



MARTIN DIVE CLUB

News



June 2000

Vote for Your Future at Our June Meeting!

Come join your **MARTIN DIVE CLUB** friends at Johnny Rivers' Smokehouse restaurant on Tuesday, June 13th. As usual, the gathering will kick off at 6:30 with socializing and drinks. You can either come early and order from the menu or partake of the buffet.

It's time to renew our leadership, so we'll be electing a new set of officers at this meeting.

At 7 pm, Johnny's will be serving a 'Gospel Feast' dinner for our crew for \$10 per person, including tax and tip. You will be served a platter of some of our favorites: spare ribs, pulled pig, 1/4 chicken, bread, cole slaw, and baked beans. Your drink orders will be handled separately, please pay as you go. Drinks are at happy hour prices until 7 pm.

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.



It's election time! Don't miss our monthly meeting on June 13th! During the meeting, I will accept floor nominations for President, Vice-President, Secretary, and Treasurer. For those who can't attend, e-mail your nomination and/or vote to me before Sunday, June 11th.

Three positions on the board of directors will be also be filled. Although the CLUB is looking for new leadership, I encourage all officers and board members to continue their excellent service.

The bylaws call for nine committee chairmen. Volunteers generally fill these positions and no vote is necessary. However, the president may make appointments. The positions are listed in each newsletter.

For those considering running for office, help is available! The CLUB has extensive instructions for each position, and friendly guidance is probably closer than you can imagine. That member sitting next to you was probably in one position or another! Everyone has the chance to make improvements, but action, not reaction, is what makes change. Running for office gives you the opportunity to make a good CLUB great!

The election meeting is one of the most important gatherings of the year. I look forward to seeing you all at Johnny's!

Mark DuBiel

Ocean Fest 2000

mark your calendar
June 9, 10, 11



NOT YOUR TYPICAL DIVE SHOW...
IT'S AN OCEAN FESTIVAL!

Even if you're not on of the lucky folks going to Lauderdale-By-The-Sea for this year's big show, take a day trip and join in the fun and games. There's lots to see and do.

See 'Ocean Fest' on page 3

Message from Our President

Fellow Bubblers!

It's that time of year again! Officer elections! I expect there will be a huge turnout for this month's meeting, as those who are not present to defend themselves my end up in a **CLUB** office.

For those who couldn't attend the last meeting, Jim Streeter has agreed to stay on as Treasurer, but other nominations will be accepted. As for President, vice-president, and secretary, they're up for grabs! Although I have enjoyed being your president, I can no longer commit to attending the meetings. My attempts to get a part-time position at Epcot's Dive Quest program are nearing maturity, and I expect to be guiding evening tours in the "World's Sixth Largest Ocean" within the next few months. I also expect that the **CLUB** will benefit from this undertaking, so keep your fins crossed!

In leaving the office, hindsight reveals that we survived some potentially damaging incidents this year. The first was the change of venue, as our new meeting location was a big gamble. A lot of effort went into comparison shopping, focusing on maximum attendance. Thankfully, meeting participation has been better than ever and I hope we can continue to settle in at Johnny's Smokehouse. Another

concern was the "retirement" of our VP and several committee chairpersons. The **CLUB** continues to operate, but additional participation is desperately needed. This extends to the organization of trips, a topic that I've beaten to death. I've been told that apathy is extremely contagious, and I am hopeful that the new officers can turn this trend around.

I plan to do my part by sponsoring more trips this year. Anybody have any suggestions? I'm interested in some wreck diving off Lauderdale, so stay tuned! Speaking of Lauderdale, there's still a couple of rooms left for Oceanfest for 9-11 June. CALL ME AT (407) 370-0467!

It's been a pleasure to serve as your president, and I look forward to doing even more for the **CLUB** this summer!

See you at Johnny's on the 13th!

Mark DuBiel



Sea Raven

Your Officers and Staff

President Mark DuBiel	(407) 356-5969	Meeting Chairperson Open	
Vice President Open		Camera Chairperson Mike McCleskey	(407) 273-6655
Secretary Karen Streeter	(407) 351-1514	Equipment Chairperson David Henderson	(407) 695-0875
Treasurer Jim Streeter	(407) 356-2377	Membership Chairperson Jim Streeter	(407) 356-2377
Board of Directors Marie Frank	(407) 356-8256	Merchandise Chairperson Marie Frank	(407) 356-8256
Board of Directors Bob Grapentine	(407) 306-6914	Safety Chairperson Sina DuBiel	(407) 356-1823
Board of Directors George McGuire	(407) 356-4284	Publicity Chairperson Bill Paskert	(407) 356-2290
Activity Chairperson David Henderson	(407) 695-0875		



Jean Michel Cousteau



Treasure Hunter showing of his prize token

Events

Ocean Fest will feature over 200 dive-related exhibits under giant tents at the edge of the Atlantic Ocean. In addition to the dive exhibits, there will be food vendors, beverage vendors, music, fashion shows, free seminars, and over \$25,000 in prizes given away!

In an effort to introduce the sport to new participants, there will be scuba and snorkeling introductory courses taught at area swimming pools as well as shore diving off the beach. For the experienced diver and snorkeler, there will be a Dive In Day on Saturday, sponsored by DEMA, the Diving Equipment and Manufacturers Association, and a Treasure Hunt on Sunday featuring over fifteen commercial dive boats as well as numerous private boats and hundreds of shore divers.

Technical diving programs including nitrox, trimix, and rebreathers as well as equipment repair clinics will also be available.

A portion of the proceeds from Ocean Fest 2000 will benefit the Ocean Watch Foundation and other environmental organizations.

Post Event

Reef Sweep (Reef Clean Up) - June 24, 2000 - Held on Saturday, two week-ends after Ocean Fest.

For additional information, point your browser to

<http://www.oceanfest.com>.



Wide range of events and exhibits

June 9, 10, 11
Ocean Fest 2000

NOT YOUR TYPICAL DIVE SHOW...
IT'S AN OCEAN FESTIVAL



Keys Trip, Looe Key, May 12-14



Who's back there?

A group of 12 stayed at Parmers Place on Little Torch Key. It is still a beautiful resort with exotic birds and a friendly staff. They furnished us with a great continental breakfast of fresh fruit and breads, muffins, coffee, tea, and two juices every morning. Our band of divers at Parmers was composed of Chris Barringer, Chuck Brown, Shawn Coolican, Mark and Sina DuBiel, Mike Frank, Jeff Johnson, Bryan Millikan, and yours truly. Ron and Joanne Mann and John Hanson joined us on the boat with Underseas, Inc.



Juvenile Pufferfish

We dove with Underseas which is located on Big Pine key. Saturday, we dove on the Adolphus Busch, Sr., a former island freighter that was intentionally sunk on December 5, 1998, in about 100 feet of water. I specifically requested Captain "Ed" to man our boat. He was on our dive trip last year and in the past with us when we use to dive with Looe Key Reef Resort. Little did I know, he "retired" from the water and stays in the office and also it was his day off. He did thank me and said it was great to be out on the ocean again.



Hurricane Georges bent and broke some stout I-beams that once support the Looe Key marker



Photos on this page courtesy of Mike Frank





"Jaws" is a Parmer's resident



Mike Frank takes his morning shot



Parmer's breakfast buffet

Both dive days the seas were calm, visibility was cloudy but still great to dive. I, myself, finally got to see a Moray Eel swim by my buddy and myself. As usual, great dives and the weather was beautiful.

Marie Frank



Say 'Hello' Cheryl, Richard, and Chris



Marie catches some rays

Photos on this page from Mark DuBiel's video



Great waves from John and Ron



MDC on Adolphus Busch at 80 feet down

To See in the Sea

Good news for divers who have had - or are interested in having - radial keratometry surgery to correct nearsightedness. In a study performed at the Long Beach California Memorial Medical Center, doctors tested several RK subjects in a hyperbaric chamber with a control group that had not had the surgery. RK eyes are unstable at high altitudes - high altitude corneal edema associated with RK causes a temporary structural change in the cornea with subsequent visual loss. This was highlighted during the 1996 Mount Everest disaster, when Beck Weathers lost his sight, and nearly his life, when his vision changed at high altitude because he had had RK. Doctors were concerned that increased pressure might have the same effect.

However, they found no change in the eyes of people who had the RK surgery compared to the control group and concluded that "RKR patients can engage in recreational scuba diving without encountering deleterious visual changes." (N. Timothy Peters, MD, Robert C. Borer Jr., MD, Michael B. Strauss, MD, Journal of Cataract Refract Surg 1999; 25:1620-1623 © 1999 ASCRS and ESCPS)

Pollen In Your Tank?

When we strap on a tank, we have put our trust in the guy who runs the compressor; we presume he knows enough to keep the air intake away from any source of contamination - exhaust, paint fumes, you name it.

But now there's another culprit, and for people with hay fever, it's especially dangerous.

Twice a European diver with allergies experienced serious asthma attacks underwater from a tank filled "from a certified air compressor in an open seaside area containing abundant grasses." After the incidents, technicians tested allergic responses to air obtained from this compressor during pollen season against air obtained during other seasons and found that "only the air and air extracts of the tank series conducted during pollen season induced a positive response" in the tests.

They warn that divers with allergies should be aware of the problem and suggest that "tanks be filled in protected areas during pollen season." (18 January 2000 Annals of Internal Medicine, Corrado Astanta, MD; D. Gargano, MD; P A Martino, MD. The Second University of Naples School of Medicine 80131 Naples, Italy)

Flotsam & Jetsam

BACK IN WITH INNER EAR OUT - Inner ear barotrauma, caused by a hemorrhage in the inner ear, a tear of the labyrinthine membrane, or a fistula, have historically led to a recommendation that victims stop diving. Now, several researchers, after studying the injury, say that "although the older literature clearly suggests otherwise, we believe that scuba divers who completely recover from inner (or middle) ear barotrauma may return to diving as long as they exercise caution and care." (Sheridan MF, Hetherington HH, Hull JJ., Ear Nose Throat Journal, J1999)



Safety Chairperson

Dealing with Stress

Whether you have just become certified, or have been diving for years, you've no doubt experienced diving stress. Dealing with stress safely and effectively requires breaking the cycle of the stress-response-stress feedback loop. To do this, psychologists offer some useful advice.

1. Begin by talking. Never feel reluctant or ashamed to talk about your fears and apprehensions. One of the best ways to reduce stress from ego threat and peer pressure is by letting others know what you're feeling. You'll probably find that everyone else is experiencing similar feelings. In helping others deal with stress, provide lots of information and encouragement, not judgment. Emphasize the positive; many people stress themselves out merely by dwelling on negative aspects of a dive (poor visibility, sharks, current), while overlooking the positive (the possibility of seeing something they've never witnessed before).
2. Stay occupied. This helps maintain focus and may even distract you from being nervous. But remember that having too much to do can be just another cause of stress. Strive for balance.
3. Dive with an experienced buddy. If you're feeling a bit stressed, find a buddy who is confident in his or her own abilities and willing to spend time with you. Often, all that's needed is a little patience and empathy. The right companion can make all the difference.

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.

4. Take it easy. There's never any reason to rush. Diving is, after all, only a sport, and there will always be another time to go diving. Don't allow your buddy to rush you. (It's good to mention this in your pre-dive discussion.) Once you are in the water, proceed slowly, keeping an eye on your partner. Make sure your buddy is paying attention to you, too. If you find that your stress level is not decreasing, stop, calm down, and regain a comfortable breathing pattern before continuing your dive.
5. Stop, rest, think, then act. This is the most important thing you can remember any time you feel stressed. From a safety perspective, it's as important as remembering to never hold your breath.

* *Information for this article was obtained from the April 2000 issue of Dive Training.*

Sina DuBiel



School of Menhaden

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 (407) 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: wpaskert@cfl.rr.com
- Fax - work: (407) 356-4632; home: (407) 678-5311 (please call before sending).

Divers Alert Network Mascot

The “DAN the Safety Man Mascot” is still available for \$9.95, plus shipping and handling. The product code is MASCOT.



The Safety Man mascot measures 8-3/4 inches tall, from the top of his snorkel to the end of his fins, with a bright DAN-red cape and his familiar spiky yellow hair. A numbered certificate of authenticity will accompany each mascot.

To order: Call 1 (800) 446-2671, choose #3 to speak with a Member Services Representative.



MARTIN DIVE CLUB

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2924 Crystal Creek Blvd
Orlando FL 32837

Upcoming Events

- June 9-11 - Dive Trip, OceanFest, Lauderdale-by-the-Sea
- June 13 - Meeting, Election of Officers
- July 11 - Meeting