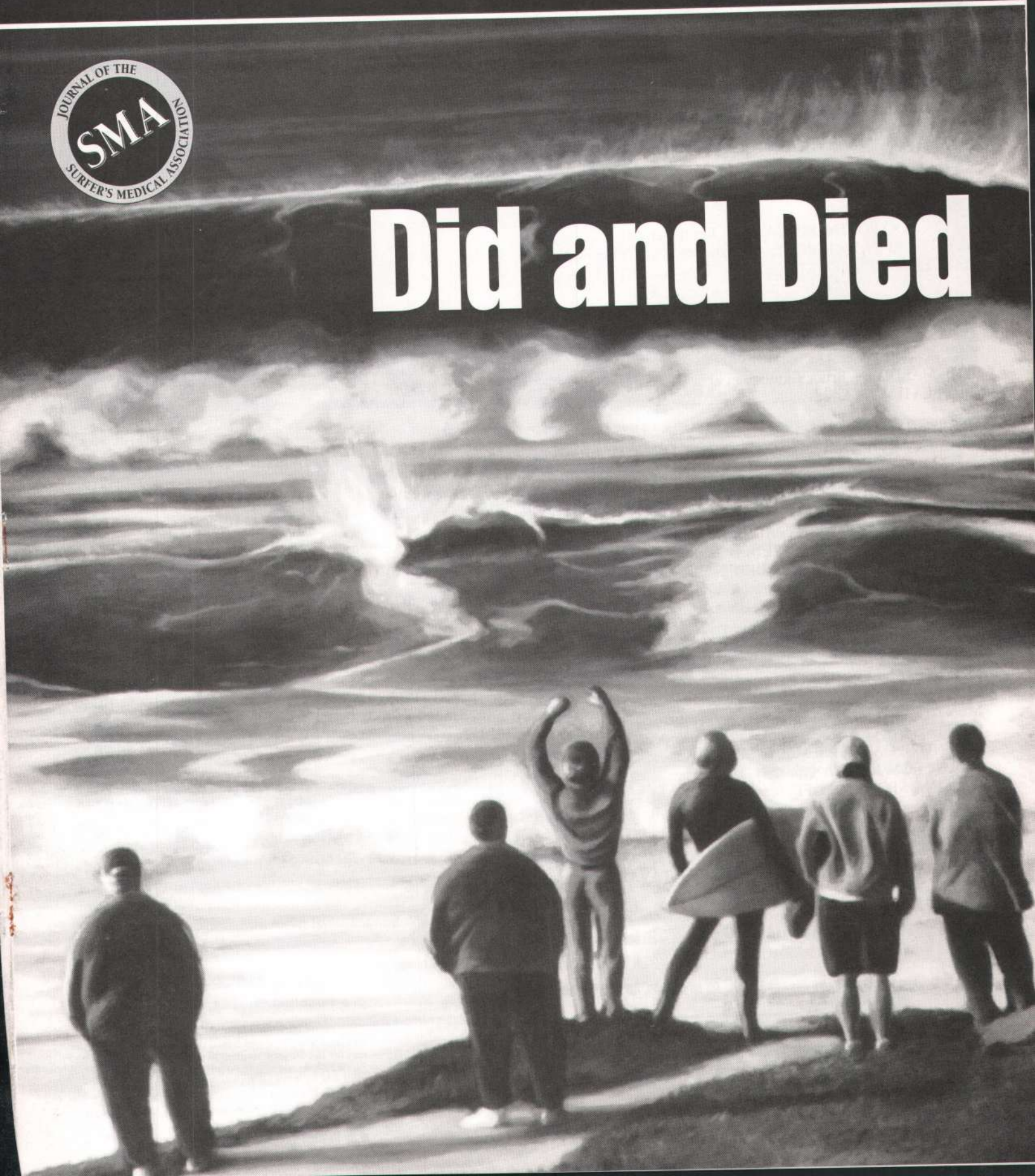


SURFING MEDICINE

ISSUE #14, SUMMER 1995



Did and Died



draw for many surfers and most adapt readily. Learning to windsurf is similar to learning to surf. Begin with a long board on a low-wind day. The best place is a protected marina. It is important to have knowledge of both operating a windsurfer and wind and wave theory. Before approaching the open ocean, a novice will need to be proficient in self-rescue, jibes and water starts. These are important skills that need to be mastered in a protected area prior to riding waves.

First time wave windsurfers should begin on small wave days at a gentle break. The wind should be strong enough to make waterstarts easy and provide plenty of power to the sail. The best is side-shore at 15-20 knots. Off-shore wind and shore break are difficult for riding waves and not recommended for learning. Getting out past breaking waves is usually the most difficult problem but riding the first wave is a euphoric rush. Initially windsurfers need to find the balance between the wave's force and the wind's. Little wind is needed when riding the wave, but all the wind is needed to sail back out over the breakers. Gradually, like surfing, one begins tuning in and turning on the wave.

Some animosity exists between surfers and windsurfers. At some beaches rivalries occur, analogous to skiers and snowboarders in the mountains. The two disciplines have similar roots and goals but different cultures.

Some solutions exist for this expanding world. At some breaks, surfers get the water in the morning and windsurfers in the afternoons. Others have been designated only surfing or only windsurfing. This segregation fortunately occurs naturally to some extent. For example, on the California and Oregon coasts good windsurfing spots at points and jetties are less than ideal for surfing. The best surfing breaks are often protected from a side-shore wind. Similarly, ideal surfing days may have a slight off shore breeze, whereas good windsurfing conditions include 25-knot side-shore wind.

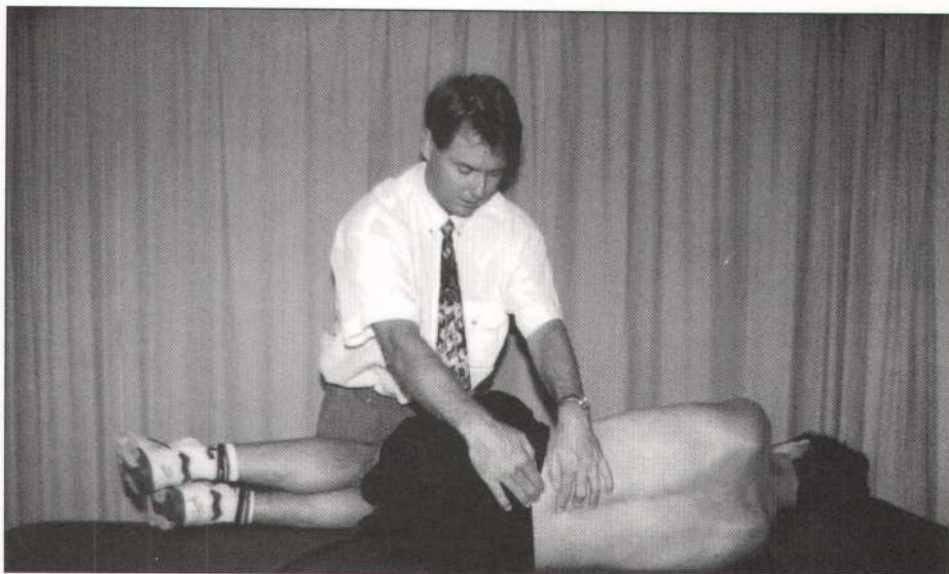
At some breaks where both surfers and windsurfers vie for the wave, a little education is important. Windsurfers follow boating right of way rules which in general means starboard tack, windward tack has right of way when approaching other windsurfers or boats. When on the wave however, windsurfers follow surfers' rules which is first on the wave has right of way and wave riders usually yield to outgoing people who are often underpowered or getting pounded. Windsurfers, as water craft, yield to surfers. This is extremely important because surfers are less mobile and often less visible. Some basic rules of politeness must be observed as well. For example, windsurfers need to be aware of the surfers' line-up to avoid snaking a wave. If windsurfers are riding waves with surfers, windsurfers should either wait in the line-up, take waves that are missed, or find another break.

Whatever the choice of wave tool, a historical, medical and prescriptive preview of windsurfing is important for all wave riders and coastal health care practitioners to understand. We all coexist in this world. One may be a surfing every isolated Baja break or cranking a forward loop off a Ho'okipa roller. In the end, we will be riding waves. And that, after all, is all that really matters.

Doonesbury By Gary Trudeau



Continued on page 27



Application of a shearing force along the long axis of the femur.

LOWER BACK PAIN REHABILITATION SEGMENTAL HYPERMOBILITY

Ross Clifford, PT, Churchlands, Western Australia

Introduction

Low back pain (LBP) is a significant cause of lost productivity in the western world, and may be due to a multiplicity of pathological states (Wood and Bradley, 1987). Observers of the surfing community are also expressing concern about the apparent increase in surfing related LBP (Booth, 1988 and Richards, 1992). Many theories can be postulated as to possible causes of surfing LBP such as muscle imbalance, particularly poor tone of the abdominals (Renneker, 1987) however lifestyle, previous injury/disease, and postural factors (Clifford 1992) may have an aetiological bearing on surfer's LBP.

My purpose is to highlight segmental hypermobility which is a common clinical finding amongst patients with chronic LBP who attend for physical rehabilitation at our clinic. Also described is a treatment approach that we have found useful in the management of this form of presentation. It should be noted that this approach is not a cure-all for LBP, which has many causes and is often multifaceted in any one individual. The development of LBP can arise from a noxious stimulus to any of the structures of the lumbar spine that are innervated (Bogduk, 1988), therefore it must be appreciated that this treatment approach is limited to those individuals who have a suitable presentation and whose defin-

able pathology does not contra-indicate an exercise approach to rehabilitation.

Segmental Hypermobility

Some confusion exists when the terms instability and hypermobility are interchanged to describe the same condition. For the purpose of this discussion, instability refers to an orthopaedic diagnosis made on the presence of a shift in location of vertebrae in functional x-rays of the lumbar spine. Hypermobility is described as occurring when one intervertebral joint is excessively mobile in relation to the neighbouring joints (Maitland, 1986). It is important to appreciate that hypermobility may be present in the absence of instability.

Segmental hypermobility of the lumbar spine has been described for many years. Stoddard (1969) cites several causes of hypermobility including severe initial sprain caused by a hyperflexion injury, habitual ligamentous strain from poor posture, and degeneration of the discs and ligaments of the vertebral complex.

Clinical Presentation

There is always a danger when describing a typical presentation for LBP. As LBP is multifactorial, there can never be one cure-all; however, the presence of several of the following factors can be used to alert the practitioner to the

possible involvement of a hypermobile segment.

The Patient: Male or female, 15 to 45 years of age, physically active in recreation or involved in manual handling at work.

Symptoms: A chronic bilateral ache in the lumbar region, which is variable in intensity and may flare after a period of increased physical activity involving flexed postures. The patient often reports periods of being symptom-free, and then suddenly feels a 'catch' when bending over to pick a small object off the floor.

Physical Exam: When standing, the patient often presents with muscle imbalance, particularly poor abdominal tone and tight erector spinae. On active movement of the lumbar spine they will often possess full range of movement; however, returning to the upright posture from flexion may aggravate the symptoms, particularly if repeated. Lumbar extension is often a painful movement, and lateral flexion is uninhibited. Combining movements of the lumbar spine usually reproduces the symptoms. The combined movement of lateral flexion and extension will cause the pain to 'shift' to the contralateral side of the lateral flexion movement. Repeating this movement to the opposite side will again result in a 'shift' of the pain.

Neurological exam is usually unremarkable in the 'straight forward' cases, however hypermobility may be secondary to disc damage.

Palpation of the spine is the most definitive sign, but requires a level of skill and practice. Edwards (1992) describes a shearing test applied to the lumbar spine to detect the presence of a hypermobile segment. The description follows:

"The patient lies (for example) on their right side with the examiner standing in front of the patient with his upper thighs against the patient's knees (patient's hips and knees are appropriately flexed). The fingers of the examiner's left hand are placed between the spinous processes to be examined. Pressure is exerted by the examiner's thigh against the patient's knees along the long axis of the patient's femur, producing a postero-anterior shear between the vertebrae of the level examined. Relative movement of the spinous processes is detected with the fingers of the palpating hand."

Treatment Approach

Loss of muscular control in the lumbar region has been established in patients with chronic LBP (Soderberg and Barr, 1983). Richardson et al. (1990) argued that the aim of rehabilitation exercises for LBP was to enhance the mechanisms for muscular stability of the spine through co-contraction of the oblique abdominals, transverse abdominals and multifidus. Valencia and Munro (1983) had previously identified multifidus as a major stabiliser of the lumbar spine.

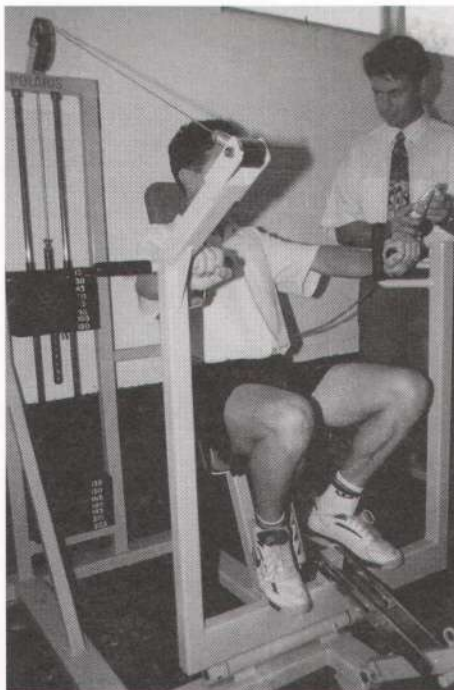
Traditional abdominal strengthening exercises have been based on the abdominal curl, or 'sit-up'. Repetitive sit-ups performed at high speed favour rectus abdominus, and therefore will have at best minimal effect on the obliques, and at worst will result in a detraining effect of the oblique abdominals.

The ability to isometrically contract the abdominal group in standing promotes stability in the lumbo-pelvic region (Richardson et al., 1990). The promotion of the stabilising role of the oblique abdominals and the co-contraction of the multifidus is a fundamental basis of a graduated exercise programme that we utilise for patients with signs of lumbar hypermobility.

The contraction of the oblique abdominals has previously been described as a hollowing of the abdomen with the back being gently flattened



Combining the movements of lateral flexion and extension of the lumbar spine often results in pain or the contra-lateral side.



After gaining control of the oblique abdominals, more advanced exercises can be undertaken.

(Kendall and McCreary, 1983). When this exercise is properly performed, EMG studies show that a co-contraction of the multifidus was achieved with minimal involvement of rectus abdominus (Richardson et al., 1992). The monitoring of the correct performance of the contraction is achieved through the use of a pressure biofeedback device described by Jull et al., (1993). Once a patient is able to achieve a satisfactory contraction of the obliques, exercises involving the upper and lower extremities are added. The additional exercises result in increased movement of the pelvis and therefore require greater dynamic control of the spine by maintaining an isometric contraction of the oblique abdominals. The complexity of the exercises increases until the patient is able to participate in a generalised gymnasium based programme, with the aim being to promote the muscular support for the hypermobile segment throughout daily activities.

This treatment approach has been utilised on a variety of patients representing a cross-section of the community with favourable clinical results. It is emphasised that this is not a 'cure', but a management of a definable clinical entity of LBP.

Application To Surfing

The muscular imbalance of surfers and the increasing incidence of LBP in

the surfing population has previously been noted. Widespread screening of the surfing population has not been undertaken due to the logistics involved.

It is postulated here that where clinically indicated a stabilising programme to provide muscular support for the hypermobile spine in surfers would reduce the frequency and duration of recurrent LBP.

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RED TIDE ALERT!

Peter Dixon
Malibu, California

Every summer, as regular as the grunion run and the blooming of red tide, a few people are poisoned from eating contaminated clams or mussels harvested along the California shoreline. Occasionally someone dies, about one person a year. Despite the yellow warning signs that the California State Department of Fish & Game posts along the beaches, people harvest contaminated shellfish, and sometimes after eating them, suffer poisoning. What's going on here and what does the red tide have to do with making clams and making clams and mussels unfit to eat?

Red tide blooms occur almost every summer along the coast. Sometimes the ocean, especially in Santa Monica Bay, becomes so heavily infested with the plankton organism that causes red tides the sea turns that muddy, smelly reddish-brown. When the plankton population is reproducing by the billions per hour the sea often glows at night and

water clarity is reduced to inches. On a few occasions, when these blooming microorganisms have depleted the normal oxygen level in the sea, fish and other marine animals that can't move out of the infested area die from anoxia. One summer the contamination in the bay was so severe that lobsters crawled out of the water along Will Rogers State Beach, and gasping for air, died on dry sand. Another siege of red tide bloomed within Marina del Rey harbor for a week, killing all the local fish which floated belly-up by the tens of thousands, causing a fearful stench.

A bit about plankton. That all-encompassing word is the name for a great variety of tiny marine life suspended in the sea and moved by the currents, winds, and tides. All animal life in the sea's food chain are ultimately dependent on plankton for their existence. Plankton are usually microscopic in size, and can be both plant and animal. One type called krill, found in dense quanti-

ties in Antarctic seas, is the main food source of the blue and fin whales. Their plankton diet is so rich in nutrients that these whales gain 60 to 70 tons of weight in their first two years of growth.

These marine-microorganisms, called dinoflagellates, get their name from the whiplike flagella (tail) with which they lash the water to keep themselves spinning in the upper layers of the ocean near oxygen and sunlight. Off Southern California the dinoflagellate *Gonyaulax polyhedra* is the organism usually responsible for red tide blooms.

The occurrence of red tide is very widespread along the ocean coasts and tidal estuaries of the world. Darwin mentioned red tides in his "Voyage of the Beagle." In the Bible, the seventh chapter of Exodus describes an outbreak of red tide in the Nile: "And all the waters that were in the river were turned to blood, and the fish that were in the river died; and the river stank, and the Egyptians could not drink of the river..."

One possible explanation for the bloom is variation in the abundance of foods, or nutrients, and other elements essential for the reproduction and growth of plankton. When the concentrations of nutrients, plus sunlight and the right water temperature, reach a critical stage, the plankton multiply explosively. In many coastal areas the bloom appears to be associated with the upwelling of ocean waters from deeper levels which carry nutrients necessary for reproduction. In some cases blooms have been triggered after rains washed minerals and sewage in the sea. There may be a relationship between plankton blooms and water pollution.

Once the bloom has started, a chain reaction takes place. If the mass of dinoflagellates is of a poisonous type, then the marine life killed by these organisms will decay, producing more nutrients which nourish the plankton, allowing the reproductive cycle to repeat over and over again until some link in the biological chain is broken.

Usually, just before a red tide bloom clouds the water, the plankton are phosphorescent. Come darkness, breaking waves flash that lovely, brief glow of iridescent greenish blue. Swimming at night in these conditions is especially enjoyable. With each stroke, a tiny line of sparkling light trails off your finger

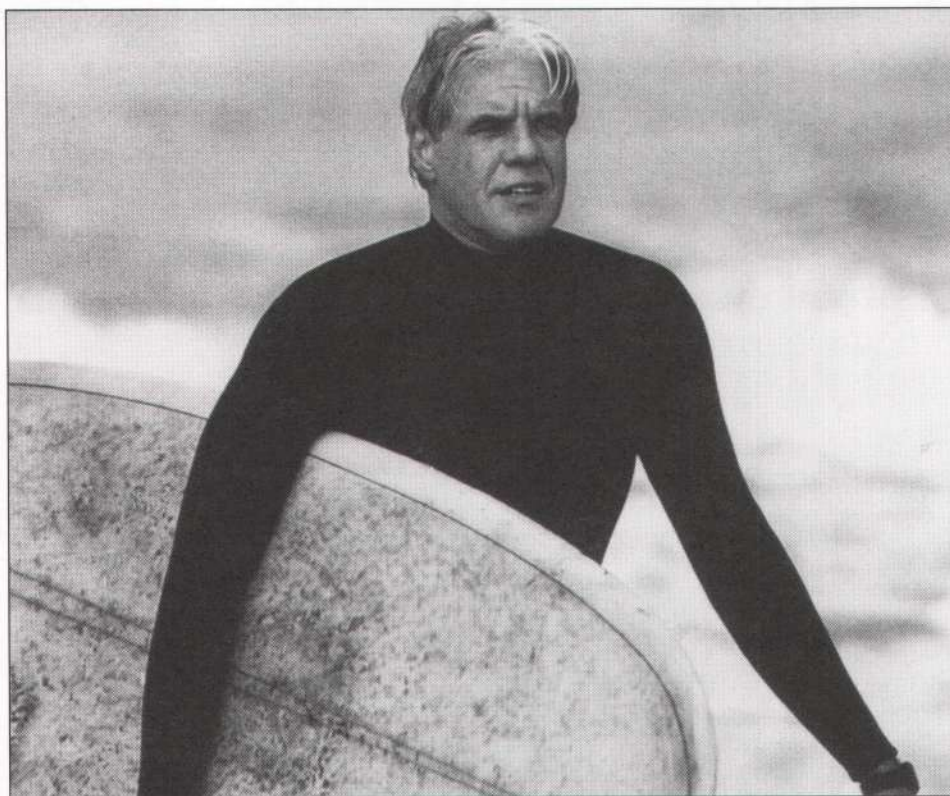
tips. I remember one night, diving the Santa Monica Breakwater for lobster, when the sea was alive with luminescent plankton. As I followed my diving partner downward, each kick of his fins created an explosion of dazzling light that remained visible for several seconds. Later, when rubbing ourselves dry with a towel, our bodies began to glow, and the lobster flopping in the bottom of the skiff gave off tiny star bursts.

Let's return to clam and mussel poisoning. The culprit: a plankton-type microscopic organism named *Gonyaulax catanella*. When ingested by most bivalves they become toxic due to an unknown process that make these crea-

tures harmful for human consumption. Even washing, trimming the guts, and thorough cooking will not make them harmless. It's best to follow the seasonal warning posted by Fish and Game.

What about that old saying that shellfish are safe to eat during the months with "R" in their spelling? Don't believe it. Plankton blooms do occur in March and April, and in September and October, and perhaps later in the season, if the water stays warm. Is swimming in the red tide dangerous to your health? When the bloom is pronounced and *Gonyaulax cantanella* is present, swallowing the red tide infested sea water

may produce symptoms similar to clam and mussel poisoning: weakness, trembling, nausea, shortness of breath, and occasionally paralysis. This writer, when a beach lifeguard, spent too many hours swimming in a soupy concentration of red tide and suffered poisoning with symptoms similar to those described above. Not fun. Better to wait until the bloom subsides, or swim in a pool. Would I eat local mussels and clams? Yes, from outside of Santa Monica Bay after the water turns winter cold, and harvested nowhere near a creek mouth or storm drain. With that, I think I'll order shrimp instead.



Rob "Birdlegs" Caughlan

THE AGE WAVE

Roy Earnest, MSW, LCSW, San Francisco, California

The waves were 8' to 12' from the west and a steady cold 20mph northwest wind was blowing, not unusual conditions for the San Francisco Bay area in late January. The coastline in and around my hometown of Pacifica are mostly sandbar beach breaks fully exposed to the NW wind. As a result, most spots were unrideable. However, it was high tide and there was a chance that a nearby kelp-forested reef break might be rideable due to its sheltered location. In this little

coastal pocket and under these conditions, the wind, swell and chop is cut down and often provides a mushy but fun left.

When I arrived, I stood on the cliff's edge and watched Rob "Birdlegs" Caughlan, Past President of the Surfrider Foundation and a veteran local, get some decent rides in spite of the cold and wind blown conditions. No one else was out.

Next to me were two young surfers

about ten years old. I couldn't help but overhear the following conversation which was not about the waves but about Rob.

"Do you know how old that guy is out there?"

"No, but he sure has a lot of gray hair! How old is he?"

"He's 45! Same age as my Dad!"

"Wow! I'm surprised he can remember how to surf. Don't people get real forgetful when they get that old?"

At that point, they both cracked up laughing. For a moment, I considered pointing out to them that forgetfulness so severe that one would "forget how to surf" is not common as we age, not only at 45 but at 75 as well. Instead, I just walked down the cliff trail and paddled out. I figured they'll learn the truth on their own when they're ready and, after all, they were only 10 years old living in a world that hates getting old! Nobody else joined us that day even though the wind dropped and the waves improved. It was just us two "geriatric surfers" having a great time!

As a gerontologist and long time surfer, the comments of those two boys got me thinking about the "graying of surfing." Ever since the modern era of surfing began, it has been generally associated with youth. This WAS for a good reason. In unprecedented numbers, the baby boom generation (persons born between 1946 and 1964 as well as those born a few years on either side) took to

surfing with passion. This huge swell in the number of births, or "AGE WAVE," came along just when the surfing world began opening up to more people through easier-to-use surfing equipment made of foam and fiberglass.

This evolution in the surfing world started in the 1970s when the AGE WAVE began to show on the horizon. Surfers who had been surfing steadily since they started in the 50s, 60s and 70s began to move out of the "typical age of a surfer." They began their careers and/or family; perhaps they bought a house, went to school, or traveled...and they kept surfing. Maybe not as often as in years past but often enough. Combined with a steady stream of grommets, we began to have an increasingly intergenerational group of surfers out in the water.

During the 1980s, the experience of surfing with three generations became increasingly common. The scene of a son surfing with his father and grandfather was not from a movie script. It was from real life. Many who used to surf "awhile back" returned to surfing because they discovered that "there aren't too many other things that are more fun than surfing." The renewed interest and acceptance of longboard surfing eased the re-entry for many of these returnees due to the stability and wave catch-ability longboards provide.

During the 1990s, the AGE WAVE is beginning to sweep over surfing and change it. It should no longer be a surprise that a surfer is over a certain age and yet it is to many, mostly non-surfers. The growing number of surfers over 50 (who are eligible for membership in AARP by the way) jolts many people's view of what older people "should do" and that jolt gets stronger as surfers get older. "Doc Ball, at 87, still surfs?! That's AMAZING!", the joltees exclaim. Then many of them wonder, "Isn't surfing something for kids?", "Could this be a case of 'arrested psycho-social development'?", "Hasn't he outgrown that?", or "Don't you have to be in top physical condition to surf? I couldn't do that." For the surfing community, the answer to all these common but "ageist" questions is "NOT NECESSARILY!" Older surfers provide a great metaphor for how our society is beginning to redefine - but not without a struggle - what it means to grow older. Similar to the civil rights and women's movements, the "AGE WAVE

MOVEMENT" involves new behaviors, with the new attitudes trying to catch-up. Could it be that, after a while, "staying young" doesn't need to be the goal and just "staying as well as you can" becomes the goal? It could if "OLD" loses

some of its unnecessary negative connotations and stereotypes.

The new attitude that is emerging, and supported by lots of medical and psycho-social research, is a view of our later years that is not dominated by sickness and decline. Rather, it is a period of our lives that can be very vital, satisfying and meaningful. Maybe, in Fred Van Dyke's words, we can find some things to "dig" about our later years. Or in Doc Ball's words: "stay stoked."

While surfing may not be as "aging friendly" as golf, gardening, or a long walk, Mickey Munoz (57), Fred Van Dyke (65), Leroy Grannis (77) and thousands of others are demonstrating that it can be an "aging friendly" activity. Have you noticed how competitive the 40 and over age divisions in surfing contests have become during the past few years? If you surf in contests and are about to turn 40 and hope the competition will get easier, think again.

Obviously, the primary key to "surfing for life" or, for that matter, just staying vitally involved with life is to maintain our health. The "wellness movement," another major societal movement of our time, is assisting us with this goal by distributing a lot of easy to understand health related information, offering many incentives to stay fit, and helping us with ways to manage chronic health problems better so we can keep surfing (a good example is this journal.)

More and more of us are figuring out that the mere absence of illness is not a complete health goal. Instead, the goal is evolving into a search for a more optimal level of wellness that prevents illness and is appropriate for each of us (i.e. your optimal level of wellness may not be the same as your surf buddy's). We are doing this through regular exercise, improved



nutrition, stretching, taking care of ourselves and each other emotionally and spiritually, stress reduction and a whole litany of other methods and techniques. Thanks to the "wellness movement," we are empowered to take charge of our own health and become partners with our physicians and other health professionals rather than passive recipients of their expertise. When we embark on this new health path the results are obvious: we feel better.

Research in aging indicates it is almost never too late to start taking care of our wellness and expect a positive outcome. Current longitudinal studies on the impact of implementing better health practices in late life are beginning to show significant gains in the overall fitness of those studied compared to control groups. Much of what is considered an inevitable part of aging - arthritis, stroke, heart disease, back problems, skin cancer, etc. - is preventable, modifiable or manageable. From a surfer's perspective, one way of interpreting all of this is that many of us under 50 have a good chance of surfing into our 70s at least.

The impact of these two very important movements will continue for many years to come. The age wave and wellness movements are irresistible demographic and societal ground swells. Surfers riding them will help redefine what it means to be a certain age. The surfers now over 60 are the pioneers showing us what is possible and jolting many of us to reconsider our own futures in a more hopeful way. Eventually, surfing and many other aspects of life will lose their exclusive connections to youth. In its place will be a more normalized view of what it means to grow older.

DON'T WORRY GROMMETS! You probably won't forget how to surf and neither will I. KEEP SURFING!



Jon Morrison displays the devices used for the eyewear survey.

EVALUATION OF UV-PROTECTIVE EYEWEAR

Jon Morrison, OD

El Toro, California

Introduction

Well, here it is, the Magdalena Bay, gerrigged water goggle/sunglass survey you've been waiting for. Now mind you, since this is a family-read journal I have had to edit the off color comments made about these beloved protectors of our orbits, especially those by our camp guru, Mark Renneker.

Most of the 1994 Magdalena Bay conference attendees participated; however only twelve filled out the survey (the heat and wind made it hard to function out of the water). Six types of sun/water eyewear were surveyed. Of the six, four were suitable for trying while surfing. The survey asked participants to rate each eyewear in the following categories from 1 to 5, with 5 being excellent, 3 being satisfactory and 1 being unsatisfactory. The following sunglasses/goggles were used in the survey some of which are shown below, along with a sample of the survey used.

Methodology

After breakfast each day the eyewear would be set out (with the surveys) for SMA members to try on land, and if applicable, in the surf. The survey would be filled out afterwards while still fresh in their minds. It must be noted, however, that the quality of responses deteriorated the day after Chris' evening guitar serenade. In fact, just putting the eyewear on and surfing was more difficult.

Results:

Subjective Visual Acuity Survey - In this category the OAKLEY sunglasses were rated the highest and the SPECS goggle was rated lowest. The following is the order in which they were rated:

- | | |
|-------------|------------|
| 1. OAKLEY | 4. VJU |
| 2. BOLLE | 5. SUNTACS |
| 3. DIGI-180 | 6. SPECS |

Comfort of Fit on Face - In this category the OAKLEY sunglasses were again rated the highest and the SPECS goggle the lowest. The order in which they were rated is as follows:

- | | |
|------------|-------------|
| 1. OAKLEY | 4. BOLLE |
| 2. SUNTACS | 5. DIGI-180 |
| 3. VJU | 6. SPECS |

Subjective Protection from the Sun (least glare, squinting, stress) - In this category the DIGI-180 sunglasses were rated highest and the BOLLE goggle was rated the lowest. The order in which they were rated is as follows:

- | | |
|-------------|-----------|
| 1. DIGI-180 | 4. OAKLEY |
| 2. SUNTACS | 5. SPECS |
| 3. VJU | 6. BOLLE |

Peripheral Vision - The OAKLEY was again rated highest in this category and the VJU swim goggle was rated lowest. The order in which they were rated is as follows:

- | | |
|-----------|----------|
| 1. OAKLEY | 4. SPECS |
|-----------|----------|

2. SUNTACS 5. BOLLE

3. DIGI-180 6. VJU

The result of combining these four categories was that the OAKLEY rated highest and the VJU was rated lowest.

The order of their rating was as follows:

- | | |
|-------------|----------------|
| 1. OAKLEY | 4. SPECS/BOLLE |
| 2. SUNTACS | 5. VJU |
| 3. DIGI-180 | |

The BOLLE goggles, DIGI-180 sunglasses, SPECS, SUNTACS and VJU swim goggles were tested in the surf and commented on. Notes made related to these eyewear worn surfing were as follows:

1. BOLLE

- ☛ "Fogs up when surfing, especially after exertion."
- ☛ "Does not float."
- ☛ "Lots of glare."

2. DIGI-180

- ☛ "Tents up or pushes on nose or lower eyelid when pushing through even 1 - 2 foot white water wave."
- ☛ "Not suitable for surfing."
- ☛ "Hopeless in the surf."

3. SPECS

- ☛ "Does float."
- ☛ "Water droplets and spots on lens is a problem."
- ☛ "Because the lens is polarized, it is hard to see what the face of the wave is doing."

4. SUNTACS

- ☛ "Best of these products for surfing."
- ☛ "Only Suintacs can be used while wearing a hat with ear flaps and chin strap."

5. VJU

- ☛ "Pulled off in the surf. Fogs too easily."
- ☛ "They fog up, like all swim goggles."
- ☛ "No peripheral vision."
- ☛ "Fogs."

Discussion

The tinted contacts, Suintacs, were the overwhelming favorite for surfing, and surprisingly were comfortable even for those who had never worn contacts before. It appears that from this sample that eyewear, while good for sun protection, still has a ways to go before being suitable for surfing.



Pasta Point, Maldives.

MALDIVES SMA CONFERENCE

Bruce Campbell, Frances Hawker, Marianna & Tom Campbell

Brisbane, Queensland, Australia

The inaugural Maldives SMA conference was held from 16th to 21st April 1995. The SMA trip was organised by Ian Price, a GP from Iluka NSW with previous Maldives experience, and the educational side by Simon Leslie, Australian SMA president. The trip was run through Atoll Adventures and we stayed at their base at Tari Village resort, a tiny island on the edge of North Male atoll about 15 km north of the airport and the capital city of Male.

The conference was attended by 21 delegates and several partners and families making up a group of 35 in all. The overall experience can be summarised in one word: excellent!

EDUCATIONAL PROGRAM

The educational component of the conference was notable for the quality of the presentations. The overall theme was "adolescent health" and in this area we had presentations from four professional educators as well as family practitioners, two psychiatrists, a paediatrician and a toxicologist. These presentations integrated well to give valuable insights into the interaction between the psyche, adolescent subcultures, school stress, disabilities and other medical problems

during adolescent development.

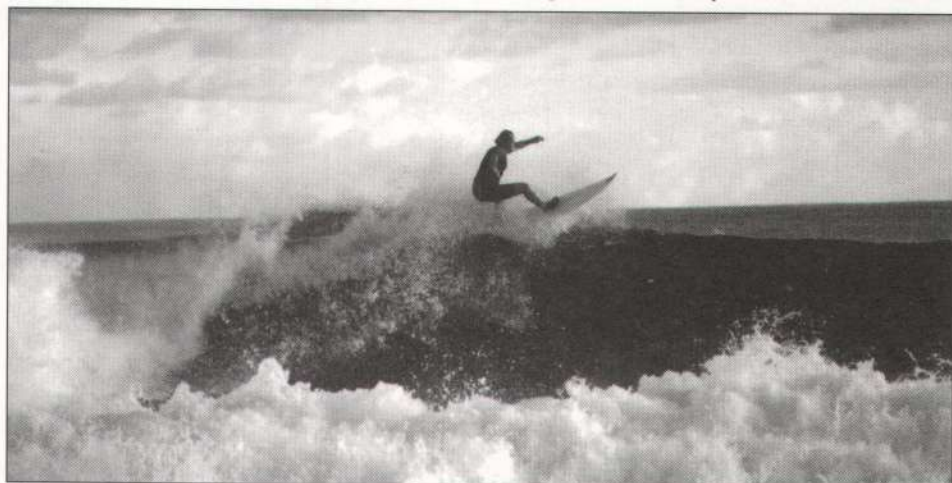
Other topics covered included infectious diseases (malaria, hepatitis C and marine microorganisms), travel medicine, surfing-related trauma, Ayurvedic medicine, drug development and updates on surfing-related eye and ear problems. There was general agreement that this conference set an extremely high standard for educational content.

SURF

The main conference group arose on the Saturday morning after arrival to be confronted with a brisk onshore wind and unsurfable slop and the inevitable

"you should have been here yesterday" from the three SMA surfers who had arrived a week early. However conditions quickly improved and over the next three days everyone managed to get plenty of 3-4 foot quality waves. On Wednesday however the surf moved into high gear and over the next three days we had consistent six foot sets with the occasional bigger turquoise wall materialising out of the vast Indian ocean.

One of the best points about surfing in the Maldives is the fact that other surfers are a rarity. During our stay we had brief encounters with a group of four Brazilian professionals plus Shane Dorian and a photographer plus another group of four Australian bodyboarders on a photo shoot for Australian Bodyboarder magazine. The surfing setup at Tari is truly excellent. Atoll



Peter Morley, Pasta Point.

Adventures has exclusive rights to Pasta point which breaks on the south side of the island itself. It is a consistent left which is fun at three feet and just gets better as it gets bigger. The wave varies with the tide and wind strength and direction and is often smooth as glass, fast and hollow. On Friday afternoon with a solid swell and a light westerly blowing, the tubes were staying open. Frank Spruce, the senior surfer on the trip and his hi-tech epoxy malibu were seen to disappear completely into the barrel through the inside section at Pasta and then to emerge at the far end with Frank grinning from ear to ear.

About 700 metres away across the channel from Pasta point are a right (Sultan's) and a left (Honkie's) which break on each side of a small uninhabited island. These breaks are reached from Tari in a 10 minute ride on one of the three boats that we had available to us during the conference, two small dhonis (diesel powered wooden fishing boats) and a 50-foot launch, the Celeste, a very comfortable boat belonging to Tony Hinde (our Atoll Adventures host) and his wife. When the swell gets to 4 feet or more these two breaks offer an excellent alternative to Pasta point with Sultan's being a nice drop from a peaking takeoff followed by a high-speed right-hand wall which on a good day seems to go forever. Honkie's is an unusual left with a fast first section, a slower mid-section where the wave starts to wrap around the point then a final section where the wave builds in size as you go along and the surfer finishes up kicking out just before the reef shelf with the wave having made a 90 degree turn during the course of the ride.

The other two readily available breaks which we surfed are about 40 minutes to the north by boat. These are a short pitching right called Cola's (because it is off the island on which the Coca-Cola factory is situated) and across the channel a long hollow left called Chicken's. With this number of breaks available it was easy to spread out the 20 or so surfers at the conference and crowds were kept to a minimum.

FISHING

(by Tom Campbell)

The fishing in the Maldives was excellent but Tom Campbell and his father Bruce were the only serious visiting fishermen. They caught many fish in



Tom Campbell in a Pasta Point tube, Maldives.

a variety of different ways, from fishing for very picky fish with size 5 hooks to trolling for monsters with 20 cm lures! Tom caught some big fish such as a 1.3 metre shark and a 15kg Mahi-Mahi while his dad also caught a massive sweetlip. Tom also had some serious little fights on his trusty baitcaster with many fish deciding that they did not want to play any longer, resulting in many monumental bust-offs.

OTHER IMPRESSIONS OF THE CONFERENCE

(by Frances Hawker and Marianna Campbell)

We had a number of non-surfing partners and families at the conference and everyone enjoyed themselves. Having three boats plus the small zodiac attached to the Celeste was a real boon.

The snorkelling and diving in the Maldives is on a par with the best in the world and one of our boats would take snorkellers out each day, plus the resort also runs a dive and a snorkelling boat each morning. The water clarity and the variety and colours of the fish were better than we have seen in a variety of places in south-east Asia and the great barrier reef.

One of the snorkellers' main aims was not to compete with the surfers for the waves, after one group almost body-surfed onto the forbidden island on a particularly large day at Sultans! After that we developed a technique for determining the current direction - throw thirteen-year-old Amy Spruce into the water and watch which way her hair (or in a particularly strong current, herself) drifts. Every day we had a mind-boggling drift snorkel, usually at our favourite place next to Sultans. Sometimes we drifted more than a kilometre over mag-

nificent coral with the Zodiac beside us. When we got tired we would lumber into the Zodiac with great difficulty(!) and head back to the Celeste.

Before choosing to snorkel near the military island EVERYONE checked that the red flag was not flying on the island since it signals shooting practice. The target is a stack of rusty drums on a sandbar near a group of particularly beautiful coral reefs.

There was a core group of die-hard snorkellers every day, but surfers often paddled to the boat for a quick equipment-change and would head out to view the sharks, manta rays and turtles they had been surfing above. However, having to split the snorkelling and surfing time did cause problems for fourteen-year-old Marianna Campbell who missed all of the manta rays. But this is a great excuse to go back next year!

Other activities included boat trips to the local Maldivian village on the nearby island of Himafushi or to Male, the capital city of the Maldives for sight-seeing and shopping.

On Pasta point itself is a paved area with a selection of comfortable chairs in the shade from which non-surfers, photographers and those taking a break can sit and watch the action. In the late afternoon the mobile bar (a large cooler in a wheelbarrow) arrives at the point and cold beer and soft drinks can be ordered. When not surfing or snorkelling this was the place to be (mind you, there weren't many other places to be!). Part of the spectators' entertainment was watching surfers enter and leave the surf over the coral and rocks, and little Michelle (Tony's daughter) said to her mother in Devihi, the Maldivian language; "Look



An evening game of mah jong.

Mummy, here comes Batman" when she first saw Frank Spruce exiting dressed in his surfing garb.

From Pasta Point the spectators wearing sunglasses and wide-brimmed hats witnessed probably the largest group of people in the Indian Ocean wearing long-sleeved lycras, Gath helmets, ear plugs and zinc cream. (Do you think anyone could tell the profession?). In fact, according to Tony, the largest group of surfers ever seen in the water at one time at Pastas was witnessed during our stay, a total of fifteen - on the day before we were all due to leave.

MEMORABLE QUOTES

"It's like riding waves in a surfing magazine." ANON

"There's another bloody crab in my booties." BRUCE CAMPBELL

"Not with my toothbrush!" 10-year-old BRENDAN LESLIE, after being told he would have to scrub out his father's coral cut with a toothbrush.

"Look out for the falling coconuts!" FRANCES HAWKER'S only worry, having refused to watch the surfing injury lectures.

"Will I have to get out?" ADAM DUNN, as blood poured down his face from a fin slash.

"Did Adam have to go to Male for a doctor?" 14-year-old MARIANNA CAMPBELL.

"If the reality is as good as the fantasies then it has already been a worthwhile experience." FRANK SPRUCE prior to leaving Australia.

"The reality IS as good as the fantasy." FRANK SPRUCE in the Maldives.

"He's getting all the good waves." SHANE DORIAN complaining about MARK GILLETT at Chickens.

"Just go out when Ito goes out, and sit where Ito sits." FRANK SPRUCE'S energy conservation theory.

AWARDS

Most dedicated video photographer: ANGELA CRONIN.

Most hours per day in the water: ANDREW HALLAM.

Tallest surfing tales, (out of a talented field): 3-year-old JACK PRICE.

Most graceful entry into the water from a boat, (his leash was hooked around a bollard): JIM KERR.

Most graceful entry into the Zodiac from the water: AMY SPRUCE.

The future skin cancer awards: The two European diving instructors.

Most improved Karom player: DANIEL SPRUCE.

The longest stayers: MATT RYAN & BRUCE CAMPBELL.

The most outlandish strategy for preparing for a long plane flight, (try to drink 100 beers in the departure lounge): MICK CORBETT.

The luckiest bugger award (shared) - for getting a 2 hour solo session at Chickens: SIMON LESLIE.

For getting his trip sponsored by his employer: ADAM DUNN.

The waiters' award for most persistent table swapper: ANDREW BERTRAM.

Amphibious snorkelling child award: TOM PRICE.

Most improved board rider: DAVID CRONIN.

Most improved body boarder: MARIANNA CAMPBELL.

Largest ratio of wave size to surfer size, 10-year-old: BRENDAN LESLIE.

Most tube rides: 12-year-old TOM CAMPBELL.

Most exotic pre-conference destination (Sri Lanka): TONY SCANLAN.

Most exotic post-conference destination (United Arab Emirates): ANDREW GAULT, JUDY CARSON, EMMA & STEPHANIE.

Young Jack Price (age 3) spoke for the whole group on Friday morning when he heard he was leaving, burst into tears and wailed "But I want to stay here for the



SMA Maldives conference group photo. .



BIG FLAT WAS BIG - AND WE'RE GOING BACK

By Ward Smith, SMA Central

The 1994 SMA Fall conference at Big Flat was a raging success. It was our fifth meeting there and we finally got Big Flat big - not flat. While preceding conferences always scored fun waves, none compared to these. We walked in on Saturday evening, after dark. We surfed overhead, line-up walls on Sunday and Monday. On Tuesday the surf dropped to flat-to-shoulder high waves, depending on when and where you surfed. On Wednesday we woke to humongous waves and stormy conditions; since nobody went out, it was difficult to estimate the size. Bill Heick, a longtime flathead, said they were the gnarliest waves he had ever seen there - or just the kind that Renneker likes. On Thursday the surf cleaned up and dropped to double-to-triple overhead. Everyone scored and got pounded! Friday the surf was glassy, perfectly lined-up, from head-high to double overhead, with incredibly long point rides - several folks remarked that this day ranked as one of their best days ever. Of course, on Saturday it was flat and bumpy, a perfect day to leave.

The conference was as inspiring as the surf. Every evening after our scrumptious dinner, prepared by Marilyn and Andrea, the crew got together and dis-

cussed a variety of topics including eye diseases, dental health and hygiene, contact lenses (I wore them out surfing for the first time, compliments of Jeff Cooper), surf injuries, and of course surf stories. There was an enlightening evening spent discussing surf dreams. In our sample most surfers had very frustrating dreams where they lose their boards, arrive at their favorite spot after dark, drive around all day and never surf, forget their wetsuit, or find some other stupid reason not to surf. Many had recurring dreams of this nature. Everyone polled had dreams where they did actually surf, but those were in the minority. Maybe this reveals something about the nature of the sport. What do you think, Dr. Wade Ward Myers?

Not to be boring, but the weather was as spectacular as everything else. Big Flat is north of Shelter Cove in Humboldt County and sticks way out in the ocean. It experiences all kinds of weather and changes happen quickly. The wind can change direction three or four times in an hour, although November is the calmest time of the year. Temperatures then can vary from a low of 45 degrees F at night to about 80 degrees in the day, with the ocean hover-

ing around 50 degrees. We encountered every kind of weather except snow. Our favorite, of course, was good old Indian Summer, which dominated.

Big Flat is located on the "Lost Coast" at the base of coastal mountains that rise to 4,000 feet. It is a wilderness point and there are no roads in - and thus minimal crowds. Although some people come in on boats, the majority make the spectacular ten mile trek in along the beach. The scenery is breathtaking. Most surfers

bring camping gear, food, tents, and camp on the beach. The SMA is one of only four or so organizations per year allowed to use the facilities - a real privilege. There are two buildings - a kitchen and a barn where we sleep. There are outside showers as well as a wood-fired hot tub and sauna. The facilities are uniquely designed and finely crafted out of materials brought in on ATVs (now illegal to drive on the beaches around the Flat), boats, planes, and helicopters, or found in the driftwood piles on the beaches. The property is privately owned by two families and held in trust by the Big Flat educational trust, which provides the facilities for groups like ours.

The SMA will hold its sixth annual Big Flat conference from November 4-11, 1995. To take advantage of a minus tide, we will walk in on Saturday the 4th at about 1 PM, returning the next Saturday. Plan on carrying your board in with your gear. It's not bad - I carried a 9'4" in and out last year and I'm no specimen. The food will be brought in for us so we can eat three great meals each day. As of yet there are no details for the conference - anyone with good ideas for a theme is welcome to call me at SMA Central. All this fun, camaraderie, and surf costs a mere \$450 - less than \$65 per day - a fantastic deal when you figure in the food, hot tub, sauna, forest, waves, and of course the people. The trip will be filled on a first come, first served basis, so we must have your \$450 by October 1, 1995. We hope to see you there!



Santa Barbara Channel at sunset. Photo: Corbin Prager

Silent Spills

The Sea Does Not Belong To Despots.

-Jules Verne

By Mark Massara, Esq.

Oil & Water Don't Mix!

One of SEA's most ambitious projects is our battle against oil spills in California's coastal zone. The oil and gas exploitation industry has operated continuously in the California coastal zone for over 100 years, and our beaches and oceans have paid a huge price. Many people mistakenly believe that oil spills are a modern problem that began with Unocal's 1969 4.5 million gallon spill into the Santa Barbara Channel Islands Marine Sanctuary. Coastal degradation from oil drilling has, in fact been occurring for decades. Countless derricks were bobbing on scores of rickety wooden piers along the beach at Summerland in the late 1800's. Many unplugged holes continue to leak oil into the ocean. The National Academy of Sciences estimates that each well drilled produces between 1,500 to 2,000 tons of waste material. The industry itself admits to discharging 1.5 million barrels of toxic wastewater per day in 1986 into the Gulf of Mexico alone. The history of oil spills destroying coastal resources dates to approximately the invention of oil drilling itself.

Oil spills are not limited to derricks.

Unfortunately, oil transportation is even more environmentally destructive. Tankers are a fantastic conduit for releasing oil into the ocean. For example, in a six month period from December 1988 to June 1989, six major spills occurred off U.S. coasts. A collision between tankers on December 22 caused 230,000 gallons of oil to spill into Washington's Olympic Peninsula. Exxon Houston hit a coral reef off Honolulu on March 3 and spilled 117,000 gallons of fuel into the ocean. Three weeks later the Exxon Valdez ran aground in Prince William Sound and spilled 11 million gallons into pristine Alaska ocean. On June 23 a Greek Tanker spilled a million gallons of crude oil that began to wash ashore in Newport, Rhode Island. That same day, 250,000 gallons were spilled into Houston Ship Channel near Galveston, Texas in yet another collision. The next day, an Uruguayan oil tanker spilled 800,000 gallons of fuel into the Delaware River.

A lesser known disaster is occurring from leaking and corroded oil and gas pipelines, and we don't even know where many of the older pipelines are located. Seems as flighty wildcat oil dudes moved around, they often forgot to dig up their rotting pipelines. We call these spills

"silent" because they often go unnoticed for decades, all the while polluting groundwater, destroying wetlands, bioaccumulating in marine organisms and exposing surfers to carcinogens.

OUR PROPOSITION: Discharging oil into the coastal zone and ocean is against law and, to us, an unspeakable crime against man and nature. Further, we are sick and tired of this being the black hole of law enforcement, where oil companies pay little or no fines whatsoever for destruction of invaluable coastal resources and public property. We're appalled that police power of the state is utilized to protect multinational environmental desecraters while welfare mothers are sent to prison.

RESOLUTION: We'll use every means possible, including our own enforcement actions, to bring these international scofflaws to justice. We'll be as aggressive as the law permits, and encourage direct intervention wherever possible. Oil companies are not afraid to break the law and we're not afraid to protect coastal resources!

UNOCAL

When SEA decided to undertake an enforcement action for oil spills in the coastal zone, we had no choice but to sue Union Oil Company of California (Unocal). Unocal represents the lowest possible denomination in the often sleazy oil exploitation world. (Incidentally, we call the industry "often sleazy" because we recognize the almost zealous nature with which oil companies have flagrantly violated nearly every environmental standard ever established. We also cherish property rights - especially when they belong to the public. We can't understand why the same wise use rhetoric that justifies protection of property when privately owned doesn't also apply to property owned by the public. On public property we allow rape and pillage. Exploiters are subsidized by taxpayers and feed at the public trough so hard they bite one another. Nearly every once of every gallon of oil extracted world-wide is publicly owned, so why do the oil companies make billions while governments fail to feed children?). Even other oil companies despise Unocal.

However, other oil companies have a pretty scary record as well. SEA

is attacking the following other coastal oil spills:

Texaco Spill Into The Ventura River

Texaco Corp. has spilled thousands of gallons of oil over many years at its refining operations in School Canyon, Ventura. The oil has saturated soils and groundwater supplies and flows into the Ventura River and into the Pacific Ocean, near popular surf spots including the Ventura Fairgrounds.

Chevron Spill At Toro Creek

Chevron's marine facility at Toro Creek in San Luis Obispo County has been leaking oil for years into the creek, onto the beach and into the ocean.

Chevron Spill At El Segundo Refinery

For unknown decades Chevron allowed oil to leak from its El Segundo Refinery in Los Angeles and the result is a massive (exceeding one hundred million gallons) spill adjacent to the ocean next door to Manhattan Beach.

Unocal Spills

Tank Farm Spill

In 1926 lightning hit the 350-acre Unocal tank farm next to San Luis Obispo County airport. Reportedly over 274 million gallons of oil exploded, leaked into the soil and groundwater. The fire burned for over a week. To this day Unocal has never done one cent worth of cleanup or restoration. The oil is still on the groundwater. The spill formed a blacktop-like surface which may extend dozens of feet deep. Unocal simply put a fence around the entire wasteland and left.

Avila Beach Spill

Unocal has leaked oil for decades from its operations above downtown Avila Beach, the most popular beach in San Luis Obispo County. So much oil has been spilled that the groundwater and soils below the entire downtown of Avila are contaminated. In some places contaminated soils exceed five feet in thickness. The oil is so pervasive that oil leaches over to and up on the beach, where children try to build sandcastles.

Santa Clara River Spill

Unocal's 30,000 gallon oil spill into the Santa Clara River in Ventura County



also flowed right into the ocean, again damaging resources and public recreation at one of the area's best surf spots.

Guadalupe Beach Spill

The grand-daddy of all pipeline spills is Unocal's Guadalupe Beach spill, estimated to be in excess of 30 million gallons. Since 1954 Unocal has operated the Guadalupe Oil Field, a 3,000-acre, 180 derrick oil field located on the county line between Santa Barbara and San Luis Obispo. The oil field sits along one mile of the Pacific Ocean, immediately North of the Santa Maria River and a 500-acre wetlands. The general area, known as the Nipomo Dunes, is such a spectacular environment that the U.S. Park Service has recognized Nipomo as the single most valuable habitat in the United States, ahead of Yellowstone, the Grand Canyon and Yosemite. Freshwater lakes in the 20,000-acre dune habitat support a variety of unique species, including endangered plants and animals such as the California least turn and the snowy plover. Deer are often seen playing on the beach.

By 1992 Unocal had leaked so much oil into the groundwater that it routinely flowed into the ocean. Surfers began to wonder whether unusually high incidences of vomiting, sickness, ear infections and other ailments weren't related to surfing at Guadalupe. A Unocal employee called the public authorities to alert them to oil flowing into the ocean. Unocal assured everyone that the oil in the ocean wasn't from Guadalupe and produced scientific analysis purportedly demonstrating the oil in the ocean didn't match the "footprint" of Guadalupe oil. Unocal was lying.

Subsequent investigations and interviews with numerous past and present Unocal employees has shown that Unocal knew of the oil spills for decades. They knew, for example, that during the middle 1980s they were losing millions of gallons of oil annually. Yet Unocal told no one. Worse, they actively covered up knowledge of the spills and would routinely get out the bulldozer and alter the sand dunes when oil would surface. Unocal employed people whose full time jobs were to drive around the oil field and suck up oil into the truck as new leaks and spills were continuously uncovered.

By the time the authorities finally conducted a criminal raid on the Unocal oil field in 1992, they found detailed maps describing scores of huge spills located throughout the entire oil field, none of which had ever been revealed.

By the time Unocal's experts finally publicly admitted the scope of the spills in January 1993, surfers were convinced Unocal was affecting their health and future susceptibility to cancer and illness. The facts proved them right: Unocal had knowingly subjected innocent surfers to decades of exposures to known carcinogens, in essence assaulting the public with killer chemicals.

SEA decided to pursue litigation against Unocal for two reasons. First, we are committed to the idea that Unocal has gotten away with its environmental crimes for long enough. SEA is the pit-bull attached to Unocal's ankle that will not release until we're satisfied that Unocal has cleaned up every last bit of the oil field to whatever extent possible no matter what the cost. Despite the fact that Unocal is in the process of selling its domestic assets in order to concentrate on oil defilement in Indonesia, SEA is going for a pound of flesh and we'll get it.

Second, no oil company should view surfers as guinea pigs, like some second class citizens put out on the ocean like canaries are stuffed into coal mines, to swim around until the pollution gets so bad we croak. Unocal should have warned surfers decades ago, and still refuses to warn or assist surfers with illness. Many central coast surfers have been systematically exposed to carcinogens for 20 years. That means as they get older they have increased likelihood of cancer, and other illness. At a minimum, Unocal should establish funds for future

medical monitoring of local surfers.

WHAT WE'RE DOING:

SEA v. UNOCAL, San Luis Obispo Superior Court case no. 075205 (filed March 24, 1994) an action against Unocal for the Guadalupe oil spills for injuries to the environment, to surfers, for fines and penalties, for damages to the public trust, for negligence, strict liability, fraud and chemical battery. The case is currently in the discovery stage. We expect to get to trial within 18 months.

We have also filed notices of intent to sue for the spills at Avila Beach, the Tank Farm, Miosi Ranch, the Texaco spill into the Ventura River, the Unocal spill into the Santa Clara River and the Chevron Morro Bay spill.

WHAT YOU CAN DO:

1. Boycott Unocal. Publicly express your views about the way Unocal treats the environment and our coast and oceans.

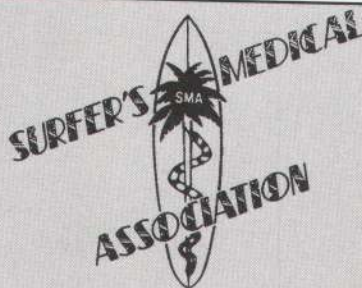
Tell your friends to boycott and publicly shame Unocal. Contact SEA for information on how you can lead a successful boycott of Unocal in your community.

2. Support California Assembly Bill No. 349, authored by Martha M. Escutia (CA-50, Huntington Park). The Bill, AB 349, would require the development of a comprehensive plan for updating California's aging, leaking underground pipeline system. It requires a centralized pipeline database to the system and assist in emergency response. Many of the pipelines are unmapped and over 50 years old. While AB 349 passed out of the Assembly Committee on Environmental Safety and Toxic Materials, it is currently languishing in the Assembly Appropriations Committee. Please contact your State Assembly person in Sacramento and urge them to support this important legislation. Also call Curt Pringle (R-Chr. Appropriations Comm.) at tel: (916) 445-8377 and Valerie Brown

(D-Vice-Chr. App. Comm.) at tel: (916) 445-8492 to express your support for the bill.

3. Support the OCS Moratorium. Contact your United States Congressperson and ask that they support extension of the congressional OCS Moratorium, which prohibits lease sales and offshore drilling in the United States. Also contact Ron Packard (R-San Diego tel: (202) 225-3906) and Frank Riggs (R-Mendocino & Humboldt, tel: (202) 225-3311), who are California coastal representatives who sit on the House Appropriations Committee.

Silent Spills was designed to highlight SEA's oil spill project. It is the first in a series of articles which will highlight the various projects undertaken by SEA. We welcome your comments. For \$20.00 you will get a decal, our newsletter SEA notes and help save our coast. Write: P.O. Box 3578, Santa Cruz, CA USA 95063.



Surfing Medicine: A Pier-Reviewed Journal

Here's your chance to add a significant publication to your resume: consider making a submission to the Journal of the Surfer's Medical Association. Send us your surfing related case reports, research, proposals for upcoming trips or projects, stories, pictures, and anything else you feel is relevant to surfing and medicine.

Rules for Submission:

1. Send material in early — next deadline September 15th.
2. Include pertinent references.
3. We'll love you forever if you put your material on a Mac disc, using Microsoft Word.
4. Include any graphics and photos (especially surf pics, particularly if they are of you).
5. Proof-read your stuff a couple of times — have your kids correct your spelling and punctuation.
6. We'll publish anything sent in that looks good and passes peer-pier review (we pass it around to SMA members and other derelicts hanging out under the pier; if it meets their rigorous standards, it's in).
7. Mail to: Editor, Surfing Medicine, 2396 48th Ave., San Francisco CA 94116

NOTES FROM SMA CENTRAL

Paula Smith

A few odds and ends to think about:

1. Is anyone interested in helping to organize the G-land conference? This has been a great meeting and Mark Metcalf has put it together for years now. For information, call Mark at (714)969-0656.
2. Medical students - please let us know when your status changes to MD.
3. Gift shop alert - all three volumes of The Collected Surf Medicine Works are now available. Also, for T-shirts, please include the weight of your envelope when figuring postage!
4. Non-USA members - please send only International Money Orders in \$US dollars or a check that is payable through a USA bank (example - Bank of New Zealand checks are payable through Chase Manhattan). All other types of payment cost the SMA to cash.
5. All members - please check the Directory listing in this issue and let us know at SMA Central if there are any changes needed.
6. Membership application - please specify if you are an MD, RN, etc, or whatever title you use.
7. House Swapping? This seems like an idea with potential. If you have a place or need one and think a fellow SMA member might want to trade for vacations, etc, send us the details and we'll list your place or wants.

GRAJAGAN SURF DOCS NEEDED

Simon Leslie, MB

Grajagan Surf Camp is located on the southeast tip of Java. It is readily accessible only by boat in daylight hours, subject to swells and other weather con-

Grajagan Surf Docs



ditions. With no vehicular access it is a minimum nine hours walk through jungle to the nearest road and village. As well as the risk of trauma from the surf, there is the real possibility of serious injury of death from such things as falciparum malaria, tidal waves, and black panther attack - as was demonstrated in 1994. The medical facilities are basic and provide for initial first aid and resuscitation only, there being no capability for ongoing support of the critically ill. Helicopter retrieval is feasible but there is no dedicated air medical service and availability is subject to the weather, with no area suitable for landing other than the reef at low tide in daylight. A radio-telephone service is available.

Considering this hostile environment and associated logistical problems it is clear that only basic medical care can be provided in Grajagan. In the event of life-threatening injury it is more likely that death will result in G-land than elsewhere. Prospective G-land docs should be aware of those factors and their own skills and limitations in such a setting and adjust their expectations accordingly.

Each doctor will be provided with an inventory of the expected stock in the Grajagan medical hut. Docs are encouraged to add to this inventory as they see fit, and to supplement existing stocks. It is the responsibility of each doc to maintain the stocks by seeing they are obtained by camp staff in Denpasar, Bali. It is not logistically possible to otherwise maintain these stocks from afar.

Each doctor is required to arrange for his/her own medical indemnity insurance, as the SMA cannot offer such insurance or accept any liability for misadventure. In general, though, any assistance you give an injured surfer will be over and above what is expected in such an environment, and if you act in the best interests of the patient after fully informed and documented consent with a level of skill expected of a surf camp

doc operating with limited infrastructure, it is unlikely any court would convict you of negligence.

To book your time at G-land for yourself and a significant other, you must ring, write, or fax me with your preferred and alternate dates from the schedule below. After you pay the required administrative fee of US\$125 per person per week (necessary to prevent a drain on limited SMA funds and used entirely for new stock and maintaining this service for the benefit of members and surfers), you will be provided with a letter of introduction and a small manual which includes travel details, your responsibilities, and a more detailed description of the camp and its facilities. You will need to bring a copy of your medical registration with ID and provide your own airfare to Kuta, Bali. Aside from that, your stay at G-land will be free with food, accommodation and surf provided.

1995 G-Land tour dates - these are the dates you leave from Kuta, Bali. Return dates are one day after each of these dates. The same dates apply every year:

July 1,7, 13,19,25,31
August 6,12,18,24,30
September 5,11,17,23,29
October 5,11,17,23,29

Contact: Simon Leslie
63 the Drive, STANWELL PARK 2508
NSW AUSTRALIA
Phone: 61 42 941716 Fax: 61 41 941082

MALDIVES SURF DOCS NEEDED Proposed Medical Service - Tari Island, Maldives

During the recent SMA conference in the Maldives (see this issue for details), SMA members discussed the possibility of providing a medical service for the surfing resort, similar to that provided at Grajagan, Java. Commencing next season, SMA docs could stay free of charge on the island in return for providing free medical care to the resort patrons. The deal would include free food and accommodation for accompanying family members, and cost price airfares. Tari Island is a full-on resort facility with airconditioned rooms and a diving school. Aside from being the best place on planet to dive I am prepared to say it is also probably the best place for your average SMA doc to surf. With five perfect breaks in the vicinity (one directly on the island), the combination of crystal clear water, gentle breezes, and balmy weather with consistent uncrowded 3-6 foot waves just blows your mind. Add to that a great family resort and you've got paradise.

Working as a surf doc will require some commitment to help organize the infrastructure and equipment, as well as conducting first aid clinics for the boat drivers and staff of the resort.

I ask that anyone who is interested in being involved register with me in writing at the address below, with your preferred dates to visit between February and October 1996.

Contact: Simon Leslie
63 the Drive, STANWELL PARK 2508
NSW AUSTRALIA
Phone: 61 42 941716 Fax: 61 41 941082

BOOK REVIEW

FIJIAN MEDICINAL PLANTS

R.C. Cambie and J. Ash
CSIRO Australia, 1994

I came across this book in a list of WHO-recommended publications. It is a very comprehensive text of over 350 pages, including colour plates, that gives a detailed description of all known medicinal plants in Fiji. The botanic and local names are given together with a descrip-

tion, illustration, known medicinal uses and a detailed chemical analysis. The methods of preparation of topical and oral remedies are also described.

The introduction includes an excellent overview of the known literature on Fijian plants, the relationship of their use to the Fijian supernatural world, and an outline of disease patterns in Fiji.

This would be a great book to take to the next Tavarua conference and would provide a basis for the SMA to look at how we can be even more effective at integrating Western models of disease and treatment into Fijian culture.

Simon Leslie
Australia

BECOME AN INSTANT MILLIONAIRE!

That's right, you too can join the ranks of the famous filthy rich SMA elite, simply by submitting the best article ever published in this journal. As long as it's related to surfing and/or medicine in some way, we like it. And we like it best on a Macintosh disc, but IBM-types will do. Send photos, graphics, comics with your article if you have 'em. In fact, send anything you think we should/might publish. This is your SMA forum. And, at some time in the future, the secret

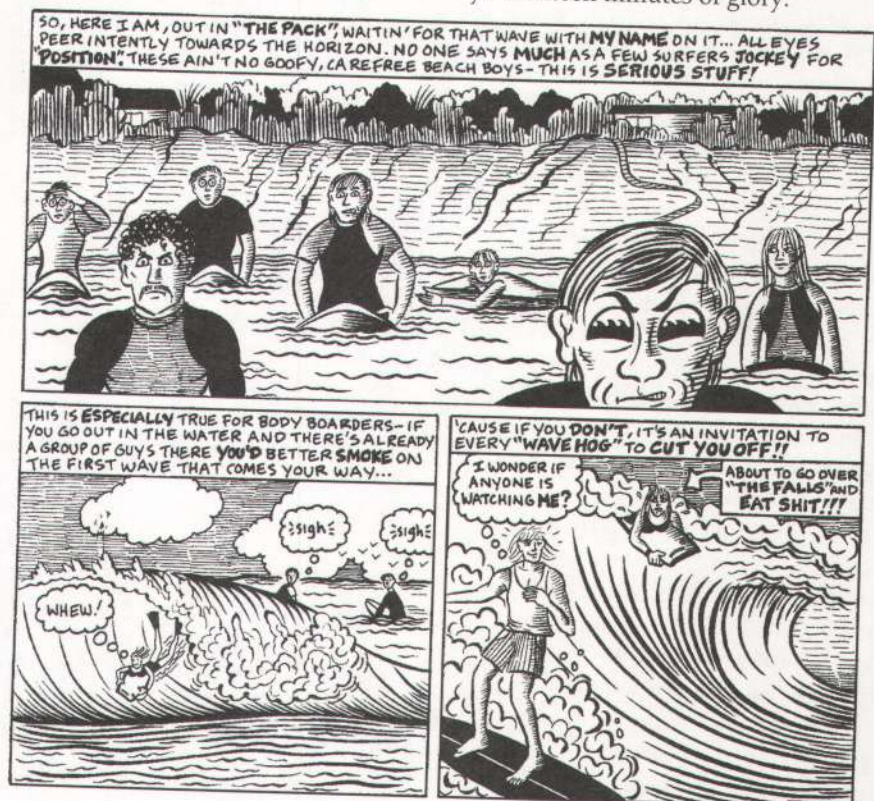
cabal that really runs the SMA behind the scenes will be meeting to judge the best ever submission and dole out the \$1,000,000 prize from the huge secret SMA fund we have been accumulating and hiding all these years! So send your work to: Editors, Surfing Medicine, 2396 48th Ave., San Francisco, CA 94116, USA!

DON'T BE SO MATERIALISTIC!

On second thought, maybe what you need is to relax. What better way than an official SMA conference? Check out the reports of past ones and notices of upcoming meetings in this and every journal, and sign up? You don't have to be an SMA veteran to enjoy; for example, the latest Tavarua conference was "sold out" with a lot of new faces along for the adventure and learning. You're welcome!

OR JUST BE FAMOUS THE EASY WAY!

It's well known that many surfers dream of having their photo in a surfing magazine. Here's your chance. Send us a photo of you riding a wave, and chances are good that we'll print it. Maybe we'll make this a contest too, and submit the judgment to the membership as to the best published shot. But even if you haven't been captured on film while shredding Pipeline, we want your best shot. Send to above address and bask in your fifteen minutes of glory.



Cartoon by Mary Fleener.

NORTH SHORE SURF DOGS NEEDED

Dear SMA:

I am currently in charge of medical opportunities in Hawaii that require physicians to be licensed in any state (not just Hawaii). The first one is that of cruiseship physician and takes the doctor to all the major islands over a one-week cruise. The second is that of urgent care physician at a military clinic near Oahu's famous North Shore.

I think these positions would be ideal for a surfer wanting to experience Hawaii for either short or long term without all the hassles of obtaining Hawaii licensure.

Please feel free to call me anytime at 1-800-788-4181.

Robert Sussman, MD
AcuteCare Medical Services
Kailua, HI

POLITICALLY CORRECT DISORGANIZATION?

Dear Sirs/Madams:

Thanks for the Winter 1994 issue of Surfing Medicine. I enjoyed most of it; however, I have a problem with your "The Aptos Declaration." While it's a free country (albeit less so than it used to be) and you're more than entitled to express your concern over the environment and your views on the state of the world's population, I can't believe that everyone in the SMA agrees with the views expressed in your "declaration," at least I don't. To represent the SMA membership in this fashion, I believe, is misleading, paternalistic and unfair. If in the future you feel compelled to speak out on political and moral matters would it be possible for you to separate your personal feelings and opinions from that of the SMA membership? What's next, a letter to Sarah Brady, on my behalf, supporting gun control because "SMA Central" has decided that handguns are "bad"? I hope not. Look, we are all old enough to make up our own minds, to choose our own causes and to write our own letters. If you want SMA to get behind something, encourage members

to write their own letters, but please don't pretend to speak for everyone. I just hope that I haven't joined a politically correct group that demands singleness of thought from its members or at least speaks as if this were the case.

As a recent member of the SMA, I am not familiar with the SMA's (dis)organization. From what I have read, it seems as though organizational "control" is in Northern California. Is SMA leadership rotated among a small group of insiders or is there the real opportunity for the average, non-northern Californian member to participate. Now that the SMA nearly encompasses the globe and has over 700 members, do you have plans for a more geographically diverse and open organization?

In spite of these differences of opinion, I am looking forward to the opportunity to participate in the SMA conferences and to meet you all. Thank you for your time and consideration. Keep surfing.

Jeff Rogers
Southern California

[Ed: Politically correct? Us? Who woulda think it. But seriously, thanks for writing, and speaking for myself, who had nothing to do with the Declaration in question other than printing it in the journal (although I do agree with its message), I regret that it caused you consternation. Since you don't specify just what it was in the content of the Aptos Declaration you disagree with, we can only address your procedural concerns. Yes, the SMA was founded in Northern Cal and the administrative HQ and journal editors are still located there, although the Aussies have their own branch, sort of. But much, actually most, of SMA activity - namely, conferences - are coordinated elsewhere, including Southern Cal. Check the conference details in this and the last issue, and the new directory in this issue, and call the coordinators if you want to get involved. Otherwise, yes, the SMA is somewhat disorganized, deliberately so. Members can propose and undertake whatever they wish on behalf of SMA, hopefully after passing the idea by at least a few other members, which is what happened with the Aptos Declaration. I don't know of any organizations who insist on unanimity among members on all issues, and as we've seen

lately, even the National Rifle Association can develop serious internal rifts. The only universal values we might assume among all SMA members is a love of surfing and a commitment to health. And, I can't resist adding, The Aptos Declaration is firmly in line with medical and scientific majority opinion on how we might restore health to both humanity and our planet. Better ideas would certainly be welcomed worldwide.

ps: As someone who has occasion to spend time in hospital emergency departments, I also can't resist adding: Handguns are bad! Very bad! And I'm an NRA-certified Junior Marksman! -SH]

INTESTINAL EFFLUENTS

Greetings:

I am an "advice nurse" available to patients for telephone consultation. It's sort of like the "Surf Docs" column, but live and personal. I started surfing late in life and am frequently seen in the water at Ocean Beach in San Francisco, for infectious disease research purposes only.

The wonder of my job is that after fifteen years of having people tell me the intimate details of noted intestinal effluents, I have not lost an ounce of enthusiasm for those details. No doubt my social calendar reflects this fact since a dinner invitation is as frequent as a tall tree in the tundra. Today the stated problem is "black stools." Those in the business know this complaint occasionally means the patient is bleeding internally. That is, blood is being coagulated by stomach acid and produces the noted color and therefore the inquiry.

Not every person who presents with the complaint of black stool is bleeding to death. What else can it be? A variety of food products and medicines produce this result. Iron pills, vitamins with iron, Pepto Bismol (bismuth subsalicylate), charcoal tabs for gas or as universal antidote, are among the the pills. The food list is longer, including organ meats (bloody, especially spleen stuffed with kasha), beets (usually red stool), spinach (iron), licorice, some fruits (blueberries), and some purple foods come through with color intact.

The hysteria produced when a person believes they are bleeding internally

is not the topic here. But there is a horde of seething greenish short individuals that are out and about this time of year screaming for you to purchase and consume another suspicious foodstuff which can produce the symptom in question. Leprechauns? No, these are Girl Scouts, and I have noticed that after consuming a quantity of 'chocolate sandwich cookies,' a common food staple among surfers, a person may present with the complaint of black stool. Exhaustive elicitation of dietary history in patients presenting with dark stool should include questions regarding consumption of Hydrox or Oreos or Mint Chocolate or Mystic Mints - who can eat less than half a box at a sitting? To quote S. Sulkes in the *New England Journal of Medicine* of January 5, 1984, "To this list should be added the colorings present in chocolate sandwich cookies." The author and several volunteers noted the presence of black stools 18-24 hours after eating 224 to 445 grams of cookies. 30 grams equal one ounce, so 240 grams is about 8 ounces or roughly half the average box. This effect was not noted after ingestion of other types of cookies (who said research is boring?).

Please include "cookie induced pseudomelena" or "hydrox fecalis" (as Sulkes calls it) in your differential diagnosis.

*Tony Dombroski, RN
Oakland, California*

THE OLYMPIC SURFING PRIZE?

Dear SMA:

The International Olympic Committee, under the sponsorship of Parke-Davis, has created a prestigious prize for the field of movement and sports sciences, the IOC-Olympic Prize. This prize will be awarded for findings resulting from outstanding research in the field of science related to human movement, physical exercise, and sport. The Prize may awarded in biological, medical, physical, or psychological sciences. It will be awarded every two years in connection with the Olympic Summer and Winter games and consists of a medal, a diploma and \$250,000 US. The initial prize will be awarded at the Games of

the XXVI Olympiad in Atlanta in 1996.

Nominations should be received no later than August 31, 1995. For further information please contact:

International Olympic Committee
Medical Commission
Chateau de Vidu
CH-1007 Lausanne
Switzerland

The telephone is 41.21 621 61 11. The fax is 41.21 624 61 66.

*Benno M. Nigg
Calgary, Alberta, Canada*

MENTAL WATER POLLUTION

Surfrider Foundation has a ten year history of dealing with issues like water pollution and beach access. We've responded with activism, research, and education. Perhaps the time has come to take on another form of crap in the water: The aggro thing - the hateful, bigoted, negative attitudes that seem to be a part of surf culture.

Is this a legitimate issue for Surfrider to address? Think about all the sessions you had in the last year; now think about all the times you were bummed because of trash, pollution, or an access problem. Now compare that to the number of times you were bummed by another surfer's actions, in or out of the water. How many hassles over waves, drop-ins, or bitter words can you recall because of another surfer's crappy attitudes?

I think it's obvious that our fellow waveriders' crappy attitudes are a problem of the same magnitude as other Surfrider issues. How should we address this issue? Well, we could throw up our hands and say we can't do anything about it, that surfers are just surfers and that's the way they are. NOT! That weak, passive stance doesn't work with people who litter, pollute, overdevelop and privatize our beaches. It would be a stick-our-head-in-the-sand cop-out.

At the very least we should encourage our members to be totally respectful of all water peoples. When I hear condescending remarks about bodyboarding at Surfrider functions, for example, it total-

ly sucks! It might deter some people who have something to contribute.

On the larger scale, I think there is a huge leadership void on the issue of mutual respect and enjoyment amongst all waveriding people. The surf magazines are narrowly focused on particular surfcraft and riders and seem to celebrate board bigotry, aggrolocalism, and sexual stereotyping a whole hell of a lot more than they are encouraging everyone to pull together to preserve and enjoy the miracle of surf on a small planet in a vast universe.

I think that providing this leadership would mean nothing less than forging a new and better surfing etiquette, one that respects everybody in the water all the time. That includes big wave boards, longboards, shortboards, knee boards bodyboards, handboards, bodysurfers - being ridden by people of all races, of all ages, men, women, straight or gay, novices and experts. All in the company of fisherpeople, waders,



Our SMA spokesperson Kevin Starr asks you to always recycle, pack your trash and support your favorite environmental group.

and beachcombers.

Surfrider is the logical institution to promote full-on peace in the water, to give a voice to those waveriders who have seen the light, who realize that the stoke that ends up between our ears can be put there by any rider on any equipment, as long as they're feeling the joy of the water.

Clay Bennett
Oakland, California

SURFING SWAT TEAMS?

Dear Mr. Al Gore:

There is sometimes a need for heroic persons to volunteer for dangerous jobs, such as moving a suspected bomb, defusing same, or even to rescuing a person in a precarious position. I suggest a "valor corps" of single persons over 65, who are willing and able to take on these risks - which would otherwise fall upon some younger person. This is not meant to be a body of "death-wish" personnel, nor must the assignments be suicidal. They would act for the good of their fellow man, and if worse came to worse, what better way than to "give one's own life for their fellow man and for their country?"

I more detailed suggestion I would offer if the basic idea seems laudable to you.

Robert Florian Vogel
SMA member
San Francisco, California

G-LAND UPDATE

Dear SMAers:

Thanks to the SMA for excellent service to the sport of surfing! I just returned from the May 1995 Quicksilver ASP event at G-land. Initially I was very concerned about the possible needs of over 200 persons there, considering the potential for injury and limited supplies I was able to carry. How appreciative I am now of those who have passed through and left supplies. I am especially thankful for the thoughtful planning and initial setup of equipment, placed by Dr.

Simon Leslie.

If anyone is headed to G-land this summer, please take supplies to restock the infirmary. Some of the medications have deteriorated or become outdated. Fortunately the heavy, bulky and critical emergency items are still in excellent condition. Medical personnel will find a complete trauma pack, oxygen tank, EYT tubes, Bag Mask, chest tubes, urinary catheter pack, cervical collars, plenty of instruments, sutures, gauze pads, roll gauze, antiseptics and large dressings. I left my extra supplies but there is still a shortage. What are needed are medications and small dressings. I suggest fresh supplies of injectable antibiotics, corticosteroids, analgesics and local anesthetics, along with oral Benadryl, Cipro, Keflex, Immodium, prednisone, ibuprofen, codeine or equivalents. Please take antibiotic ointment and bandaids of all kinds. I would also suggest 1-2 bags of IV fluids, and any meds to meet special conditions such as insulin, nitro, albuterol, etc. Again, thanks to all who have contributed to the medical supply at G-land.

John Millard, MD
Dana Point, CA

NEWS FROM NABILA

To the SMA:

Bula! I am writing on behalf of the Nabila Elders, the Village of Nabila and the Village Health Committee. I have much pleasure to inform you of everything happening here in Nabila.

The weather here had been affecting our plantations due to the dry season we had been facing from early October to late December 1994. As we have come to

SURFING MEDICINE

ISSUE #13, FALL 1994
WINTER



Do or Die!



Fall/Winter Cover of Surfing Medicine.

1995 the weather changed from dry to wet. Heavy rain from early January till now. It really benefits our plantations such as vegetable crops, etc.

Two of our Elders have passed away, Savenaca Loa and Autiko Ravouvou. Recently, diabetes has been the main sickness that is spreading over the village people. Regarding this sickness I would like to acknowledge you if you could send some medicine such as eye medicine as is this another sickness spreading over the village. Also some betadine solution. We are interested to hear more from you in what help you could do regarding the sickness in the village of Nabila.

Apart from the sickness and the weather otherwise everything in the village is satisfactory.

Once again I would like to thank you for all your sincere help and all you have been doing for us. Regards to each of the Surfer's Medical Association.

Thank you,

Aporosa Nalima



Rolling Stone Artwork for their Mark Foo article.

ROLLING STONE RIPOFF?

Dear Rolling Stone Magazine:

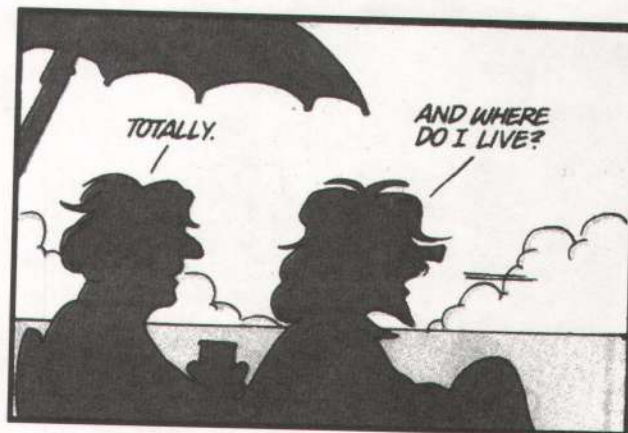
I am one of the exalted editors of Surfing Medicine, the journal of the Surfer's Medical Association. Enclosed is our Fall/Winter 1994 issue. Please note my original cover artwork, featuring skeletons surfing on a huge wave over the Golden Gate Bridge. Now note the copy of subsequent artwork from your own publication, issue of April 20, 1995, accompanying an article on the tragic death of our member and surfing star, Mark Foo. Leaving aside the question of taste in using such a macabre image for this story, one can't help but notice the striking similarity of these two images. Hell, they're nearly identical. I'm told that your writer picked up a copy of our journal while he was researching the Foo story. I'm glad your artist liked it, as we at the SMA do believe that imitation is the nearest to plagiarism, er, flattery. I'm sure my check is in the mail....

Steve Heilig, MPH, SMA

And now, a message from our sponsors:

**HEY YOU! TREAT YOURSELF TO AN
SMA CONFERENCE/SURF TRIP
BEFORE IT'S TOO LATE!!!**

Continued From page 5



CUT OUT AND MAIL IN
The easy way to get

SICK SURFERS Ask the Surf Docs and Dr. Geoff



Essential reading for all SMA members, health professional and barefoot doctor members alike. Sick Surfers is the essence of the SMA, the realization of our goals, methods, philosophies (and irreverence).

Here's the best of our Surf Docs columns from Surfer magazine and Dr. Geoff's Tracks articles, covering virtually the entire field of surf medicine - everything you should know as an SMA member: CPR and rescue techniques for surfers, the latest on Surfer's ear, identifying and treating skin cancers and other common dermatologic problems of surfers, comprehensive sections on back problems, up-to-date surf travel medicine - the latest on malaria prophylaxis, prescribing nutrition to surfers, dental health for surfers, what the SMA is and how to join.

Buy a stack of 'em, to give to friends or have in your office. It's a cool, inexpensive gift for friends who are surfers (non-surfers find the book fascinating, too). And, it's a for-real practice pleaser, especially for coastal primary care physicians, dentists, chiropractors, physical therapists, orthopedists, ENTers, ER docs. Prescribe it, sell it, or give it away to your patients. Or if you are in surf club or coach a team, get copies for everyone.

The publisher is radically discounting the books to SMA members in the U.S. (Oz and Kiwi members contact the NSW distributor; other countries write/call Bull Pub. for info). The book normally sells for \$12.95 (U.S.), which with tax and shipping costs would regularly come to \$17.02 per copy. Bull Publishing will sell it to SMA members for \$12 per copy, tax and shipping included. And if you buy 10 or more, it will be \$10 per copy, tax and shipping included. So, for \$100, you can have a stack of 10 copies to use as you please.

Remember, the largest share of royalties go to the SMA's Steve Baser Memorial Fund (for the health of village children), and the rest of the dough goes to Kevin, Geoff, and Mark to keep them from bumming wax from everyone else.

(Xerox, cut, or tear here-your choice)

To Bull Publishing, I'm a member of the Surfer's Medical Association and would like to order "Sick Surfers, Ask the Surf Docs and Dr. Geoff. As per the special discount you are offering to SMA members in the U.S., my order is as follows:

_____ (indicate amount) 1 to 9 copies for \$12 each (covers tax and shipping)

_____ (indicate amount) 10 or more copies for \$10 each (covers tax and shipping)

Enclosed is a check for \$ _____

Bill me (for more than 3 copies) _____ Date _____

Mail to (your Name/Address): _____

Send to: **Bull Publishing Company**
PO Box 208, Palo Alto, Ca. 94302-0208
Toll Free (800) 676-2855 Fax (415) 327-3300

In Australia/New Zealand, contact: Ozzie Wholesale Book Co., 5/5 Kaleski Place, Moorebank, NSW, Australia 2170

CONFERENCES

MAGDALENA BAY

Baja California, Mexico
September 3-9/9-15, 1995

Two trips this year! Check the last issue of this journal for a report on the first SMA trip here, which was a total success. Then check these dates:

Sunday, September 3 through
Saturday, September 9
Saturday, September 9 through
Friday, September 15

Total cost: \$1375. Includes airfare from Brown field, etc.

There is a lot of interest in this trip so if you want to go send a \$500 deposit ASAP. Send the check, made out to Bill Petersen, to:

Bill Petersen
34179 Golden Lantern, Suite 201
Dana Point, CA 92629

Questions? Call me at 714-661-1181 (work) or 714-493-2928 (home). See you at Mag Bay!

BIG FLAT

Northern California
November 4-11, 1995

The sixth annual Big Flat conference will take place November 4-11, 1995. See the report in this issue for details on last years' perfect meeting, and plan to walk in, carrying your board, about 1 PM on Saturday, November 4. The cost is \$450, including all food and lodging. Please send this amount to SMA Central, payable to SMA, by October 1. This is a one-of-a-kind event in an unsurpassed natural setting.

THE MALDIVES

April 1-12, 1996

The SMA (Australian arm) is pleased to announce the 2nd Annual Maldives Easter conference. There will be 12 full days on the atoll, with an option of 6 or 12 days attendance via arranged earlier or later arrival/departure dates. This will be the second best SMA conference ever, unless it's better than Maldives '95. The great educational programme will be coordinated by Simon Leslie. Costs will



Magdalena Bay, Baja California, Mexico. Photo: M R

be \$A1750 airfare from OZ and \$A75 per day per adult (child rates on application); plus the conference fee of \$A250 per delegate and \$A125 per accompanying adult. We'll have exclusive SMA booking at peak surf season, with a max of 20 adult boardriders. Families, or part thereof, are encouraged. Check out the report in this issue if you don't believe it. And why not visit Sri Lanka too?

How do you secure a place? Send a cheque made out to Foster Travel for \$A150 per surfing delegate only to: Ian Price, PO Box 51, Iluka, Australia 2466. This will be refundable until December 12, 1995. The conference fee must also be paid on booking, so also send \$A250 per adult delegate and \$A125 per accompanying partner, made out to the SMA and sent to Ian Price. For more info, call Ian Price at 066 466 277 (work)/466 691 (home). He'd rather you call him, allowing for time zones, but here's his fax: 066 466 816.

SUMATRA, INDONESIA

July 9-20, 1996

A planned yacht charter for ten SMA members is slotted for July, 1996, visiting islands off of Sumatra where the surf is supposed to be great. This would probably be less a formal conference than an exploratory trip of surf-crazed SMA adventurers with a lust for unex-

plored places. The boat is a 67 foot ketch with experienced skipper and crew. The duration would be 12 days, 11 nights; cost for the on-board portion would be \$A1469 (USA equivalent \$1072.37). Transport from California would cost between \$US1,000-1150; from Sydney it runs \$A1100. For information, contact:

Gary Groth-Marnat, School of Psychology
Curtin University, GPO Box U1987
Perth, W.A. 6020 Australia
Telephone: 011 61 9 3517635
Fax: 011 61 9 3512464
Email: garygm@psychology.curtin.edu.au

TAVARUA 1996?

As we went to press, a sold-out contingent of SMAers was en route to Tavarua. A report on this year's meeting and announcement of the next meeting - which just might shape up as the tenth anniversary SMA/Tavarua conference/reunion - will appear in the next edition of the journal.

TODOS SANTOS, G-LAND, OR ?

No details on these trips at press time. For information later in the Summer, call SMA central or past organizers of these trips for news. Details to appear in next journal.

SUMMER IS HERE!

Give YOURSELF and others SMA SUMMER TIME GIFTS!!
(And be donating to the SMA at the same time!!!)

SMA Memberships

A fantastic gift - join someone up to the SMA (or renew or upgrade your membership). See the listing of membership categories on the reverse of this page, and complete the membership form. Indicate if a gift membership on the membership form (don't worry if you don't have all the relevant information; just put the name, address, and type of membership - we'll have them fill in the rest later).

T-Shirts

High-quality (Hanes), colorful SMA logo on back and front pocket, short-sleeve in bone color only. Medium - Large - Extra Large, include self-addressed, stamped (include weight of envelope!) envelope (they weigh about 8 oz. each, and one will easily fit into a 9 x 12 in. envelope). Classic gifts. The medium is fairly small, and reasonably fits children and smaller adults. \$15.00.
Number of shirts: _____ Size(s): _____
\$ Enclosed: _____
Must include SASE.

Decals

Turquoise-blue SMA logo on white mylar, about 5 x 6 in., perfect for surfboards, car bumpers, windows, notebooks, and office doors. Include self-addressed, stamped envelope (1/2 oz. each, 7 x 10 in. envelope so they won't have to be folded). \$2.00 each.

Number of decals: _____
\$ Enclosed: _____

Must include SASE

Wall Diplomas

To place alongside your other diplomas, whether from high school or medical school, this signed, slightly surf-motifed diploma officially confers upon whom ever you indicate "the rights and privi-leges thereto pertaining to membership" in the Surfer's Medical Association. Get it framed, and give it as a gift! Include self-addressed, stamped envelope (1/2 oz., 9 x 12 inch envelope, so they won't have to be folded). \$5.00 per diploma.
Diploma in what name(s): _____

Number of diplomas: _____
\$ enclosed: _____

Books: The Collected Surf Medicine Works Volumes 1, 2, and 3

Each volume is about 300 pages, in a 3-ring binder with Collected Surf Medicine Works on the spine. They will look handsome on any bookshelf, and be a powerful reference and educational tool. Each volume costs \$35.00, plus \$2.40 postage (first class, U.S.), or \$18.00 foreign (if air mail) or calculate sea-mail foreign postage costs for two pounds per volume. Or, order all three volumes for \$100 and the SMA will throw in the postage for free (if U.S.). Vols. 1 & 2 ready for delivery. Vol. 3 still in press.

Volume 1: World Literature on Surfing and Medicine \$35 each # _____
Volume 2: The Complete Dr. Geoff and Dear Surf Docs \$35 each # _____
Volume 3: Handbook of Surf Medicine - \$35 each # _____

Complete set of all 3 volumes

\$100 # sets _____
Postage amt. \$ _____
Total amount \$ _____

Steve Baser Memorial Fund

To memorialize SMA member Steve Baser, who died May 3, 1993, the fund is devoted to supporting sustainable disease prevention and health education programs for village children in Fiji, and elsewhere. Independent of the SMA, but a cause that the SMA fully supports, overseeing the fund will be his twin-brother, Mike, and a small group of village-experienced SMA members who knew and admired Steve. Regular reports on the Fund's work will be in this journal. Make your (tax-deductible!) check payable to "Steve Baser Memorial Fund" and send care of the SMA.

Instructions

Follow the above instructions per item ordered, and make your check out to the SMA.

Mail to:
Surfer's Medical Association
P.O. Box 1210
Aptos, CA 95001-1210

These items are only available to SMA members.

Total amount enclosed
(all of above) \$ _____

MEMBERSHIPS

Memberships are for one year unless otherwise specified, and include a decal, membership directory, a journal every 6-8 months, and invites to all SMA conferences. Membership is a way of both joining and contributing to the SMA. Choose your category accordingly.

Life Member: Totally Committed and has some bucks — pay once and you belong forever. \$500

Charter Member: Wants to be a Heavy Local in the organization. \$100

Health Professional Member: the Surf Doc Membership — for those who spent too much time going to school and now want to surf more. \$50

Professional Member: for non-health professionals with real jobs. \$50

Barefoot Doctor Member: Nonmedical members — for surfers interested in learning how to take better care of themselves and others. \$20

Corporate Guilt Member: for those who have exploited surfing for personal gain — you know who you are, now pay up. \$1000

Gremmies Member: for beginning or young surfers. \$10

Silver Surfer Member: for the elders of our sport (over 60) No charge, but donations welcome.

Corporate Sponsor: philanthropy has its costs...\$500 and up.

The John Cherry "I Won't Join Anything" Membership: for the truly hard-core non-joiner. \$109.95

Life's A Beach Member: for wealthy patrons who believe the surfer's life-style should be supported to the max. \$100

Illegal Member: \$100 cash or equivalent. Anonymity guaranteed (unless Newt wants to know).

Surf Parent Member: for those who want to see Johnny come home in one piece. \$30

Surf Family Membership: the family that surfs together, stays together. \$30 (\$60 if any family member puts a degree down after their name).

Surf Widow Membership: for spousal equivalents of surfers — the SMA can help! \$10

I'll Join Anything Member: for non-surfers who think it would be cool to join a surfing medical association. \$19.95

Join Now, Pay Later Member: send us your hard-luck story. \$0

Organizational Member: let's trade memberships to keep each other up-to-date. \$0

Surf Professional Member: for career surfers — you endorse us, we endorse you. (the SMA supports pro surfing). \$0, and maybe an occasional favor.

Hodad: interested in joining, hasn't paddled out yet.

Shoulder-hopper: those who drop-in on the SMA without paying their dues.

Snake: a flagrant, chronic shoulder-hopper (always promising to pay their dues)

After-Life Membership: for Life Members, a chance to surf in the hereafter — the SMA will do everything possible to see that your organs are donated to surfers, and we'll provide a lovely surfboard tombstone for your grave. \$1000

TO RENEW: When did you first join, or last renew? Was it a one-year membership? Figure it out (reminders abound). Consider Life Membership to simplify things in the future.

TO JOIN: Choose your membership category, fill out this form, make out a check payable to the Surfer's Medical Association (in U.S. dollars), and mail to: Surfer's Medical Association, P.O. Box 1210, Aptos, CA 95001-1210. Phone/FAX (408) 684-0916. Be patient if you don't hear back from us right away (especially if the surf is good).

PLEASE SEND US THIS INFORMATION

Copy or Xerox if you don't want to disfigure your journal

Date _____

New Member Renewal

Name _____

Address _____

City/State _____

Zip _____ Country _____

Work phone _____

Home phone _____

Membership Category _____

Amount [Non-USA members, please add \$10] \$ _____

Type of surfer (stand-up, boogie, etc.) _____

Years surfing experience _____

Present number of go-outs per month _____

Your worst surfing injury _____

Type of work/specialty _____

Job title/Academic position _____

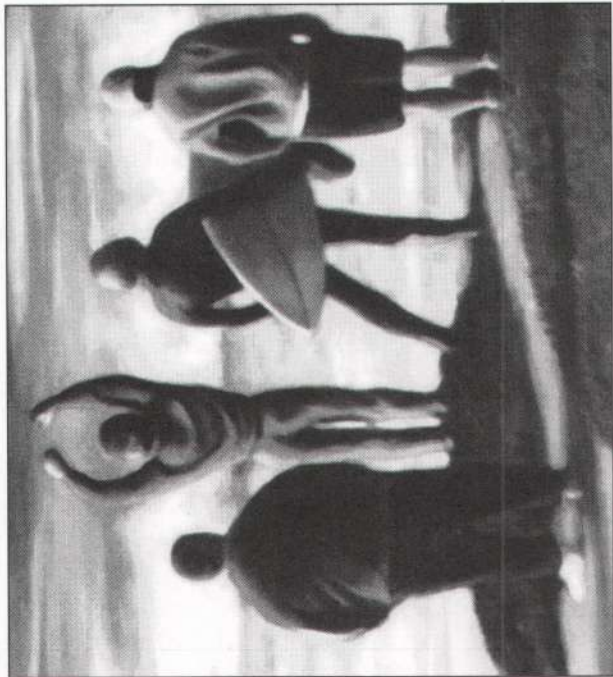
What about the SMA stokes you the most _____

Name/address of a surfing buddy(s) who you think would appreciate being invited to join the Surfer's Medical Association: _____



P.O. Box 1210
Aptos, CA 95001-1210 USA

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**Don't Just Stand There and Watch. Get Involved!
Go to a SMA Conference and Get Some Exercise!**