

2011 NABS Club Of The Year

LABUE NEWS

Los Angeles Black Underwater Explorers



VOLUME 18, ISSUE 3

MARCH 2013

PHOTO OF THE MONTH



Photographer: Robert Simmons
Camera: Canon S95 Point and Shoot
Location: Lembeh Straits, Indonesia
Subject: Sea Horse

Inside this issue:

Feature Article: Dive Fitness	2
President's Message	2
Reactivation Month	4
Member Corner: A Poem	5
Chamber Evening	5
Discover Scuba	8
Map & Directions To Meeting Location	9

MEMBER APPRECIATION

March is Member Appreciation Month. Join us on Tuesday, March 12th for our General Membership meeting and annual Member Appreciation festivities. We will be offering some tasty meeting refreshments and door prizes, along with LABUE updates and friendly member fellowship. Catch up with old friends and meet new members. If you have not yet renewed your 2013 LABUE membership, now is the time. Renewing members in attendance will be eligible for a prize drawing at the meeting and will receive \$10 in LABUE Bucks and a LABUE 20th Anniversary lapel pin. In addition, members bringing one or more guests will be eligible for a special prize drawing. We look forward to seeing you all.

Dedicated to Expanding the Knowledge and Enjoyment of Scuba Diving among African Americans

DIVE FITNESS

BY GEORGE LINARES, NAUI & LACO DIVING INSTRUCTOR

Scuba divers need to have a good level of physical and physiological fitness because of the obligatory stresses of the underwater environment. They must also be free of other limitations compromising safety. For recreational divers a good level of fitness has to be maintained.

The majority of people do not exercise adequately. For diving, good physical condition is essential. Divers that do not maintain a good level of physical fitness may not be capable of sustaining the work load of the underwater environment, i.e. strong currents or long surface swims.

In older divers the decline in physical capacity with age can be minimized by continued physical training. Divers should be healthy, and possess a level of physical condition that allows them to dive

safely and enjoy the underwater world.



Discover Scuba April 27th

The Los Angeles Black Underwater Explorers (LABUE) will be offering an introduction to SCUBA diving on Saturday, April 27, 2013, 9:00 a.m. - 2:00 p.m. at the Pacific Wilderness dive shop located in San Pedro. The public is invited to participate in LABUE's Discover SCUBA Program, which is designed to introduce adults and young people to the exciting sport of scuba diving. Participants will

learn about SCUBA during a brief classroom session followed by an opportunity try out SCUBA equipment on an optional shallow dive in a swimming pool under the close supervision of a dive instructor. They will experience what it is like to breathe underwater, providing a preview of the underwater world available only through SCUBA diving. Certified divers will be available to answer questions and provide support throughout the entire Discover SCUBA Program. Participants must be able to swim and must be 10 years of age or older. All equipment will be provided; participants only need to bring their swimsuits and towel. For additional details and registration information, email LABUE at labue@sbcglobal.net or call George Linares at 661 729-6626. Enrollment is limited.

PRESIDENT'S MESSAGE

By Richard Rice



January 2013, we finally completed our delayed 2012 LABUE Elections.

Thanks to Steve Scruggs, James Wiley, and Francois Desamours for ironing out the glitches in our nomination and online voting processes that now enable all of our members

to participate in the election process wherever they may live. I am encouraged and excited by the record number of dedicated LABUE members stepping forward to assume LABUE Officer and Board positions. I am again honored to serve as President for the next two years, Tina Houston will again serve as Vice President, DonCosta Seawell will take over as Treasurer, and Pat Williams as Secretary. Re-joining us on the LABUE Board as "At Large" members will be Steve Scruggs, Lamont Johnson, Randy Tillery, Joe Windolph, and Stacy Wade. I am happy to welcome new Board members Daphne King and Keenon Adamson. As we have demonstrated over the last three years, active LABUE members now receive many times their annual membership dues in member benefits. With such a large, enthu-

siastic, and talented group of Board members, I am confident that we will be able to further LABUE's mission and spread the workload necessary to effectively run and expand LABUE, providing our members with even more benefits, informative programs, exciting dive opportunities, and fun activities.

LABUE has been instrumental in promoting the sport of SCUBA in our community and offering a welcoming home for the hundreds of divers and friends involved with LABUE over the last 20+ years. As I have consistently emphasized since agreeing to take over from Bob Simmons as President in 2010, my personal primary focus continues to be building an active membership and developing new leadership to perpetuate LABUE as our older members and leaders become less

Continued on Page 3

PRESIDENT'S MESSAGE

Continued from page 2

active or unable to dive. This is absolutely crucial to the future existence of LABUE and growth of the sport of SCUBA diving on our community.

What part can you play in LABUE's future? We need help on all of our standing committees and your participation is the best way for you to have a direct impact on the current and future direction and success of the club. A list of the LABUE Committees and Chairperson contact information is included in each *LABUE News* issue. Discover Scuba is scheduled for April 27th and all LABUE members are encouraged to invite their friends, coworkers, and relatives to participate in this important activity. LABUE is actively seeking new members and this longstanding LABUE program is the best way for you to introduce others to this exciting sport.

LABUE will be celebrating March with our annual *Member Appreciation General Meeting* to be held on March 12th at the Natural History Museum. Throughout the month of March, we try to re-connect with LABUE members past and present, and introduce LABUE to potential future members. *Member Appreciation* provides an opportunity for us to recognize and thank LABUE members for the essential role they have played in making LABUE widely recognized as one of the top African-American SCUBA diving clubs in the country and 2011 NABS Club of the Year. It also provides you with the opportunity to introduce others to LABUE by inviting them to learn about LABUE while socializing with other members at a fun meeting. Our *Member Appreciation* meeting will feature great refreshments as well as activities including games, raffles, and prizes. It will also be an excellent

opportunity for you to renew your membership for 2013 and receive your *LABUE 20th Anniversary* lapel pin, in addition to \$10.00 in "LABUE Bucks", good for credit towards any LABUE activity, dive vacation, or for LABUE merchandise. Bring a guest to join in the fun and you will be eligible for a special door prize drawing.

If you would like to recommend an activity or event that would benefit the community, our members, or help fulfill our 2013 mission, please share it with me or one of the Board members. We value your recommendations. If you are interested in lending your labor, experience, or organizational skills to LABUE, your participation in one of our active committees would be more than welcomed. Give me a call or send me an email (labue@sbcglobal.net) to share your ideas and thoughts on how to make LABUE a better dive club and to let me know how you can help us in these efforts.

Free Admission to the Aquarium of the Pacific on Divers Day -March 23rd

If you have never visited the Aquarium of the Pacific in Long Beach, or would like to re-visit this wonderful aquarium, Divers Day is your chance to experience more than 50 exhibits containing over 11,000 animals. All certified SCUBA divers showing their certification card and a photo ID will be admitted **free** on Saturday March 23rd, 9am-5pm. This annual event encourages divers to visit and learn more about the diversity of sea life in the Pacific Ocean. For more information on this event, call the Aquarium of the Pacific at (562) 590-3100, ext. 0, or visit their website www.aquariumofpacific.org.

CHECK OUT THE LABUE STORE



Our hats and polo shirts are beautifully embroidered!



Makes a great gift!!



Above long and short sleeve t-shirts have the same front/back design layout!

~ ~ ~

Look great on the boat or beach with official LABUE apparel including T-shirts, Polo Shirts, and Baseball Caps.

T-shirts and Baseball Caps are in stock and are available in most sizes at \$20 each. Check out the LABUE Store at www.labue.org to place your order, or you may purchase items at the monthly membership meeting.



March is Reactivation Month

It's time for ALL of us divers to break out the exercise equipment that's been purchased and never used or put out of sight, out of mind, right? Well, WRONG. We need to whip ourselves back into shape for all of the spectacular diving to come this year. After the great cooking and new recipes from the holidays, take out those weights, the new home gym machines you received for Christmas and make a life change for your health and diving.

Toning up, and tuning up makes a great combination. Toning up your body and mind, to accomplish the things that you want to accomplish, and tuning up your scuba gear to keep it in safe operable condition by taking the time to regularly service your BC, Regulator, Dive Computer, and tank in for a professional annual inspection. Also, don't forget that the seals are very important to have inspected if you are an underwater avid/novice photographer, as a broken or cracked seal can not only flood your expensive camera, but ruin your day. When it comes to safe diving practices, our health and diving skills are imperative for the enjoyment of diving.

Now, with that said, it's also time to reactivate your LABUE membership! We appreciate your continued participation and support in LABUE. We look forward to engaging with you all of the activities sponsored by LABUE for your enjoyment and exploring marine life together in 2013. Here are the options for renewing your membership with LABUE. You can download the renewal form and return it with your check payable to:

LABUE
P.O. Box 90069
Los Angeles, CA 90009

via US mail, pay at the monthly membership meeting held the 2nd Tuesday of the month, or pay via our website by PayPal.

Additionally, when renewing your membership by April 1, 2013, you will receive a LABUE buck (worth \$10.00), LABUE 25th anniversary pin (while supplies last) which can be used toward LABUE merchandise, dive boats, and any activities sponsored by LABUE (when applicable). The LABUE buck expires Dec 31st of same calendar year. You will receive our monthly newsletters, a LABUE sticker (new members only), opportunities to sign up to learn archeological diving with Diving with a Purpose (DWP), and opportunities to network with fellow divers.

Our annual trip to Malaysia is still open. You can join us for diving and fun on September 14, 2013 – September 21, 2013.

Thanks, Membership Committee

Los Angeles Black Underwater Explorers, P.O.
Box 90069, Los Angeles, CA 90009

MEMBER'S CORNER

A POEM

Colors of Light

I saw a rainbow from the sky while flying super high.
 It was no ordinary bow, but looking down, that's what I found.
 Half of a semi-circle on the ocean's waters in the early morn.
 Still jetting over Caribbean isles as the day wakes yet still in slumber.
 Some eyes opening up, stirring in their seats, peering out the tiny window.
 For what? Who knows?
 It's the adventure, the naturalism, the fun and the sun!
 It's checking the pelicans manipulate the wind to swish, swash and snatch the fish in the sea!
 It's the family of lobsters under the ledge hoping we don't mean no harm
 and the seahorse riding the gentle fingers of a young mother
 and the tiny transparent bubble bundles glued to branches of coral.
 Yes, It's that!
 That's the reason I soar in the plane through the night sky
 and wake up to rainbows on the sea.

By Dangil Jones
 St. Kitts
 July 10, 2012

Member Discount Available for Chamber Evening on May 1st

Each year LABUE helps support the Catalina Hyperbaric Chamber by participating in Chamber Evening, an event created to help raise the funds needed to operate this critical facility. The County of Los Angeles provides about half of the funding needed to properly operate and maintain the Chamber. The remaining funds must be raised from private sources such as this event. This year, LABUE will again be sponsoring a table for this worthwhile event being held on Wednesday, May 1st at the Aquarium of the Pacific in Long Beach. This exciting evening features a fully catered dinner as well as access to all of the aquarium's exhibits and attractions. Admission to the evening also includes 10 raffle tickets for an evening of door prize drawings. Thousands of dollars in valuable door prizes will be given away including regulators, dive computers, buoyancy compensators, cameras, wet suits, mask & fins, and other dive related gear. LABUE club members have been fortunate enough to travel and dive around the world and rely on the local chambers to be 'there and functioning' in the event it is needed. It is only fair that LABUE members be responsible by participating in support of 'our' local chamber. Tickets to this year's Chamber Evening are \$95. As a special incentive for LABUE members, we are offering a \$10 discount to those purchasing tickets by Tuesday April 9th. Support the Catalina Hyperbaric Chamber! Contact us at labue@sbcglobal.net to reserve your ticket.

DIVER NEWS

LABUE would like to recognize the following lifetime members:

Quinal Johnson
 Sonny Hill
 Jay Morgan
 Lori Morrish
 Christopher Ricks
 ~~~~~

Know of any member Certification announcements?  
 Please notify Debora Ewing at  
[dewing@proskauer.com](mailto:dewing@proskauer.com)



### BOAT DIVING?

If you decide to sign up for a boat dive and you want a LABUE dive buddy, please contact DonCosta Seawell at 909-593-1877 or [doncosta1@msn.com](mailto:doncosta1@msn.com) with your trip details and he will convey that information to the club so that anyone who desires to join you will be aware.

*Good Bye to My LABUE Dive-Camp Weekend Buddies***Miki Rice***1996 -2013***May I Go Now?**

*May I go? May I go now?  
Do you think the time is right?  
May I say good bye to pain filled days  
And endless lonely nights?*

*I've lived my life and done my best,  
An example tried to be.  
So can I take that step beyond  
And set my spirit free?*

*I didn't want to go at first  
I fought with all my might  
But something seems to draw me now  
To a warm and loving light.*

*I want to go. I really do.  
But I will try as best I can  
To live just one more day,*

*To give you time to care for me  
And share your love and fears.  
I know you're sad and so afraid,  
Because I see your tears*

*I'll not be far, I promise that,  
And hope you'll always know  
That my spirit will be close to you,  
Where ever you may go.*

*Thank you so for loving me.  
You know I love you too.  
That's why it's hard to say good bye  
And End this life with you.*

*So hold me know, just one more time  
And let me hear you say,  
Because you care so much for me,  
You'll let me go today.*

*See Southern California like you've never seen it before!*



- ◆ Share the magic with someone special as you fly into the sunset against the backdrop of LA's most celebrated highlights!
- ◆ Sip on complimentary chilled champagne and gaze down on the city's most famous highlights and spectacular panoramic coastal vistas.

## **Champagne Sunset Flight: \$139 per person!**

- ◆ This includes a one-hour tour of Los Angeles in a Piper P-28 plane.
- ◆ Minimum 2 persons, weight restrictions may apply
- ◆ Fly over Redondo Beach, Rancho Palos Verdes Peninsula, San Pedro and Long Beach Harbors, Downtown Long Beach, The Queen Mary, Long Beach Airport, South LA, the Coliseum, USC, Downtown LA, Dodger Stadium, Griffith Park Observatory, celebrity homes in Hollywood and Beverly Hills, Santa Monica, and Venice Beach
- ◆ Depart from Torrance Airport or call for pick up at any other airport
- ◆ We specialize in proposal, anniversary and birthday tours for that special someone!
- ◆ Custom tours available

**Call (310) 722-3000 to book a SoCal Aerial Today!**

**[www.flysocaltours.com](http://www.flysocaltours.com)**

Follow us on Facebook: [socal.aerialtours](https://www.facebook.com/socal.aerialtours)

Find us on Twitter: [socalaerialtour](https://twitter.com/socalaerialtour)



Scuba diving is something to be shared and the  
**Los Angeles Black Underwater Explorers**  
would like to introduce you to ...

## DISCOVER SCUBA



This DISCOVER SCUBA Program is designed to *briefly* introduce individuals to a new world and to help prepare non-divers for a dive training certification program (this is not a certification program). Certified divers will be available to answer questions and provide support throughout the entire Program. Participants interested in training for certification can discuss concerns with program leader. Featured components are:

- Introduction to the world of *SCUBA* and equipment review
- (optional) Pool session with certified divers (bring swimsuit, drying towel)
  - (optional) dive shop tour

**WHEN:** Saturday, April 27, 2013 @ 9:00 A.M. until 2:00 P.M. .

**WHERE:** PACIFIC WILDERNESS 1719 So Pacific Ave.; San Pedro 90731 (310) 833 2422

**COST:** \$15.00 per person in attendance (NO SIT-INS—guardians exempt)

To sign-up call 661 729 6626

## NEWSLETTER ADS

LABUE is offering newsletter ads for nominal prices. The price structure is as follows:

- \$15 for a quarter page ad (per month);
- \$20 for a half page ad (per month);
- \$30 for a full page ad (per month).

If you're interested in purchasing an ad, please contact Debora Ewing at (310) 284-4556.

## PHOTO OF THE MONTH



**Reminder: Please e-mail your photos for the "Photo of the Month" contest. You just may see your photo on the cover of an upcoming edition of the LABUE News! Please e-mail photos for consideration to [dewing@proskauer.com](mailto:dewing@proskauer.com).**

## UPCOMING EVENTS 2013

- March 12, 2013 -- General Meeting - 7:00 PM
- March 23, 2013 -- Divers Day - Aquarium of the Pacific
- March 26, 2013 -- Board Meeting
- April 9, 2013 -- General Meeting - 7:00 PM
- April 23, 2013 -- Board Meeting
- April 27, 2013 -- Discover Scuba - 9:30 AM - Pacific Wilderness Dive Shop
- May 1, 2013 -- Chamber Evening - 7:00 PM - Aquarium of the Pacific

## BOARD OF DIRECTORS AND COMMITTEES

### BOARD OF DIRECTORS

#### President

Richard Rice  
(323) 299-3798

#### Vice President

Tina Houston  
(213) 359-2131

#### Treasurer

Open

#### Secretary

Open

#### Members at Large

Lamont Johnson  
(310) 387-8193

Steve Scruggs  
(310) 795-0851

DonCosta Seawell  
(909) 593-1877

Patricia Williams  
(619) 459-0944

Joe Windolph  
(818) 209-2504

### COMMITTEES

Membership  
Tina Houston (Interim)  
(213) 359-2131

Ways & Means  
Debora Ewing  
(310) 284-4556

Beach Dive  
Joe Windolph  
(818) 209-2504

Boat Dive  
DonCosta Seawell  
(909) 593-1877

Dive Events & Trip Planning  
Tina Houston (Interim)  
(213) 359-2131

Dive Training & Safety  
George Linares (Interim)

Internet Administrator  
Francois Desamours  
(703) 463-6857

Website Editor  
Steve Scruggs  
(310) 795-0851

Program Committee  
Keenon Adamson

Technical Dive Committee  
Open

Youth Committee  
Joe Windolph  
(818) 209-2504

Newsletter Staff:  
Richard Rice - Publisher  
Debora Ewing - Editor  
(310) 284-4556

Sharlene Johnson - Production Manager  
Staff Writers -  
Steve Scruggs  
Dangil Jones

**In consideration to the many LABUE members who are unable to download large files on their computer, we will be limiting the number of photographs included in our newsletter. To accommodate our many excellent photographers, we will begin posting additional photographs on the LABUE website for your viewing pleasure.**

## Meetings

The LABUE meetings are held the second Tuesday of every Month at 7:00 PM in the Times Mirror Room at the Natural History Museum in Los Angeles.

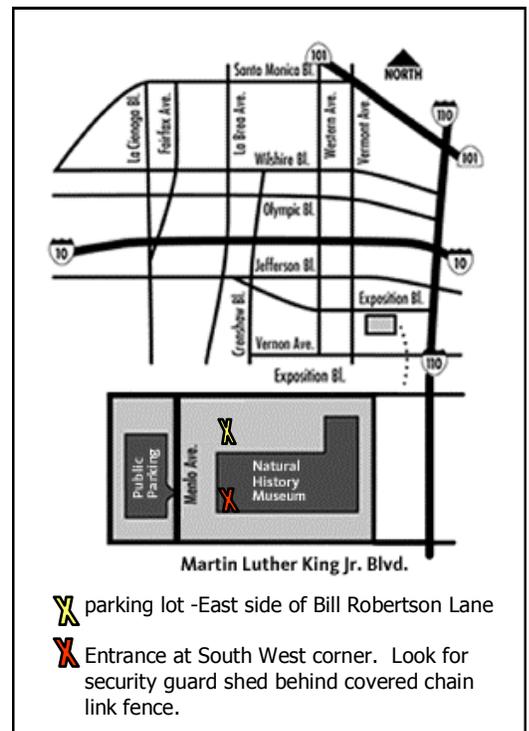
## Directions

The Natural History Museum is located in Exposition Park, at 900 Exposition Boulevard between Vermont Avenue and Figueroa Street.

**Due to Metro line work on Exposition Blvd., and museum construction on the Exposition side of the Museum, the Museum offers some helpful tips for driving to minimize your inconvenience:**

From the 110 (Harbor) Freeway, take the Martin Luther King Boulevard exit and head west towards Vermont Avenue. Turn right (north) on Menlo Avenue. Make a left into Exposition Park Lot 3.

Please visit the Museum website for more information at [www.nhm.org](http://www.nhm.org).



## Contact Us:

PO Box 90069, Los Angeles, CA 90009  
Phone/Fax: (323) 299-3798  
Email: [info@labue.org](mailto:info@labue.org)  
Web Site: [www.labue.org](http://www.labue.org)

P.O. BOX 90069, LOS ANGELES, CA 90009  
(323) 299-3798 (Phone and Fax)

## MEMBERSHIP APPLICATION

For the Year \_\_\_\_\_

### General Information:

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Referred By: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_

### Certification Information:

Year First Certified: \_\_\_\_\_ No. of Dives \_\_\_\_\_ Date of Last Dive: \_\_\_\_\_ o Warm Water o Beach o Boat

### Agency Certification

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Diving Preferences: o Beach Dives o Boat Dives o Warm Water Dives

Amount: \$30.00 o Individual Membership o New o Renewal

\$45.00 o Family Membership o New o Renewal

\$300.00 o Lifetime Individual

\$450.00 o Lifetime Family

Please make checks payable to: "Los Angeles Black Underwater Explorers" or "LABUE"

### WAIVER

I \_\_\_\_\_, hereby apply for membership in the Los Angeles Black Underwater Explorers (LABUE) and agree to abide by all club rules, I acknowledge that I will be voluntarily participating in LABUE events with full knowledge of the potential dangers of scuba diving and diving related activities. In consideration of your acceptance of this application and my membership in LABUE, I agree to assume all risks of bodily injury, death or property damage, arising out of or in connection with my participation in LABUE activities. I also agree to release, indemnify and hold harmless LABUE and their members and officers from any liability arising out of or in connection with my participation in LABUE activities. I further agree that this release and indemnification is intended to be as broad and inclusive as is permitted by the laws of the State of California. I have carefully read this release and fully understand its contents. I sign this release of my own free will and with full knowledge of its significance.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_