



MARTIN DIVE CLUB News



September 2002

September Meeting

Hyperbaric Oxygen Therapy, Mark Walters from Florida Hospital

Come learn about hyperbaric oxygen therapy at our September 10th meeting. Mark Walters, head of Hyperbaric Medicine at Florida Hospital Medical Center, will give us a thorough understanding of

hyperbaric oxygen physiology, conditions treated, and therapeutic protocols. In describing the world of hyperbaric medicine, he's going to

identify key historical points, cite national organizations, describe physiologic effects of hyperbaric oxygen, list contra-indications, describe side effects, and identify the conditions for which hyperbaric oxygen treatment is indicated. He'll cover the



ing a department seeing 30 to 40 patients per day. He directs human resources, capital budgeting, marketing, public relations, and strategic planning. As Program Director for Enterostomal Therapy, he's also responsible for the logistics associated with 500 to 600 patient visits per month.

Previously at Florida Hospital, Mark was Chief Chamber Operator responsible for the daily operation of a 12-patient multi-place recompression chamber as well as two mono-place hyperbaric oxygen therapy chambers. He was responsible for planning and execution of preventative maintenance program, staff training, orientation, continuing education, and safety program.



operational considerations related to a mono-place hyperbaric chamber as well as the pressurization and decompression elements of a multi-place chamber used for delivering therapy.

As Program Director of the Hyperbaric Medicine and Wound Care Management Center, Mark is responsible for the administrative duties of operat-

See 'September Meeting' on page 2

The Camera Guy says it's Photo Contest time again! Please see page 3 for dates and details.

President's Column

Hello Fellow Divers!!

In August, we had a fun and exciting speaker, Mark Eubank, from Divers Direct Outlet. His presentation was very informative and entertaining. We learned a lot about catching lobster, and even cooking them!!

At this month's meeting on September 10th, we will have Mark Walters from Florida Hospital to speak about their Hyperbaric Chamber. Unfortunately (Editor's Note: Hah!), I will be on the Nekton Rorqual live-aboard that week, but I will give a full report when I return.

I hope you will attend the September 10th meeting and dive safe!!!

See you there!!!

Marie Frank



The Big Apple Buffet

September Meeting, from page 1

We'll be gathering and mingling at around 6:30 p.m., with the evening's presentation beginning at 7:00 p.m. Afterwards at about 7:30, we hold our "formal" meeting covering **CLUB** business and member trip reports, followed by door prizes and our fantastic raffle.



We meet at the Big Apple Buffet, which is located at 198 S. Semoran Blvd (SR 436) in Orlando [phone (407) 382-7220]. It's just north of SR 408 (the East-West Expressway) on the west side of SR 436, behind the Sonic Burger drive-in restaurant. It's in the old Holiday House location in the Royal Oak Village Plaza shopping center. The price is \$9.49 for the regular buffet (including sushi) and \$11.99 if you want crab legs, clams, and oysters. We will have a server for beverages, and they have a full bar. There are tons of things on the buffet - Mongolian barbecue, Oriental, fried chicken, and Italian, along with salads and dessert!

Your Officers and Staff

President Marie Frank	(407) 356-8256
Vice President Gwen Rolape	(407) 306-1801
Secretary Joanne Rowley	(407) 977-3346
Treasurer Ralph Rolape	(407) 306-7075
Director at Large Bob Grapentine	(407) 306-6914
Board of Directors	
Dean Hayes	(407) 306-3288
Ron Mann	(407) 356-2135
Jim Streeter	(407) 356-2337

Activity Chairperson Mike McCleskey	(407) 273-6655
Meeting Chairperson Shawn Coolican	(407) 356-6926
Camera Chairperson Mike McCleskey	(407) 273-6655
Equipment Chairperson Don Russ	(407) 356-1064
Membership Chairperson Ralph Rolape	(407) 306-7075
Merchandise Chairperson Shelly Hayes	(407) 275-6365
Safety Chairperson Gwen Rolape	(407) 306-1801
Publicity Chairperson Bill Paskert	(407) 356-2290

Photo Contest Deadline at October Meeting

The **MDC** meeting on Tuesday, October 8th, will be the deadline for entries to this year's annual photo contest. As you can see from the Contest Rules, there is a category for everyone, ranging from above-water snapshoters to serious underwater shooters. There is even a First Time Entry category.

Results will be presented and prizes awarded at the November 12th **CLUB** meeting. If you have any questions, or if you want to enter your photos, contact Capt Mike, the "Camera Guy," at (407) 273-6655 (home) or (407) 808-6453 (days).

Mike McCleskey

More from the camera guy . . .

It's not too late to enter the **CLUB**'s annual Photo Contest. Every year at the November meeting, the results of the contest are unveiled and an amazing collection of prize stash is distributed. Not a photographer, you worry? Not a problem! Your **MARTIN DIVE CLUB** has the equipment and resources to help you capture your diving adventures on film.

We have available, for a very minimal fee, equipment ranging from simple underwater point-and-shoot cameras to a professional-quality underwater photography system. The cameras have a range of lenses and strobe accessories to fit any need. And the best part is that we have friendly, knowledgeable **CLUB** members who will hold your hand through the process and teach you what you need to know to use the gear.

We also have some new resources for even the experienced photographers. We have an excellent video series on underwater photography and two new books to offer. "The Traveler's Guide to ER (Emergency Repair) for the Nikonos V Camera" is an easy to follow, illustrated guide to handle unforeseen problems with the camera, and our copy is even signed by the author! A special thanks goes out to Marie Frank for donating it to the **CLUB**. We also now have a hard copy of the entire Nikonos V Workshop, published by Bob Warkentin's Southern Nikonos Service Center. This is an extremely

thorough guide to everything you could possibly want to know about the workings and care of the camera, with that special flair that only Bob Warkentin can give it.

For information on any of the **CLUB**'s camera equipment, contact Mike McCleskey, Camera Guy, at (407) 273-6655 or at mmccleskey@cfl.rr.com.

Now get out there and take some pictures!!!!

Contest Rules

All contestants must be **CLUB** members in good standing as of the date of entry. Winners will be announced at the November **CLUB** meeting. Photos may be entered in the following categories:

Separate Print and Slide Categories

- 1a & 1b Underwater, normal or wide angle
- 2a & 2b Underwater, close-up and macro

Combined Print and Slide Categories

- 3 Underwater, fixed-focus (Ikelite AquaShot or similar)
- 4 Most unusual, unique subject matter
- 5 First-time entry
- 6 Above water, dive-related
- 7 Most likely to embarrass
- 8 Most interesting, having absolutely nothing to do with diving (the photo must include a **CLUB** member).

Entries must be submitted no later than the **CLUB meeting on the October 8th.**

Fine Print

A photo may be entered in only one category. Each contestant is limited to two photos per category, six photos for the contest. Any category with a single contestant will be eliminated. Photos must have been shot since September 30, 2001, by the contestant. Photos in categories 1 through 5 must be taken while snorkeling or scuba diving.

The contestant's name must not appear on the picture or slide. Photos may have titles. Photos will be returned the night of the awards. The decision of the judges is final.

Format Limitations

- Photos must be no larger than 5 by 7 inches (except for panoramic), unmatted and unframed.
- Photos may be cropped, but may not be digitally enhanced



Biscayne National Park

August 17-18

Everyone met at Biscayne National Park Saturday afternoon and we found out the seas were 5 to 6 feet, with a few 7 footers. The manager pretty much talked us out of diving. He said he would take us out snorkeling close to shore, but most of us decided to just hang out by the hotel pool with our "refreshments."

Later we had a great dinner at The Fish House in Key Largo; and wouldn't you know it, a gift shop (lots of fishy things) was closing up and everything was 50% off. Well, Joanne and I and some others found some great deals.

The next morning we trekked back to Biscayne National Park - and since they didn't see us dive on

Saturday, plus we had divers who had not dove in a decade, and since the seas were supposedly rough, they told us - we couldn't do the "Wall". Instead we did two shallow dives. Once again, I didn't see THE WALL!!! The seas were a little rough. We had a few that were sick but the diving was O.K.

Our group for Saturday was Susan Rauckman, Mike Gracey, Don Russ, Warren and Matt Musacchia, Dick Rogers, Ed Spiegel, Dan and Carie Gulacsy, Chuck Brown, Joanne Rowley, Bill Paskert, and me. On Sunday we were joined by two additional divers, our Webmaster Todd Vernon and his friend Dan Rockefeller.

Marie Frank



Don, Chuck, Marie, and friends

Photo by Warren



Chuck and Dick

Photo by Warren



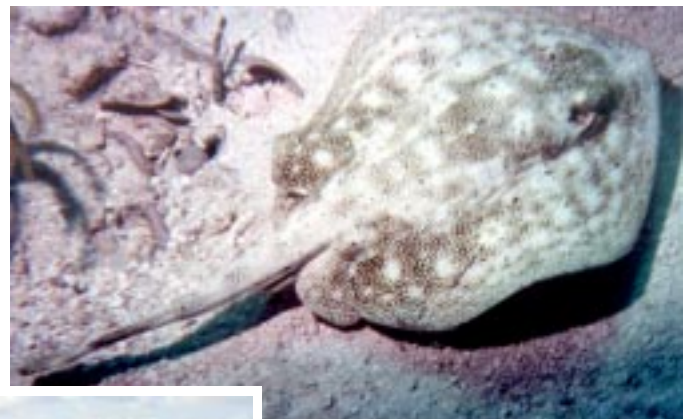
The Gang

Photos by Dick and Don



Divemaster, Ed, and Susan

Photo by Warren



Southern Stingray

Photo By Bill

Scrawled Cowfish

Photo By Bill



MARTIN DIVE CLUB 'News'



Joanne and Bill

Photo by Warren

Marie and Mike

Photo by Warren



Everything You Ever Wanted to Know about Lobster, Mark Eubank at Our August Meeting

At our August 13th meeting, Mark Eubank, sales associate for Divers Direct Outlet, spoke to us on 'Diving for Dinner.' His presentation covered lobster biology, government rules and regulations (including a few quirky ones), techniques for catching, appropriate equipment, and tips on cooking! He displayed and demonstrated some of the tools of the trade: catch bag, snare, tickle stick, gage, etc. Divers Direct Outlet donated one of Mark's preferred catch devices, a very effective snare.



Some of the highlights of Mark's presentation were:

- The common 'spiney' lobster is one of seven species in Florida
- The lobsters taken in Florida get smaller the farther south you go because they don't live long enough to get big in the most dived locations
- Some of the largest lobsters are taken off Canaveral where they are found as much as 20 miles out in water 90 feet deep and 70° cold
- Mark estimated that if you use your own boat to get lobster, the cost per pound is about \$10,000
- Although State law allows six lobster per diver (with proper permits), he recommends taking no more than three; and although Federal laws don't regulate taking lobster, you've got to come through State waters to get back to the dock

- While demonstrating the proper way to measure lobster to ensure that they are above minimum size, he recommended checking the gage you use - he told of one diver who was fined \$500 for using a gage 1/8 in. off
- Natural enemies are grouper, nurse and lemon sharks, and octopus; Mark suggested that you never see lobster on wrecks because the grouper clean them out; and, as crustaceans, they are sensitive to environments with copper wiring.

Mark has well over 1000 dives since he received his initial SCUBA certification in 1985, and he is a retired PADI Master Instructor. His diving experience started in the South West, coming out of his hometown of Santa Fe, New Mexico. He received a bachelor's degree in Aquatic Biology from the University of Texas, Austin, and has dove extensively along the Pacific coast, in the Sea of Cortez, and in the Rocky Mountains. He has been associated with Divers Direct Outlet for 5 years. Currently, he keeps his boat, a 28-foot Grady White, at Port Canaveral and concentrates on diving the plentiful wrecks in this area.



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

Winner	Prize	Donor
Todd Vernon	Disposable camera	MDC
Roy Rasmuson	Lobster snare	Divers Direct
Dean Hayes	T-shirt	Divers Direct
Marie Frank	Space Shuttle t-shirt	Space Shirts
George McGuire	Shirt	MDC

In the 50-50 Raffle, Gene Calvert won \$32.

For the Future of Fishing and Diving, Your Legacy Can Be Cast in Concrete

Eternal Reefs Inc. Providing "Permanent, Living Memorials" for Cremated Remains; Eco-Friendly Artificial Reefs to Help Rebuild Marine Life for Fishing, Exploration

" . . . we all came from the sea, and it is an interesting biological fact that all of us have in our veins the exact same percentage of salt in our blood that exists in the ocean . . . we are tied to the ocean, and when we go back to the sea, whether it is to sail or to watch it, we are going back from whence we came . . . "

John F. Kennedy

ATLANTA, January 2001 – For those who keep returning to the sea for its boundless sense of adventure, now comes an opportunity to help pass the experience to future generations. In an effort to help revive endangered coral reef systems all over the map, Eternal Reefs Inc. will commit a person's cremated remains to a permanent "Memorial Reef" used to help rebuild marine life.

"Recreational fishing and diving may literally dry up if efforts aren't accelerated to restore one of the building blocks of marine life, the coral reef," explains Don Brawley, founder of Eternal Reefs Inc. and a devoted scuba diver." Among measures to artificially restore these precious reef systems, we also have created a way for sea-lovers to become personally involved even after their life on earth has passed."

Brawley's "Memorial Reefs" are the latest solution for turning the tide on the deterioration of



MARTIN DIVE CLUB 'News'



coral reefs, while at the same time providing the only environmentally positive memorialization for the deceased.

The Memorial Reefs are state-of-the-art, eco-friendly concrete structures with a decidedly human touch. Alternately described as dome-shaped, spherical, or igloo-like, they closely mimic the reef substrate by providing surfaces for both soft and hard coral larvae to attach and mature, jump-starting the marine food chain that attracts fish and other sea life. The units are fashioned from a patented mold system used to create two-to-four-foot-high reef modules that closely simulate natural formations. The modules, called Reef Balls®, are constructed from an environmentally friendly concrete formula that, when hardened and cured, allows coral larvae to attach and gracefully mature.

Reef Balls are the creation of the Reef Ball Development Group Ltd. (RBDG), the worldwide leader in scientifically designed artificial reefs, with more than 100,000 state-of-the-art Reef Ball units now in place at more than 1,500 marine locations around the globe.

Memorial Reefs became an offspring of the original Reef Ball design not long ago, when Atlanta musician Carleton Glen Palmer, Don Brawley's father-in-law, requested his cremated remains be put in one of the Reef Ball units RBDG placed among its restoration projects. Mr. Palmer's wish was to "forever be in tune with the sea," and also to leave a legacy for his grandchildren. In May 1998, Mr. Palmer's Memorial Reef was created and soon deployed off Sarasota, Fla. Today it teems with red snapper, grouper, crustaceans, and flourishing coral growth.

Out of this personal experience, Brawley formed Eternal Reefs Inc. as a unique extension of RBDG's environmental products and services, with the proposition of providing Memorial Reefs as dignified, beneficial resting places for cremated remains.

To contact Eternal Reefs Inc., consumers can call toll-free 1 (888) 423-7333. The Eternal Reefs web site, www.eternalreefs.com, contains further details about Memorial Reefs.

Quick Guide to Marine Stings

Seabather's Eruption

What is seabather's eruption, and when should I worry about it?

The skin condition known as seabather's eruption, also called swimmer's itch, appears as a rash of raised red bumps, often concentrated on areas of the skin covered by a swimsuit or wetsuit. Symptoms develop between 2 and 24 hours after exposure to the organisms that cause the condition and usually resolve within a week. Symptoms can also include nausea, vomiting, diarrhea, headache and muscle spasms.

Seabather's eruption can be caused by various organisms that produce larvae with nematocysts, including jellyfish, corals, sea anemones, hydroids and Portuguese man-o-wars. Outbreaks in the Caribbean and southern Florida are believed to be caused by the larval form of the thimble jellyfish.

Outbreaks of seabather's eruption occur intermittently between March and August in the Caribbean and southern Florida, but they appear to peak from early April through early July. There are many days when no infestations occur. Beachgoers should listen to local beach reports and read beach messages posted daily in affected areas.

In other tropical waters, seabather's eruption appears to be associated with periodic anemone larvae blooms, and can occur throughout the year. See below for the animals that sting under water, and what to do about the associated injuries.

Most Common Marine Life Stingers

Jellyfish

Stinger: Nematocysts (stinging cells) on tentacles and other body parts.

Symptoms: Most tentacles release a toxin that stings and causes allergic reactions.

Treatment: Rinse only with sea water, not fresh. Apply vinegar, rubbing alcohol, one-quarter-

strength household ammonia or baking soda. A paste made with unseasoned meat tenderizer can also reduce pain, not to exceed 15 minutes of application.

Where, When and How to Avoid: Found all over the globe, throughout the year. Before diving, check posted notices at the beach for specific warnings.

Portuguese Man-o-war

Stinger: Transparent and blue bladder trailing tentacles from a few inches to as long as 100 feet.

Symptoms: Immediate stinging and burning sensation. In severe cases, extreme tearing, cold symptoms, muscular pains, labored breathing or even death can occur.

Treatment: Rinse liberally with sea water and remove any remaining tentacles. Do not apply vinegar; this has been known to increase the pain. Watch for even the slightest breathing problem and consider this a medical emergency.

Where, When and How to Avoid: Prevalent in tropical waters. Watch for local postings about the presence of man-o-wars.

Sea Urchin

Animal Stinger: Poisonous spines or fang-like stalk.

Symptoms: Immediate: severe burning and swelling, bleeding. Delayed: two to three months after sting, inflamed tissue reactions can occur from foreign body reactions.

Treatment: Hot water and vinegar soaks are very effective at easing pain. One folk remedy is to rub affected area with the pulp of the paw paw fruit.

Where, When and How to Avoid: Now much less common in the Caribbean because an epidemic almost wiped them out.

Fire Worm

Stinger: Clumps of white hairs on sides bristle when touched and break off easily in the skin.

Symptoms: Painful burning and intense irritation. Divers say it feels like a mild electrical shock and can develop into an infection over 2 to 3 days.

Treatment: Immerse in hot water and vinegar.

Where, When and How to Avoid: Found in all tropical waters, fire worms are often spotted at night. Give them wide berth.

Seabather's Eruption

Animal Stinger: Also known as sea lice, these outbreaks in South Florida and the Caribbean are believed to be caused by the larval form of the thimble jellyfish.

Symptoms: Intense itching in areas covered by clothing that becomes noticeable between 2 and 24 hours after exposure. Other symptoms: nausea, vomiting, diarrhea, headache, fever, muscle spasms and a sense of malaise.

Treatment: Take an antihistamine for the itching and apply over-the-counter 0.5 percent hydrocortisone cream on the rash area. Bathing in a colloidal oatmeal preparation and then applying calamine lotion may also help soothe the skin.

Where, When, and How to Avoid: Throughout the Caribbean and South Florida, outbreaks occur intermittently between March and August, peaking from early April to early July. Sunscreen may help protect skin from penetration from the nematocysts.

Gwen Rolape

Information for this article was obtained from the following:

<http://www.scubadiving.com/training/medicine/marinestings.shtml>

MDC Connections

We have a 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!

Check out all the great dive information on our **CLUB** home page at: <http://www.martindiveclub.org>.

Fleeing Males, Manatees Relax on Florida Beach

USA: August 1, 2002

MIAMI - Six endangered manatees beached themselves in Florida this week but wildlife agents assured would-be rescuers the sea cows were not stranded - just taking a breather from the amorous attention of pursuing males.

The manatees grounded themselves on an Atlantic beachfront in Palm Beach County, behind a row of hotels and condominiums. Several dozen spectators crowded around, fearing the manatees were lost or ailing.

Not so, an officer with the state Fish and Wildlife Conservation Commission said. The animals are females in estrus and their behavior is typical of exhausted females pursued by a "mating herd" of 2 to 20 males during the summer mating season, commission spokesman Jim Huffstodt said.

"These poor girls, the only way they can escape the attention of the males, who are very persistent, is to ground themselves or go up on the beach," Huffstodt said. "The biologists believe that after a point, enough's enough. They're tired."

The manatees will likely swim away when they have recovered, Huffstodt said, but a wildlife officer stood guard to keep would-be rescuers away.

"You don't need people wading up trying to push you back to save you ... they need a rest," Huffstodt said.

Manatees are endangered, slow-moving sea mammals that live in warm coastal waters. Protected by law, they are a cause celebre among environmentalists and are thought to number around 3,000 in Florida waters. The gentle herbivores can grow to 13 feet (4 metres) long and weigh up to 3,500 pounds (1,575 kg).

Reuters News Service

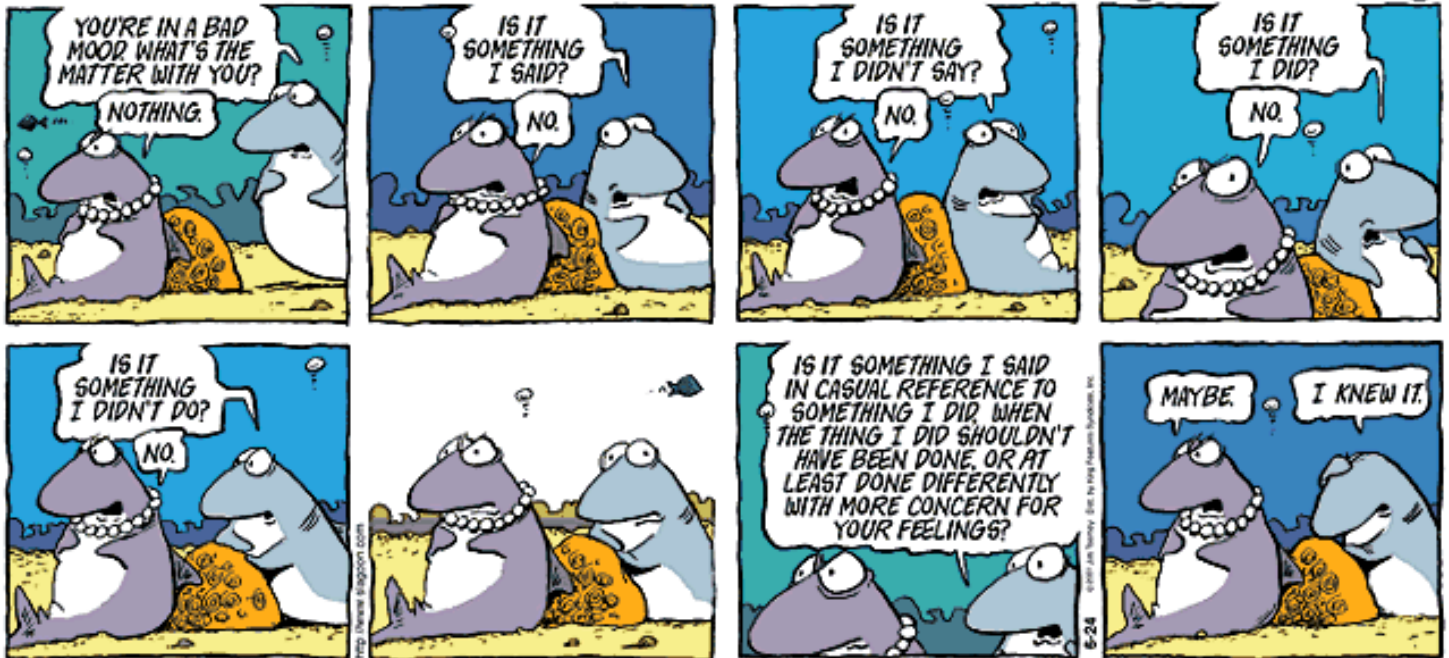
Editor's Corner

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) 356-4694; or at home: (407) 678-5311.

SHERMAN'S LAGOON

by Jim Toomey



The Sherman's Lagoon collection, 127 pgs. Only \$9.95 + \$4.25p&h. Call (800) 642-6480 Sorry, no orders outside the USA.

<http://www.slagoon.com>

©2001 Jim Toomey. All rights reserved.



MARTIN DIVE CLUB

MP-200 ESC

609 Heron Bay Drive

Orlando FL 32825

(407) 306-5020

Upcoming Events

September 10 **Meeting:** Florida Hospital Hyperbaric Chamber, Mark Walters

September 7-14 **Dive Trip:** Nekton Rorqual, Marie Frank

October 8 **Meeting:** Off-season Gear Prep, Phil Merchant; **Photo Contest Deadline**

October 25-27 **Trip:** Fantasy Fest, Mike McCleskey

September 2002