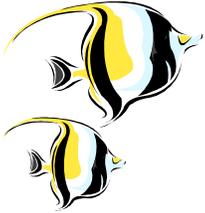


LABUE NEWS

Los Angeles Black Underwater Explorers

April 2009

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THE PHILIPPINES



As previously announced, the Los Angeles Black Underwater Explorers will head to the Philippine Islands for the 2009 club trip. From October 24-31, 2009, LABUE will enjoy spectacular diving in the pristine waters that have made the Philippines a must-do dive destination. For those interested, a post club trip excursion has been arranged which will include 5 additional nights in Hong Kong and Macao, China, two of the hottest spots in Asia...full of history, mega shopping and Las Vegas style casino action.

The club will be housed at the Atlantis Resort in Puerto Galera. This all inclusive resort is located 70 miles south of Manila and has more than 35 world class dive sites within a 15 minute boat ride. Without exaggeration, Puerto Galera is truly one of the last great undiscovered dive destinations in the world. The nearly 5 mile reef boasts a bio-diversity exceeding that of the Great Barrier Reef and the entire Caribbean combined. Many of those amazing photos of colorful, micro critters are taken at this location. It is not unusual to see several different species of small creatures on the same dive. It is easy to see why Atlantis has long been a favorite of European and Pacific Rim divers.

The Atlantis Resort has a full service spa on site and is 3 minutes from a local gym. It also serves as the hub of many activities for the snorkler and non-diver alike. The on site restaurant is well known for its great food featuring both local and international cuisine.

A great reason to go to the Philippines is the value received for the US dollar. Right now, everything is priced very favorably for the U.S. Tourist. Airfare is particularly inexpensive. A \$400 non refundable deposit is required to secure a reservation. Contact Bob Simmons for pricing information and to receive a Registration Form at 323 292-8960. Currently 22 folks have signed up for what will be a truly grand trip. Don't hesitate!!!

President's Message by Bob Simmons

With the beginning of April, I am reminded that the year is 25% complete. I guess that means that we should all be 25% closer to reaching our goals for 2009. I don't know about that for me or any of you. However, I do realize that April means that it is dive season again and time to get back into the water. Even though we dive all year round in the LA area, it seems that the few extra degrees of water temperature we will experience from now until the late fall make things a lot better and easier. But, with the start of the dive season, it is important for all of us to get back into 'dive shape' before we go 'off the deep end.' We have been very lucky in our club having had no serious injuries on any of our club dives or trips. We want to keep it that way!!! It seems to me that physical and mental preparation are the two most important things we must do to dive successfully. I personally exercise at least five times each week, including one day of swimming 40-

45 laps in a near Olympic size pool. I swim three different strokes to use the various muscles in my legs I may be required to use during scuba diving. The other days I work on my endurance, stamina and 'wind' in a variety of aerobic exercises. I don't really enjoy any of these exercises but I do them because I need to. When I scuba dive, the last thing I want to worry about is tiring out or having cramps or being able to get back to the boat. If an emergency occurs, I want to be able to focus on handling the emergency with the confidence of knowing that I am in good shape. We have a major trip to the Philippines in the fall and we owe it to ourselves and to our buddies to be dive ready...from day one.



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

Beach Dives by Joe Windolph

On Sunday, May 3, LABUE will dive Leo Carillo in Malibu. I will give the dive briefing at a time to be determined. We are hoping for good conditions, because when conditions are right this is an excellent dive site. Divers usually park on PCH and suit-up at their vehicles. There is a modest walk of about 60-70 yards to the dive site. You will also have to navigate a small set of stairs when you get to the beach area. Leo Carillo is home to a healthy kelp forest which provides protection for large numbers of fish. On occasion you can see soupfin sharks swimming along the outside of the kelp, along with bat rays, cabezon, kelpfish, and large halibut. Nudibranchs and gorgonians are commonly spotted past the outer reef where the kelp stops. If you bring a flash light you can also spot lobster hiding in the cracks and crevices of the reef. Diving is usually done between 12-40 feet and visibility can be anywhere between 5-25feet. Entry is a mixed bag with sand and a few scattered rocks. It is usually best to dive this location at high tide so we will keep that into consideration when scheduling the dive time. We will plan a 2-tank dive. Please contact Debora Ewing at (909) 240-7022 if you plan to make this dive and your name will be added to the list of divers.

BOARD OF DIRECTORS

President Robert Simmons (323) 292-8960	Vice President Francois Desamours (310) 412-8128
Treasurer Richard Rice (323) 299-3798	Secretary Debora Ewing (310) 284-4556
Sharlene Johnson (310) 915-3931	DonCosta Seawell (909) 953-1877

COMMITTEES

Membership Bettye Linares (661) 729-6626	Ways & Means Debora Ewing (310) 284-4556
Beach Dive Debora Ewing (310) 284-4556	Boat Dive DonCosta Seawell (909) 593-1877
Dive Training & Safety Vacant	Publicity & Internet Francois Desamours (310) 412-8128

Ad/Spec/Tech
Vacant

Boat Dives

As a reminder, LABUE is attempting to act as a clearing house of information regarding LABUE divers participating in upcoming dives on various boats. The concept is simple. Any LABUE diver planning to dive on a particular date should submit the pertinent details regarding the dive for distribution to all club members. It is hoped that divers looking for other club divers to dive with will contact each other and make the experience that much more enjoyable. Information regarding upcoming dives scheduled by club divers looking for buddies should be e-mailed to Bob Simmons at LABUE-BOB@aol.com.

Membership Renewal

LABUE has been in existence for many years and the \$30 renewal fee has not changed in all that time. Even though costs have gone up, the Board has made it a priority to reduce club expenses (such as sending this newsletter via e-mail instead of regular mail) wherever possible. Nevertheless it is imperative that members renew their membership as this source of revenue represents the major source of club funds. Membership enables one to participate in club activities at a discount and is a requirement for club subsidized activities such as boat dives and the upcoming club trip to the Philippines and Hong Kong, China. Everyone is asked to do their part by renewing today.

Chamber Evening

Each year LABUE helps support the Catalina Hyperbaric Chamber by participating in Chamber Evening...an event created to help the Catalina Island Chamber raise the funds needed to operate. LABUE will again be purchasing a table to this very worthwhile fundraiser which will be held on Wednesday, May 6 at the Aquarium of the Pacific in Long Beach. This fun evening features a fully catered 'sit down' dinner as well as access to all of the aquarium's exhibits and attractions. Attendees are able to view these exhibits in the evening when the fish tend to be more active. Admission to the evening also includes 10 raffle tickets. The values of the prizes being raffled range up to a few thousand dollars. Items such as regulators, computers, buoyancy compensators, fins and other dive related gear make this raffle the highlight of the evening. 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 various events. Many LABUE club members have been fortunate enough to travel and dive around the world and regularly rely on the local chamber to be 'there and functioning.' It is only fair that LABUE participate in supporting the maintenance of 'our' local chamber. Contact Sharlene Johnson to purchase your ticket. This evening is always a lot of fun.

Next Club Meeting

The next club meeting will be held on Tuesday, April 14. The meeting will be held at the Museum of Natural History on Exposition Blvd across from USC and will begin at 7:00pm. Club meetings represent the best way for members and guests to keep abreast of club activities and upcoming events. They are also a great way to keep in a 'diving' frame of mind. The meetings are always interesting and fun. Among other items discussed, the latest information regarding the club trip to the Philippines will be presented. Plan now to attend.

Discover Scuba

Once again, LABUE will be conducting a Discover Scuba session in which individuals interested in finding out more about diving can receive a brief orientation to the sport and participate in a strictly controlled dive in the swimming pool at Pacific Wilderness. Instructor George Linares conducts these sessions and personally supervises all divers participating in the program. He is aided by several LABUE certified divers. Many future divers get their first experience 'blowing bubbles' in full dive regalia at a Discover Scuba program. Members are asked to inform family and friends of this upcoming activity. The session will be held on May 9, 2009 from 9am-noon at Pacific Wilderness, 1719 S. Pacific Ave, San Pedro. Bettye Linares may be contacted at (661) 729-6626 for additional details and to make reservations. Cost of the session is \$15. Participants must already know how to swim.

Spotlight

By Debora Ewing

INTERVIEW OF CHRISTOPHER RICKS

1. **What Influenced you to get into diving?** Growing up I used to love to watch Flash Gordon, and at age five my parents bought me a mask & fins set, the rest is history.
2. **What do you enjoy most about LABUE?** The people and the activities.
3. **Is there anything you would like LABUE to offer more of?** Keep up the great job you are doing so far.
4. **What is your most memorable dive?** Diving with the club off Catalina Island and running into a school of Black Sea Bass
5. **What is your occupation away from diving?** I am an Independent Insurance agent.
6. **How did you get into this field?** I used to work for a large Insurance company (AAA) and decided to work for myself.
7. **What other hobbies do you enjoy?** Cycling, Swimming, Skiing, Chess, Scrabble.
8. **What famous person do people tell you that you favor most?** Wesley Snipes, Christopher Darden, (Steve Harris-the practice).
9. **What is your favorite food?** Collard Greens w/ Rice - Liberian style.
10. **Where were you born?** Den Hague, Netherlands.
12. **Tell me something that LABUE's membership would be surprised to know about you?** I am a grandfather my granddaughter Honey is 18 months old.

Reminders:

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| | ** | <i>General Membership Meeting—04/14/09</i> |
| | ** | <i>Philippines Trip Reservations—On Going</i> |
| | ** | <i>Discover Scuba—05/09/09</i> |