



MARTIN DIVE CLUB

News



November 1999

Photo Contest at November Meeting

Holy cow, what a great showing we have had for the annual Photo Contest! I have collected over 90 entries in 10 different categories from almost 20 different photographers. I do not envy the tough job ahead for the judge.



members have been out there taking over the past year. No one will go away from this meeting disappointed.

Come join your **MARTIN DIVE CLUB** friends at our new location, Johnny Rivers' Smokehouse restaurant. As usual, the gathering will kick off at 6:30 with drinks. You can order snacks or dinner from the menu.



Joe Froelich, professional underwater photographer, graciously agreed to judge our entries. Joe gave us his insights into looking at things from a different perspective at our April meeting. He writes a column called "Joe's Journal" in *Florida Scuba News* is a great reference for aspiring photographers.

Drinks are at happy hour prices until 7 pm. The specials are outlined below:

And we have had an equally impressive showing from the community through prize donations. The loot is rolling in from all over. How would you like to win great new dive gear? . . . gift certificates? . . . advanced SCUBA training courses? . . . health club memberships? . . . SCUBA related Christmas ornaments? . . . the list goes on and on.

- Appetizers - about \$6
- Full dinners - about \$9 to \$16
- Nightly dinner special for \$12
- Sandwiches - about \$7
- Well drinks - \$1.25
- Margaritas - \$2
- Drink specials all night
- Draft beer (Bud and Bud Light) - \$1.

So come out to the **CLUB** meeting on November 9th to see who walks away with the goods, and to see the fabulous photos that your fellow **CLUB**

The Smokehouse is located at 5370 W Colonial Drive just east of Kirkman Road on the south side of the street. Telephone: (407) 293-5803.

Peanuts



Message from Our President

Hey Gang!

I want to thank everyone who attended October's meeting. Special thanks go out to our meeting chairperson, Wendy McCleskey, as well as Jim and Karen Streeter and Bill Paskert. The turnout was great, and I received a lot of feedback on a variety of topics.

Several folks had comments on the new meeting place. Apparently there was a cold meal or two, and service might have been better, but most of the feedback I received was positive. Good food . . . good prices . . . good location . . . That's pretty tough to beat. Please send me your constructive ideas if you're dissatisfied.

Another feedback topic is membership. Some excellent ideas were raised, and they deserve some organization. The officers, committee chairmen, and board members are already hard at work, and we hope to present some firm ideas at November's meeting.

Don't put your dive gear away yet! There are some rumblings about diving the wrecks off Lauderdale, and the seahorses under the Blue Heron Boulevard bridge are calling! I'm sure we can throw something together before the big 2000.

Nobody can forget November's photo contest! The competition is fierce, as entries are at an all time high. . . . And I have a funny feeling some Fantasy Fest blackmail material may show up . . .

One last item... The Blue Dolphin's Road Kill Roast and DAN benefit auction is Saturday, November 13th, at Lake Cane Marsha Park. Get a jump on that Christmas shopping for your favorite diver. Great bargains, awesome food, and too much fun await! See Michael Craun or me for details.

See you at Johnny River's on Nov. 9th.

Mark DuBiel



“Cozumel delights a dozen Dive Club Members”

That's the headline for the full-page article about our **CLUB** in the *Leisure ADDITION*, the advertising supplement to the *Vision*, the Lockheed Martin Missiles and Fire Control - Orlando employee newsletter. The supplement is in the dispensers around the facility now and features leisure time activities for Lockheed Martin employees. Get your copy now!

Your Officers and Staff

President Mark DuBiel	356-5969	Meeting Chairperson Wendy McCleskey	273-6655
Vice President Open		Camera Chairperson Mike McCleskey	273-6655
Secretary Karen Streeter	351-1514	Equipment Chairperson David Henderson	695-0875
Treasurer Jim Streeter	356-2377	Membership Chairperson Jim Streeter	356-2377
Board of Directors Marie Frank	356-8256	Merchandise Chairperson Marie Frank	356-8256
Board of Directors Bob Grapentine	306-6914	Safety Chairperson Sina DuBiel	356-1823
Board of Directors George McGuire	356-4284	Publicity Chairperson Bill Paskert	356-2290
Activity Chairperson David Henderson	695-0875		



Martin Dive Club

Come to Our Holiday Party!

We will hold our annual Holiday Party on Sunday, December 5 at Lee's Lakeside. Cost is only \$20 per person. This is a great deal since the Club is subsidizing almost \$15 per person.

For reservations and more info call Marie Frank at (407) 356-8256.

We will also have another exciting gift exchange. Each person should bring a wrapped gift worth around \$10 (really).

Suggested items: fish or critter-related, SCUBA, or gag gift.

Hint: give a gift you would like to receive.

Our party will take place at Lee's Lakeside on the south side of Lake Eola in downtown Orlando.

This will be an entertaining and fun evening and a great bargain for members

The party starts at 6:30 PM with dinner at 7:00 PM.



MDC does Cozumel, Take 2

Following the lead of the hugely successful **MDC** trip to Cozumel in September led by Marie Frank, the second wave of 14 travel weary **MDCers** converged on the Scuba Club Cozumel for a week of outstanding diving the first week of October.

The trip got off to a rocky start due to a pesky tropical depression in the Gulf delaying flights into Cozumel, making for a much later arrival than planned. At least the kitchen held the dining room open for us and no one missed dinner. For that matter, no one went hungry all week! The food was plentiful and delicious throughout the trip.



Group participants, left to right: Julie Austin, Bob Austin, divemaster Geiser, Phil Hampton, Candi Dunlap, Grace Hampton, John Keys, divemaster Ariel, Mike McCleskey, Bob Knauer, Wendy McCleskey, Bob Iacovazzi, Jeff Johnson, Linnea Knauer, Gail Yates, Ray Ramirez

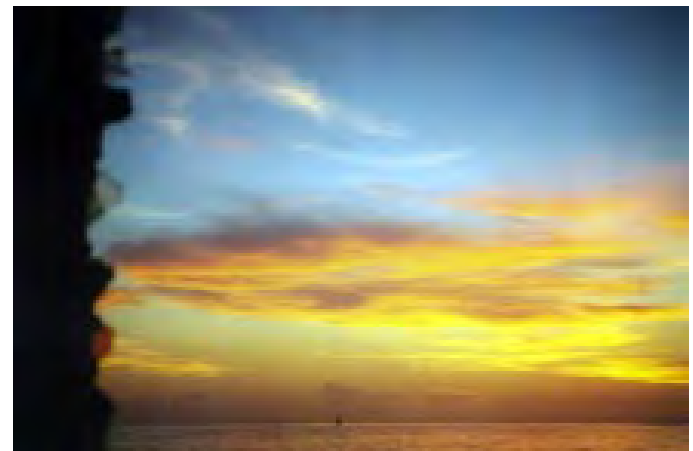


Clear water and huge coral make Cozumel a diver's paradise

The first full day, Sunday, started with a reunion with the same divemaster that we had back on the 1995 **MDC** trip to Cozumel, named Ariel. He, along with the capable help of Geiser, took wonderful care of our group throughout the week. We received the dive briefing, signed away all our rights, and hit our boat (one of the nicest on the island) for a rather rainy first day of diving.



Splendid Toadfish, found nowhere else in the world other than Cozumel



Beautiful Caribbean sunset

The group took Wednesday as a “surface interval” day. While some of the group did some diving on their own, one small group took off for the South end of the island for a bit of native culture, while the rest of us, accompanied by Ariel, ventured forth to the mainland.

After a 30-minute ferry ride across the channel, we rented a large van and headed for Tulum, a breathtakingly beautiful site packed with impressive

Mayan ruins and rich with history. The large structures stand on high embankments above a beautiful Caribbean beach.



Mayan ruins at Tulum

After perusing the ruins thoroughly, we proceeded to El Grand Cenote, a large and beautiful sinkhole well known in the spring and cave diving community. We snorkeled around in the cool water and took in the unusual sites of the crystal clear water and large stalactites and stalagmites.



El Grand Cenote provided clear water and interesting formations



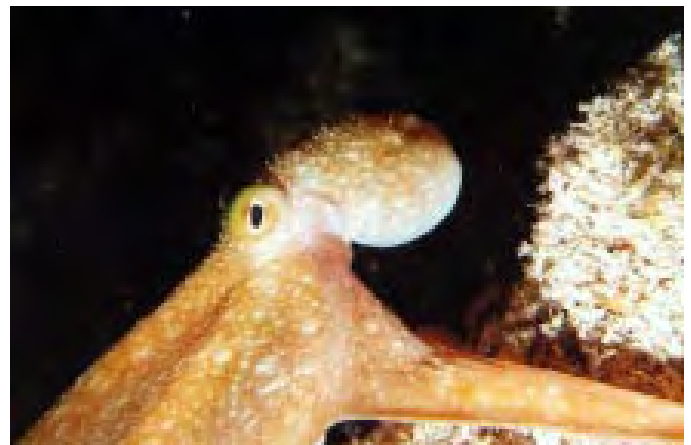
After we all had our fill of that, we hit a couple of wonderful beaches through the Akumal area on our way back to Playa del Carmen for the ferry ride home.

We returned in time to get cleaned up for dinner, which was their weekly barbecue on the beach. The food was traditional Mexican fare, but the highlight of the night was the festive piñata bashing. The resort is equipped with staff members that are expert at embarrassing even the most seasoned piñata veterans.



Is that Mark McGuire or Wendy McCleskey?

The game went long into the night with both Wendy McCleskey and Gail Yates from our group taking turns with the bat. Finally, the piñata yielded its contents, and everyone retired, exhausted from the long day.



Octopus were friendly and plentiful

See 'Cozumel' on page 6

There followed two more days of great diving, eating, shopping, napping, etc. The trip home, luckily, was uneventful.



Grace in front of resort

Jeff Johnson looks on as octopus shows off



Seahorse right off the resort shore



The Scuba Club Cozumel (formerly the Galapago Inn) passed all reviews from both groups of MDC visitors with flying colors! It definitely ranks up there as a “go back to” location. If you

have not had the opportunity to talk directly to any participants on either of these trips, take the time to look up someone. You are assured of hearing many great stories!

Mike

We Did Some 'Business' at the October Meeting

Well, we found another meeting place. Johnny Rivers' Smokehouse has a nice facility and a back room that's just right for our group. And the food's great (not that the \$1 drafts influenced my decision). (sic)

President Mark got off to business right away and kept us in some kind of 'order' through judicious use of the revered “Mr. Gavel.”

He covered subjects such as:

- We're looking for a vice president; Mike Witt had to stand down due to job relocation
- Coverage of the Blue Dolphin Dive Club Road Kill Roast to benefit DAN
- Upcoming events - Fantasy Fest, Photo Contest, Christmas Party
- Member Michael Craun's training classes and dive trips

- Treasurer Jim gave his report
- A vote was taken to increase the cost of membership dues from \$15 to \$20 a year
- A membership campaign was discussed.

Last, but certainly not least, we had our famous door prize event. Our thanks to the prize donors, and remember to mention the **MARTIN DIVE CLUB** when visiting our local dive merchants.

Winner	Prize	Donor
Wendy McCleskey Lock		Performance Diver
Mike Frank	Hose Clip	Performance Diver
Gwen Rolape	Hose	
	Protectors	Performance Diver
George McGuire	Gloves	Performance Diver
Jeff Johnson	Gloves	Performance Diver
Bob Iocavazzi	Gloves	Performance Diver
Dave Henderson	Gloves	Performance Diver

Safety Chairperson

How to Control Seasickness

There are many ways to describe it: tossing your cookies, hugging the porcelain, calling for Ralph, or letting out a technicolor yawn, but no matter what you call it, it's no laughing matter. Motion sickness is a common problem of boaters and divers. At best it is annoying, and at worst it becomes totally disabling.

Seasickness is a complex phenomenon that involves the cerebellum (part of the brain that controls, among other things, balance), vestibular system (labyrinth of the inner ear that plays a major part in the control of equilibrium), the nerve connections between the eyes and the inner ear, and the gastrointestinal tract. Signs and symptoms of seasickness include a sensation of dizziness or spinning, a sensation of falling, pale skin color, sweating, nausea, weakness, yawning, and increased salivation.

Here are a few tips to help you treat, or possibly prevent a bout of seasickness:

1. Keep your eyes fixed on a steady point in the distance. If on board a ship, stay on deck. Splash your face with cold water.
2. There are several pills available, such as Dramamine, Antivert, Bonine, and Marezine, that can be taken orally. To be most effective however, the first dose of medication should be taken prior to boarding a ship by around an hour. There are also patches (Transderm-Scop) you

can place behind your ear that release the drug slowly through the skin. "Sea Bands" are another option — a knitted, elastic stretch band with a button that applies pressure to an acupressure point.

3. Do not consume alcoholic beverages because these make you prone to vertigo (sensation of dizziness).
4. If you are on a large boat that is rocking bow to stern, seek the middle of the vessel, so the motion is minimized.
5. Some people recommend "keeping something in your stomach" during a bout of seasickness, but if you are truly seasick, it won't stay there for long.
6. Try to keep your fluid intake up with sips of something like an electrolyte-containing sports beverage such as Gatorade.
7. If you are known to suffer from seasickness, take particular care to be well hydrated before your journey because you will at a minimum have decreased appetite and fluid intake, and in the worst case, lose a fair bit of fluid by throwing it up.

Finally, don't try to cure serious motion seasickness by putting on your dive gear and heading underwater. Mild nausea attributable to seasickness may disappear when you get under the surface, but you shouldn't put yourself or your dive buddies in a situation where you might throw up under water. Getting sick when you are in the water can lead to panic and a serious diving accident.

Sina DuBiel

Information for this article was obtained from the October 1999 issue of Dive Training.

Check Out the Online Version of the **MDC** News

For all of you with Internet connections, we publish this newsletter on the World Wide Web. You can view it if you have an Internet connection and a current Web browser. See it on our **CLUB** home page at:

<http://www.netwide.net/users/mccleske/mdchome.html>

or behind the Lockheed Martin firewall at:

<http://wwwmis.orl.lmco.com:2424/mdc/mdchome.html>

Bookmark this site for current **MDC** and general SCUBA news.

Editors Corner

Thanks for all your help. You've been great at getting articles to me by the 15th of the month. Please get them to me in one of the following ways:

- Call me at 356-2290 and sneaker-net your text and graphics on disk to me at MP 031
- E-mail at work: william.paskert@lmco.com or at home: wpasker9@idt.net
- Fax - work: 356-4632; home: 678-5311 (please call before sending).

Tuesday October 26 7:18 PM ET

Diver's asthma attack linked to pollen in air tank

NEW YORK, Oct 26 (Reuters Health) — A scuba diver's life-threatening asthma attack some 27 meters (almost 90 feet) below the surface was apparently caused by exposure to pollen from the Mediterranean nettle *Parietaria*, according to Italian researchers.

The investigators warn divers who are allergic to pollen to make sure that a filter is used to remove allergens from air used to fill air tanks.

Reporting in the September issue of the *Journal of Allergy and Clinical Immunology*, Dr. Gennaro D'Amato and colleagues, of Azienda Ospedaliera ad Alta Specialita A. Cardarelli, Naples, note that their patient had had "long experience of underwater diving without untoward effects."

The 37-year-old man also had bronchial asthma and had tested positive for allergy to the nettle, including "positive skin test responses and a high

concentration of specific serum IgE to *Parietaria* pollen allergen, together with symptoms in the *Parietaria* pollen season."

Before the dive in question, the diver used a new supplier to recharge his air tanks. When the investigators later inspected the premises of this supplier, they found that "the compressor was not fitted with an air filter and the area was rich in *Parietaria* plants," suggesting that air containing pollen from the plant was used to fill the tanks.

In subsequent experiments using air from tanks and pollen traps, D'Amato's team detected "damaged granules of *Parietaria* pollen that could have released specific allergens responsible for the asthma in the diver."

The evidence that the asthma attack was pollen related is "very persuasive," D'Amato and colleagues say. They advise divers at risk for pollen-induced breathing disorders "to check that the air used to recharge their tanks is filtered to prevent the passage of respirable pollen grains."

SOURCE: Journal of Allergy and Clinical Immunology 1999;104:710



MARTIN DIVE CLUB

MP 60
2924 Crystal Creek Blvd
Orlando FL 32837

Upcoming Events

November 9 - Meeting: Photo Contest

December 5 - "Not a Meeting": **Holiday Party** at Lee's Lakeside

January 11 - Meeting: Guest Speaker