



MARTIN DIVE CLUB

News



December 2000

We're Busy This Month!

Holiday Party at Lee's Lakeside, December 3rd

Officers Meeting and Dive Activity Planning Meeting, December 5th

"Shark Whisperers" Presentation by Gary Adkison, December 12th



Photo Contest Winners Inside



Don't miss seeing some of the best dive photography that our members have taken in the past year. See the article starting on page 4 for some great shots.



Some winners from last year's MDC Photo Contest



Let's Talk

Announcing a new service for our members: We now have a **MDC** telephone voicemail account. Got a question about the **CLUB**? Want to let us know that you'll be attending a **CLUB** meeting? Just call (407) 306-5020 and leave a message!

Message from Our President

Hello Fellow Divers!

Ho, ho, ho. Merry Christmas and Happy Chanukah!

It is that time of year when all of our social calendars seem to get booked rapidly. I hope you can attend some of the upcoming **CLUB** activities.

Our Annual **MDC** Holiday Party is on December 3rd. This year the Party will again be held at Lee's Lakeside in a private party room. We'll continue the giving (and-taking) of dive related gifts brought by those attending. Look for photo coverage of the wild goings-on in the next newsletter.

On December 5th, the annual Dive Activity Planning Meeting will take place at the Community Room at the Fashion Square Mall. Members interested in coordinating a **CLUB** dive trip as well as anyone who has ideas for activities should attend to have them considered. You are all invited to come and actively participate. Contact Mike McCleskey at (407) 273-6655 for further details.

On December 12th, the **MDC** is sponsoring world-renowned shark investigator Gary Adkison for his presentation of "Shark Whisperers" or "How to Communicate with a Man-Eater." Mr. Adkison is a world-class diver with extensive experience

diving with Great White Sharks off of the coast of Africa and Bull Sharks in the Bahamas. This talk and slide show will occur at the Lockheed Martin Information Systems Center Auditorium at 7 p.m. Note: this is a different location than our usual monthly meetings. Our sister-club, the KSC Barracudas, is planning on having a contingent in attendance at this exciting presentation. Look in this "News" for further information or contact **MDC** at (407) 306-5020 regarding seating reservations.

On January 9th, Angie Parker, a PADI Diving Instructor and affiliated with Sport Diver Magazine, will be our guest speaker. You may remember Angie from her presentation about dive tables on October 10th at our first Post-Meeting Clinic.

The November Meeting where the results of the Annual **MDC** Photo Contest were announced was an overwhelming success. The photography was exemplary and my thanks for the many prizes to Mike and Wendy McCleskey, Jim and Karen Streeter, Gwen and Ralph Rolape, and Ron Mann. Over \$1,000 in prizes were awarded! Please remember to thank the many dive shops and businesses that donated to our **CLUB** and be sure to tell them your **MDC** affiliation when you shop!!!

Looking forward to seeing each of you at the Holiday Party and upcoming meetings!

Bob Grapentine

Your Officers and Staff

President Bob Grapentine	(407) 306-6914	Activity Chairperson Mike McCleskey	(407) 273-6655
Vice President Marie Frank	(407) 356-8256	Meeting Chairperson Karen Streeter	(407) 351-1514
Secretary Joanne Rowley	(407) 977-3346	Camera Chairperson Mike McCleskey	(407) 273-6655
Treasurer Jim Streeter	(407) 356-2377	Equipment Chairperson Mark DuBiel	(407) 356-5969
Director at Large Mark DuBiel	(407) 356-5969	Membership Chairperson Jim Streeter	(407) 356-2377
Board of Directors Bob Knauer	(407) 306-8097	Merchandise Chairperson Karen Streeter	(407) 351-1514
Board of Directors Ralph Rolape	(407) 306-7075	Safety Chairperson Gwen Rolape	(407) 306-1801
Board of Directors George McGuire	(407) 677-4242	Publicity Chairperson Bill Paskert	(407) 356-2290

MARTIN DIVE CLUB Presents:

Shark Whisperers

or "How to Communicate with a Man-Eater"



Hear world-renowned shark investigator Gary Adkison's exciting and informative experiences during observations with thousands of sharks in hundreds of open-ocean dives. He will discuss some myths about sharks and some new behavioral facts learned in working with Bull and Great White sharks.

Gary is Secretary of the Swiss Shark Foundation that conducts numerous research studies and produces the quarterly on-line "Shark Info" newsletter in six languages. His tireless efforts for protection of the species has helped establish five preserves in the Bahamas, with 42 more in the works.

Gary Adkison
Dive, Fishing, & Marina Operations Manager
Walkers Cay Hotel & Marina
Walkers Cay, Abaco Islands, Bahamas



*Gary Adkison (right) at Walkers Cay Marina
with Divemaster Barry Albury
and MDC member Joanne Rowley*

Tuesday, December 12, 2000, 7:00 p.m.

Lockheed Martin

Information Systems Center Auditorium

12506 Lake Underhill Road

Orlando, Florida 32825

1 mile south of Highway 408 (E-W Expressway)

at Rouse Road

Seating Will Be Limited

Contact the Martin Dive Club at (407) 306-5020

Photo Contest First Prize Winners!

*Underwater, normal or wide angle - Print:
Cheryl Pizon*



*Underwater, normal or wide angle - Slide:
Phil Hampton,
"Grouper Cleaning"*



*Underwater, close-up and macro - Print:
Mike McCleskey,
"Who spilled the orange paint?"*



*Underwater, fixed focus:
Chuck Brown,
"I have my eyes on you"*



*Most interesting, having absolutely nothing to do with diving:
Wendy McCleskey,
"Home Improvement?"*



*Most likely to embarrass:
Wendy McCleskey,
"Hey, no touching the fish"*

*First-time entry:
Mike Frank*



*Above water, dive related:
Cheryl Pizon,
"Bonaire Sunset"*

*Most unusual, unique subject matter:
Mark DuBiel,
"Through the glass at Sea World"*



Photographer	Title	Place	Prize	Donor
Underwater, fixed focus (Ikelite Aquashot or similar) (14 entrants)				
Chuck Brown	I have my eyes on you	1	Neo Fins	Performance Diver
Wendy McCleskey	Don't mind me, I'm just a little piece of sponge	2	Gift Certificate Screen Saver CD - Oceans of Life	Longhorn Steakhouse Performance Diver
Richard Pizon	Untitled	3	Dinner for 2	Lai Lai Chinese Restaurant
Bill Paskert	Untitled	HM	2 MDC Huggers	MDC
Wendy McCleskey	How'd you find me under here?	HM	2 MDC Huggers	MDC
Most Unusual, Unique Subject Matter (10 entrants)				
Mark Dubiel	Through the glass at Sea World	1	Mini Octopus Second Stage Regulator Diver's Thermal Mug	Performance Diver Performance Diver
Chuck Brown	Batfish	2	Gift Certificate Screen Saver CD - Dolphin Synergy	Cedar River Seafood Performance Diver
Phil Hampton	Buddy Breathing	3	<i>The Underwater Photographer</i>	Finger Lakes Photo Books
Underwater, Normal or Wide Angle - Print (7 entrants)				
Cheryl Pizon	Untitled	1	Lycra Suit Turtle Fleece Sweatshirt	Performance Diver Whales & Friends
Cheryl Pizon	Froggie	2	Matted Photo, Signed, Eel Screen Saver CD - Reefs to Rainforests	DeFeo Décor Performance Diver
Richard Pizon	Untitled	3	Pelican Dry Box	Performance Diver
George McGuire	Untitled	HM	2 MDC Huggers	MDC
Above Water, Dive Related (6 entrants)				
Cheryl Pizon	Bonaire Sunset	1	Gift Basket Neoprene Weight Belt Marsoops Glasses Strap	Avon Products Performance Diver Performance Diver
Mike Frank	Untitled	2	Matted Photo, Signed, Lion Fish Screen Saver CD - Tropical Paradise	DeFeo Décor Performance Diver
Mike Frank	Untitled	3	Divin & Jivin Long-sleeve T-shirt	Performance Diver
Most Likely to Embarrass (6 entrants)				
Wendy McCleskey	Hey, no touching the fish!	1	Dinner for 2 Regal Cinemas 2 Movie Tickets Wet Suit Hanger	Johnny Rivers Downtown MDC Performance Diver
Ronald Mann	Ask John about his 5 minutes on the Duane	2	Matted Photo, Signed, Soft Coral Screen Saver CD - Embraced by the Sea	DeFeo Décor Performance Diver
Mike McCleskey	Aging without grace	3	Divin & Jivin Long-sleeve T-shirt	Performance Diver

Photographer	Title	Place	Prize	Donor
Underwater, Normal or Wide Angle - Slide (4 entrants)				
Phil Hampton	Grouper Cleaning	1	Lycra Suit Meal Gift Certificate T-Shirt	Performance Diver Perkins Restaurant Scuba Radio
Mike McCleskey	Under the pier	2	Emergency Strobe Light Screen Saver CD - Creatures of the Deep	Performance Diver Performance Diver
Mike McCleskey	Generation gap	3	Diver's Thermal Mug	Performance Diver
Underwater, Close-up and Macro - Slide (4 entrants)				
Mike McCleskey	Moo	1	Accommodations: 3 day, 2 night	Holiday Inn Venice Beach
Phil Hampton	Orange Frogfish	2	<i>Nikonos Systems</i> by Jim Church Screen Saver CD - Tropical Paradise	Finger Lakes Photo Books Performance Diver
Mike McCleskey	Orange Ball	3	Regal Cinemas 2 Movie Tickets	MDC
Underwater, Close-up and Macro - Print (4 entrants)				
Mike McCleskey	Who spilled the orange paint?	1	Matted Photo, Signed, Clown Fish	DeFeo Décor
Cheryl Pizon	Untitled	2	Glass Whale CD ROM - Dive Grand Cayman	Whales & Friends Performance Diver
Cheryl Pizon	Untitled	3	Reef Fish Guide Cards - Cayman Islands	Performance Diver
First Time Entry (3 entrants)				
Mike Frank	Untitled	1	Matted Photo, Signed, Soft Coral Divin & Jivin Long-sleeve T-shirt Designated Diver t-shirt	DeFeo Décor Performance Diver Performance Diver
Mike Frank	Untitled	2	Guided Tour at 40 Fathom Grotto CD ROM - Intro to Technical Diving	Hall Watts Performance Diver
Joanne Rowley	Untitled	3	Micky Mouse Sweatshirt	Marie Frank
Most Interesting, Having Absolutely Nothing to do With Diving (3 entrants)				
Wendy McCleskey	Home Improvement?	1	Tri-View Mask - Blue Whales of the World Calendar Dolphin Key Chain Emergency Medication Kit	Performance Diver Whales & Friends Whales & Friends Performance Diver
Jim Streeter	Helmet Girl	2	Tri-View Mask - Black Screen Saver CD - Cyber Sea	Performance Diver Performance Diver
Mark Dubiel	Untitled	3	Matted Photo, Diver & Reef	Matt Weedon Photography

Dive Medicine: Pain-Proof Your Back

Hauling bags, schlepping gear, swimming with a tank on your spine - it can all be torture on your back. Take the dive doc's prescription for deep-sixing muscle pain before it starts.

By Samuel Shelanski, M.D.

Preparing for a dive trip can make you feel more like a packhorse than an adventurer. Surrounded by bags of dive gear, hard cases full of cameras and one or two articles of clothing, inter-island airline baggage limitations make you laugh - then cry.

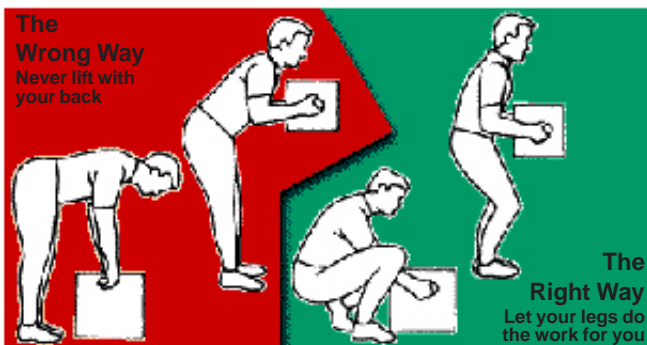
But extra baggage fees aren't the only price you pay. Dragging, carrying and pulling all that equipment can be torture on your back. Fortunately, a few simple tips can help reduce the wear and tear that can make a dive vacation more pain than pleasure.

Symptom: You went to lift that oversized gear bag in baggage claim and wham! A bolt of pain shot through your lower back.

Diagnosis: Bad ergonomics. The mechanics of how you lift an object are very important in reducing back strain and injury. It boils down to using the right muscles for the job.

Rx: You've heard it a thousand times: "Lift with your legs, not your back," and it's worth repeating a thousand more. The muscles of the legs are much stronger than those of the back, and less prone to injury from lifting. When you need to lift a heavy object, squat next to the object and lift using your legs. Never bend over an object or try to lift from the waist.

Illustration by Mike Gushock



Exercising Prevention

Packing light and lifting correctly can help reduce the chance of back injury, but strengthening and building flexibility in the back muscles is even

more important. Stretching exercises will go a long way toward building a stronger back.

Symptom: You were pulling a tank out of the rack when pow! Now your spine feels like you got hit by a truck.

Diagnosis: Bent out of shape. The natural design of an upright spine allows weight to be distributed evenly and borne by the skeleton. Any weight that exerts force along a different axis than that of the spine must be offset by muscles - and that's when injuries occur. When pulling tanks from a bench-mounted rack, too many divers lean over the tank, bending their spines.

Rx: Straighten up. Rather than leaning over the tank, place one knee on the bench to position your body closer to the tank. This will help keep your back straight. Lift straight up, keeping the tank close to your body. This maximizes the supportive role of your spine and reduces the chance of back strain.

Symptom: You packed light and lifted with your legs, but your back still hurts after a day of travel.

Diagnosis: Bad luggage.

Rx: Wheeled gear bags are a great way to eliminate back strain, but only if the strap or handle is long enough so that you can walk upright while pulling the bag. Backpack-style bags should have a well-padded hip belt to allow transfer of weight from your shoulders and back to the hips. Above all, your bags should be comfortable to use.

Symptom: You were feeling good about helping the crew off-load tanks when sock! Now all you feel is pain.

Diagnosis: An overdeveloped work ethic.

Rx: Relax and let the staff do their job. While the crew will no doubt appreciate the gesture, they'll probably appreciate a word of thanks, and a tip, even more.

If you do need to carry your gear and tank, do it in a way that minimizes back strain. BCs make great tank carriers and they distribute weight evenly across the shoulders. Weight belts? Put them on to transport them.

[See 'Back Pain' on page 9](#)

Symptom: You were getting out of your gear when biff! Your back went out.

Diagnosis: The usual suspect in cases like this is putting rotational stress on the spine that it wasn't designed to take. In other words, you're twisted.

Rx: A little-appreciated method for reducing back strain is to don and doff gear in the water. This eliminates the need for you to bear the weight of the tank, but requires someone on board to do the heavy lifting for you.

My Back Still Hurts: Should I Dive?

So you leaned over to pull someone's gear into the boat, and felt a twinge in your back. Does this mean that you flew all the way to Palau for two dives? Fortunately, the answer is usually no.

Muscle Strain

Most diving-related back pain is caused by muscular strain and is easily treated. The current recommendation for alleviating back strain is to spend as little time lying on your back as possible and to get up as soon as you feel able. If you feel up to it, you can resume diving. Ibuprofen is useful to help deal with the pain. Hot packs and the stretching exercises illustrated here will help loosen up those tight muscles and reduce the chance of further injury. And of course, let someone else do the lifting for the next few days.

Disk and Nerve Injuries

The other common type of back injury involves strain on the disks and nerves. These injuries may happen the same way as muscle strains, but are almost always accompanied by signs and symptoms of pressure on the nerves. These may include shoot-

ing leg pain, numbness or weakness of one or both legs or ankles, difficulty urinating, or problems with bowel movements.

While many of these injuries resolve themselves within a few days with rest, it is crucial to seek medical attention if there is any suspicion of neurological involvement, as some injuries require immediate intervention to prevent long-term nerve damage.

Back-Stretching Exercise

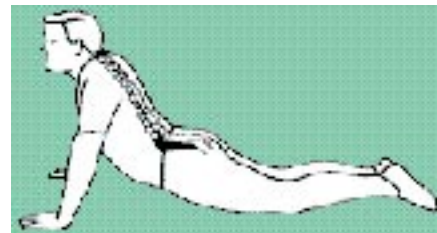
Illustrations by Mike Gushock



Step 1: Lie tummy-down on the floor and place both palms flat, fingers pointing forward.



Step 2: Using your arms, slowly raise your upper torso while keeping your belly on the floor. Do not raise past the point of discomfort. Hold for a count of 10. Repeat two or three times.



Step 3: With practice and patience you should eventually be able to extend your arms fully without feeling discomfort.

Gwen Rolape

*Information for this article was obtained from:
Rodale's Scuba Diving, March 1998*

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.martindiveclub.org>

or behind the Lockheed Martin firewall at:

[http://wwwmis.orl.lmco.com:2424/mdc/
mdchome.html](http://wwwmis.orl.lmco.com:2424/mdc/mdchome.html)

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

Editor's 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 (please call before sending) at work: (407) 356-4632; or at home: (407) 678-5311.

Activities Chairperson

2001 Dive Calendar Meeting

On Tuesday, December 5, the Activities Committee (and anyone else who might be interested) will be meeting to begin laying out the schedule of activities for the coming dive season at the Community Room inside the Fashion Square Mall. We hope to have an action-packed year with plenty of opportunities to get wet and have fun as a club. So please give some thought to where you'd like to go diving or any other activities you'd like to see us plan. If you have any interest in organizing a trip yourself for the **CLUB**, you stand to get a portion of your way paid for you.

Don't know where to start? Don't worry; we have plenty of experienced resources to help you out.

Plan to bring your ideas and any information you may have to the meeting and help us kick the **CLUB** off on a great new year of diving activities.

If you have any questions or input for the activity schedule, please contact me at (407) 273-6655 or (407) 657-3370.

Mike McCleskey

Great Show at the Orlando Science Center

'Tis the Season Presentation at Orlando Science Center

The winter solstice may be the coldest and darkest season, but it holds some of the warmest and brightest celebrations of the year. Trace the development of holiday customs celebrated across the globe during this special show. Also, discover constellations of the winter sky. This show is recommended for all ages. The presentation is at 3 p.m., Tuesday through Sunday, December 2 through January 1.

Contact Wendy McCleskey at (407) 273-6655



MARTIN DIVE CLUB

MP-006
4021 Seabridge Drive
Orlando FL 32839
(407) 306-5020

Upcoming Events

- December 3 - Holiday Party, Lee's Lakeside
- December 5 - Officers Meeting and Dive Activity Planning Meeting
- December 12 - Meeting, "Shark Whisperers" - Gary Adkison
- January 9 - Meeting, "Dive Tables, etc." - Angie Parker
- February ?? - Manatee Trip