

June 2016 Newsletter



Whalers Dive Club

BJ's Restaurant & Brewery

6424 Canoga Ave

Woodland Hills, CA 91367

(818) 340-1748

The Whalers Dive Club, Inc., a California non-profit

When: 1st Wednesday of the Month 6:00-7:00 Food & Fellowship

7:00-9:00 Meeting

Website: www.whalersdiveclub.com

Address: P.O. Box: 4283, West Hills, CA 91308-4283

East side of Canoga, just south of Victory You can only enter the parking lot from Canoga northbound. Both self-parking and valet available.

Private Room, Extensive Menu, and Full Bar

June Entertainment

Whaler Vacation Night

Since the club is going to Fiji later this month we thought it fitting to give all of you a peek at Fiji before you go.

President's Message

Well, May Gray is almost gone. June Gloom will follow. Perfect weather actually, the temps are moderate and the diving is fine! And summer will be upon us shortly! What have you planned for your Dive Adventures? If you are still looking, this month is perfect for you: our June 1st General Meeting at B J's we have a compilation of Fiji Dive's from several past trips set to whet our appetites for yet another great to trip to Fiji with the Whalers! Then that same weekend of June 3, 4 and 5 the Dive Show in Long Beach is scheduled. The California Dive News magazine will be available at the meeting on the first for discount coupons. Come join the fun, see friends and see what's new! Thanks, Trish

UP-COMING EVENTS

JUNE

General Meeting: June 1, 2016 Wednesday @ Bj's 6:00 pm

A Peek at Fiji

Scuba Show: June 4th & 5th at Long Beach

Board Meeting: June 16, 2016 Thursday @ Lamplighter 6:00 pm

Deer Creek Beach Clean-Up: June 19, 2016 @ 9:00am to whenever

Dive: Trip to Fiji June 25 thru July 2, 2016

JULY

General Meeting: July 6, 2016 Wednesday @ Bj's 6:00 pm

Ken Kollwitz Speaker

Dive; July 16, 2016 - Spectre

Board Meeting: July 21, 2016 Thursday @ Lamplighter 6:00 pm

Dive: July 23, 2016 - Asante to Catalina (contact Dahlia)

AUGUST

General Meeting: August 3, 2016 Wednesday @ Bj's 6:00 pm

Dive; Aug 20, 2016 - Spectre (contact Dahlia)

Board Meeting: August 18, 2016 Thursday @ Lamplighter 6:00 pm

More Upcoming dives:

Nov 5-12, 2016. Anthony's Key Resort, Roatan, Honduras - Please see Dahlia for more info

Oct 2017 - Red Sea and Israel tour



Petra, Jordan - Red Sea - Underwater Park

DEER CREEK BEACH CLEAN-UP

June 19, 2016



The club adopted this beach on September 23, 1989. Our goal has been to clean up the beach 3 times a year. The Board has selected dates for 2016; May 21, June 19, and Sept 17. Come one & all; bring family, friends, and potential club members. Trash pick-up and dive start at 9:00AM.

We have official Adoption Papers for this beach to Preserve, Protect, & enhance the coast.

There are no facilities, but bags and a Porta-Potty will be provided. Bring food, drink, gloves, sturdy shoes, and your beach dive gear. Any questions? Call Norm at 818-348-6444.

Directions: Deer Creek Beach is approximately 2 miles north of the LA/Ventura County line on Pacific Coast Highway (HWY 1). From the Ventura Freeway north, take Kanan Road west (left) to PCH, turn right. Deer Creek is signed (where the highway is only two lanes).

We will be setting up at or around the stairs

The following two articles were submitted by Dahlia



It's not unusual for those of us who live in the Florida Keys to hear through the coconut telegraph that someone died on a scuba dive. You might find that surprising because most of the reefs here are quite shallow (less than 40 feet), the water is clear and warm, and the dive operations are experienced and professional.

There are deeper shipwrecks to dive, but in the decades since the Duane and Bibb were sunk in 1987 (followed later by the Vandenberg, Spiegel Grove and others) there have been few fatalities associated with the specific hazards of shipwreck diving. But diver deaths in the Keys persist - five in 2013, seven in 2014 and five in 2015. Most likely it is no more than a numbers game. Bob Holston, resident of the Keys Association of Dive Operators, estimates that a million divers and snorkelers dive the reefs and wrecks of the Florida Keys each year, all along the 110-mile island chain that runs from Key West at the southern tip to Key Largo in the north. So percentagewise, five to seven fatalities annually perhaps are not unexpected and may even be quite low. Still, I couldn't help but wonder if there is an underlying thread here. Why do divers die, and what might help them survive what should be (and usually is) relatively safe and exciting recreation?

To gain some insight, I spoke to Petar Denoble, M.D., D.Sc., vice president of mission at Divers Alert Network, who said: Heart disease is the leading cause of death for both men and women. The most common form of heart disease is coronary heart disease, which causes myocardial infarction in more than 700,000 people every year. In many cases myocardial infarction is the first manifestation of coronary heart disease. A large number of deaths are caused by cardiac arrest (cessation of beating) in the absence of any known history of heart disease. Among the risk factors for coronary heart disease, one of the most important is lack of exercise. On the other hand, vigorous exercise may precipitate death in people unaccustomed to exercise of such intensity. Divers may encounter circumstances that require bouts of vigorous exercise, and if they are not accustomed to it, they are at risk. Cardiac death occurs in about one-third of all scuba diving fatalities, and the rates increase with age. For divers to mitigate the risk of an unwanted cardiac event while diving, the best approach is to maintain a healthy lifestyle and exercise regularly, including bouts of vigorous exercise. With that as background I thought about the dives I've done in which circumstances required bouts of vigorous exercise. I tend not to purposely go diving when the winds are blowing 25 knots and the seas are running 6-8 feet, but I have been on assignments where deadlines trumped my better judgment, and I've dived in those sorts of conditions. Recreational divers no doubt have made similar decisions while drinking their morning coffee in the lee of the prevailing wind, having no concept of the conditions that might be awaiting them a few miles offshore.

Jumping off the boat is typically not the issue. Doing the dive is often not the issue either. But getting back to the boat in a heavy sea, perhaps carrying expensive camera gear or swimming against the current, and then trying to climb the dive ladder as the boat plunges in an angry and confused sea — that can be vigorous exercise indeed. On those days you have to be reasonably fit and skilled. It is the days that are the outliers, when the conditions are more extreme than usual, for which divers need to be prepared. It is for days like these that we need to maintain a healthy lifestyle and do regular exercise, especially aerobic exercise. On most days diving is a benign and somewhat effortless activity, but the sea is a capricious mistress, and she can kick your butt. She can also kill you.

I accept that getting back to the boat safely is part of my job. Devoting an hour most mornings to knocking out a couple of thousand meters in the pool with our

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group of Masters swimmers is a good investment in my personal safety for future dive expeditions. This is also why we offer a Dive Fitness article in each issue of *Alert Diver*. This series, written by exercise physiologist Jessica Adams, Ph.D., is specifically intended to help divers develop the core strength and cardiac fitness they need. At a glance, the photos that illustrate these articles might make the exercises seem easy, but actually doing the workouts she outlines in these articles will challenge many of us.

Whether it's running, biking, swimming or doing the workouts in *Alert Diver's* Dive Fitness column, scuba divers need to embrace regular exercise. A collateral benefit is feeling better in day-to-day life. There will be days when you have to kick it into overdrive to make it back to the boat, and your body needs to be prepared. If cardiac death occurs in one-third of all scuba diving fatalities, and risk increases with age, we all need to mitigate this risk and live a heart-healthy lifestyle. AD

Stephen Frink

WHAT'S NEW ON ALERTDIVER.COM



ZENA HOLLOWAY

ART AQUATIC

After getting a taste of Zena Holloway's work on Page 94, stroll through her online photo gallery and watch a behind-the-scenes video of a photo shoot.



STEPHEN FRINK

FABULOUS FIJI

Travel along with Stephen Frink to the soft coral capital of the world on Page 68, then go online to view a photo gallery and cartoon series of the trip.



JENNIFER IDOL

50-STATE ODYSSEY

Read about Jennifer Idol's quest to dive in all 50 U.S. states on Page 82, and then view online more images of the sites she's seen.



MICHAEL AW

SEEKING CENDERAWASIH

Discover the ancient sea of Cenderawasih Bay on Page 76, and then revel in more of the area's enchanting beauty in a video by Michael Aw.

ALL THIS AND MUCH MORE AWAIT AT ALERTDIVER.COM

Other Members of the Dive Community



- o receive 5% off scheduled local boat charters
- o if active or retired military, make that 10%



- receive 10% off scuba equipment

GLYNN PALMER: Scuba Repair

For more information please contact Glynn @ 310-266-2955



Check with the Shop for:

Schedule of classes

Dive equipment

Dive trips

Repairs



Peace Dive Boat



Divers Alert Network



Disabled Veterans Scuba Project

Photo Gallery

Latest Training Class



Photos by Rusty Geller



Photos by David Guth



A Monkey Faced Prickle



Spanish Shawl Nudibranch



Hilton's Aeolid Nudibranch



Kelp fish in front of the anchor chain of the Gosford



Infant Sheep head



Photos by Dan Tobias TURKS & CAICOS VACATION





LIST OF BOARD MEMBERS

2016 OFFICERS and BOARD OF DIRECTORS!

Contact the board: info@whalersdiveclub.com

Trish Kolbeck	President
Greg Arsenault	Treasurer
Betty Pringle	Secretary
Rick Dalven	Webmaster
Kat & Mike Prentice	Prize Coordinators
Norman Deatherage	Beach Clean-up
Betty Pringle	Newsletter
Greg Arsenault & Dahlia Luria	Dive Coordinators
Dahlia Luria	Training
Shelly Bern & Steve DeVore	Members at Large