Spotted Eagle Ray, white w/ yellow nudies
- #560 Missing Link 74' 41" 100+ vis. 2 Grouper, Big Yellow Sea Horse, Turtle
- #561 Anka Reef 62' 45" 100+ vis Fairy Shrimp, Trigger Fish, Crab, Big Sponges

#562 Mary's Place 83' 41" 100' vis	Ginoumous Crack, Exceptional Sponges
#563 Valley O Kings 73' 48" 80' vis	Many Grouper 5' long free swimming Moray
#564 Mr. Bud Wreck 72' 45" 80' vis	Big Fishing Trawler wreck, Sea Horse
#565 Gazebo Dive 53' 35" 40' vis	Big Airplane wreck and Ship wreck wow.
#566 Carib Point 73' 43" 90' vis	Groupers, Big Lobster, Black Sea Fans
#567 French Cay 72' 48" 80' vis	Permit, Grouper, Moray Eel, 1000's of Jacks
#568 Iron Shore 62' 48" 80' vis	Groupers, Crabs, Bath Water Warm!
#569 Missing Link 52' 48" 100' vis	Night dive, free swimming octopi, crabs, lobster and God Damn vicious jelly fish the stung us
#570 Connie's Dream 82' 45' 90' vis	Grouper, Barracuda about to strike (black)
#571 40' Point 72' 50" 90' vis	Yellow Sea Horse, Many Groupers
#572 Doc's Dive 72' 53" 90' vis	30' Chimney diveable, Big Moray, Cool Wall!
#573 Inside/Out 71' 50" 100+ vis	Big Hawksbill Turtle, Black Sea Horse
#574 Pirates Point 76' 43" 100+ vis	Barracuda in black and purple attack colors
#575 Newman's 43' 41" 100' vis	Trigger Fish Christmas Tree worms
#576 Gazebo 53' 50" 80' vis	OMG! 300 lb Jew Fish or Goliath Grouper
#577 John's Corner 71' 44" 100' vis	Midnight Giant Parrot Fish and 2 Giant Parrot Fish
#578 Doc's Dive 47' 43" 100' vis	Fireworms, Wayne's fu Sponge
#579 Kings to 40' 52' 48" 80' vis	Many Groupers, Turtle, Huge Grunt, 1000's fish San Clemente Island
#580 Twin Peaks 61'29" 80' vis	Caves/Lobster/Walls almost shot 25 lb WSB L
#581 Calico 57' 33" 80' vis	Giant Black Sea Bass, Mackerel Schools
#582 Fish Eye 51' 35" 60' vis	Sea Mount 100 yards off SCI, killer kelp forest
Laguna Beach	
#583 Seal Rock 38' 43" 10' vis	Bad vis and surge, but circled whole reef! Sea lions
La Jolla Cove, San Diego (9/1)	
#584 La Jolla Cove 51' 35" 10' vis	21 Giant Black Sea Bass J W-O-W

And then, after the most diving I have ever done in one month we met up with Don at Del Mar Race track. I won \$178 in the first 4 races. We went from the dive in La Jolla to lunch at Bully's restaurant to the Grand Stand at the race track. Thanks to Don and Gary for all their handicapping. We had 20 SOCDC members there. Awesome!

-Konrad









Great Activities & Dive Boats Schedule

What's happening at SOCDC

By Wendy Taylor

SOCDC September Meeting

Thomas Kendrick on Sea Urchins (ouch!)

**September 15th National Beach Cleanup
10 AM Dive at Cleanup Beach**

September 22nd 10 AM Dive @ Cress Street

**September 29th Saturday (Midnight Friday) Lobster Season Opens (yum!)
10 AM Dive at Moss Point**

SOCDC Raftups

Saturday October 20th
Saturday November 17th
Saturday December 1st.

TBD: Tina's Temecula Wine Crawl (when it gets cooler)
Central Coast Camp Dive and Wine.

SOCDC Dive Boat Trips

Saturday morning Sept 22, we are going to do 3 dives on the Humboldt out of San Diego. Two dives at wreck alley. One dive on the Yukon with another dive there or on Rudy E. Our third dive will be at the Kelp beds. \$115 includes food and air. The boat has Alum 80 tanks. The boat is full with a waitlist. If the boat gets certification than we can take 22 divers instead of just the 6 that have signed up for the day. Email Wendy if you would like to be added to the waitlist.

Sunday Oct 21 dive the Oil Rigs and Catalina with a limited load of 20 divers on the Sundiver. \$115 members, \$125 for non-members includes food and air.

Sunday Dec 16 dive Anacapa Island from the Peace. We have half the boat with 16 spots. \$95 members, \$100 for non-members includes food and air.

Email soccdiveboat@hotmail.com to signup with Wendy.

Send all checks to: **SOCDC, PO Box 3687, Mission Viejo, CA 92690**

Wendy

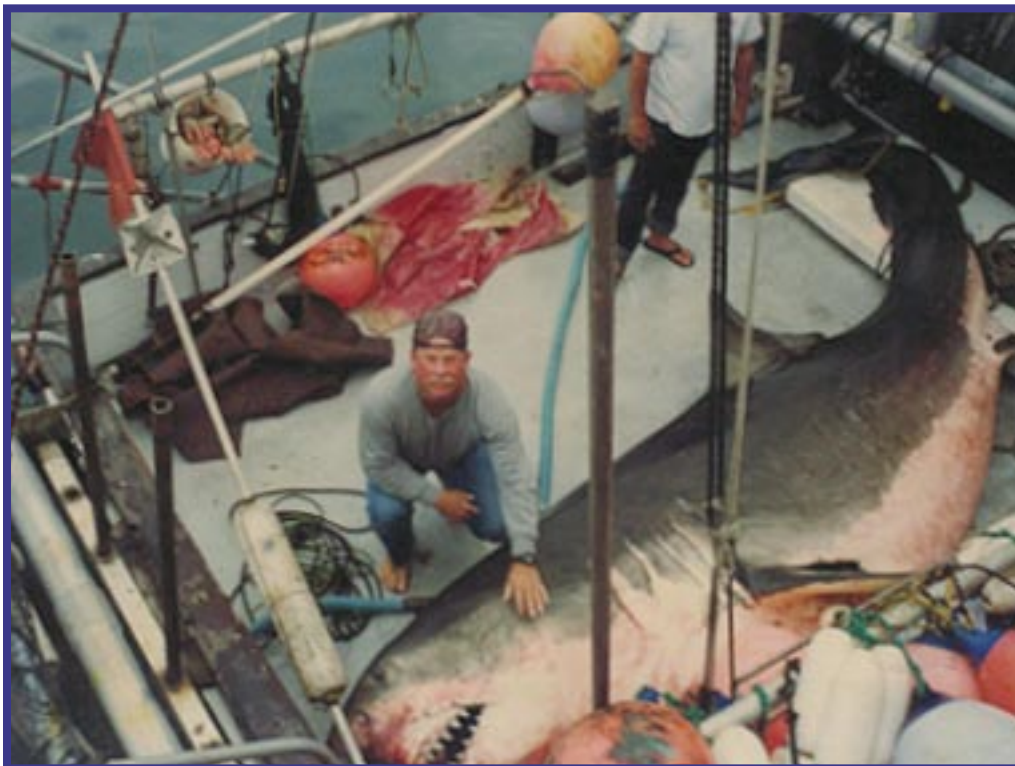


THIS MONTH'S SPEAKER **TOM KENDRICK**

By Paul Miller

Tom will be talking about encounters with sharks, sea urchins, and movie producers! He'll also show you a picture of his friend, Tim Johnson, taking a ride on a 2,000 lb elephant seal.

Sonoma county resident Tom Kendrick was a California sea urchin diver for 22 years. His diving career originated from his search for secret surf spots at the Channel Islands, and took him from Santa Barbara to Mexico, Oregon, Washington, Alaska, northern California, and the shark-infested Farallon Islands. His book, *Bluewater Gold Rush*, has been featured in *California Diving News*, *The Surfer's Journal*, *National Fisherman*, and the pbs television show, *Huell Howser's California's Gold*. The story is being optioned for a movie and a screenplay adaptation is currently in production.





Ask Dr. Debbie...

Back to School...and the Batman Phenomenon:

By Debra A. Hill, MD

It's that time of year again when summer ends and, even though we may no longer be in school ourselves, we all think of the school year starting. And so with school on our minds, I thought it might be valuable to increase our knowledge base and talk about something very dear to my heart, the Batman Phenomenon.

Batman came to life in the comics in May 1939. Compared to other super heroes, he is quite different in that he has no super powers, but instead relies on his intellect and training. His alter ego is Bruce Wayne is a millionaire playboy who witnessed the murder of his parents. This tragedy caused Bruce to pursue a life devoted to fighting crime.

Well, how is Batman at all related to diving and why do I think this is worth our educating ourselves about it?

We as divers typically don a dark suit and mask and enter the underwater world becoming transformed into a well educated, skillful, super hero when we dive. –And, anyone who was to see us would wonder... who is that behind all of that costume and mask?

Each person that dives has a unique alter ego so to speak, like Bruce Wayne for Batman. So often we are focused on our superhero diving experiences and sharing about those, that we fail to get to know each other beyond our diving identities.

One experience that I repeatedly have is

that many people have little to no idea what kind of doctor I am and what do I do? Only some of that is related to the Batman phenomenon, and the rest is due to the general confusion in the public as to what the difference is between a doctor who is a Psychiatrist and a doctor who is a Psychologist. So, I thought I would explain it.

This is what it takes to become a Psychiatrist: 4 years college, 4 years medical school, 1 year Internship, 3 years Residency (which means working in the hospital taking care of Psychiatric Patients, while simultaneously receiving supervision and training from senior doctors), and in my case I pursued a subspecialty and so pursued 2 more years of Fellowship in Child and Adolescent Psychiatry. And, I also pursued becoming a Psychoanalyst on top of being a Psychiatrist—so; I had an additional 5 years of training as a Psychoanalyst. In my case, since I went to Medical School at the Universidad Autonoma de Guadalajara in Mexico, I had an additional year before the Internship year called a 5th Pathway year, which is like a rotating Internship in which I spent a few months at a time working and training in the hospital in different medical specialties such as surgery, pediatrics, OBGYN, Etc. At the end of my training years in Medical School we all took a physician licensing exam and obtained our M.D..

To become a Psychologist, which results in a Ph.D. degree, one goes to 4 years of college, and 2-5 years of Graduate School. There are research Psychologists, and clinical

Psychologists. Clinical Psychologists can do talk therapy, but they are not medical doctors, and cannot prescribe medication or diagnose an underlying medical condition.

As Psychiatrists, we can treat the entire patient from a bio-psycho-social point of view.

Now that's just a glimpse of what it took to become a Physician who specializes in Psychiatry, basically about 16 years of education and training. Now why I chose this field and what do I actually do—that is a topic I will save for another time.

Each dive club member has an interesting background that many of us may be unaware of. Learning more about the person behind the black suit and the mask, can be eye opening and fun!

Well, now you all know more than the general public about what it takes to become a Psychiatrist.

So that completes my brief educational lesson for our "Back to School Experience" this month.

I hope all of you Batman's get a chance to know more about who's behind the "mask" as you embrace time together diving.

Happy and Safe Diving,

Yours Truly,

Debra A. Hill, M.D.
AKA Doctor Debbie

Meeting is September 13th at 6:30 - Fudd's

***Get together with the
greatest bunch of divers on
the West Coast!***

***(oh, yea... we've got a great
raffle too)***



**Come join us Wednesday Night
for Good Food and Good Friends!**

