



MARTIN DIVE CLUB

News



January 2000!

Photo Contest Results - Take 2

As you probably know by now, due to delays beyond our control, the results of the **CLUB's** annual photo contest were not presented at the November meeting. Well, true to Murphy's Law, all the photos and information arrived the day following the meeting!



So, on January 11th we will try this again. Remember, that we collected over 90 entries in 10 different

categories from almost 20 different photographers. Our judge, professional underwater photographer and writer Joe Froelich, did a great job of awarding First, Second, and Third place winners in each category as well as a few Honorable Mentions.

He also put a lot of effort into commenting on many of the shots, offering praise and/or advice on how the shot might have been made better. As it turns out, every member who entered the contest will walk away with at least one prize.



Prize . . . Did someone mention prizes??? Wow!!! Friends and sponsors of our **CLUB** donated almost \$1800 worth of prizes. There were a total of 85 individual items

donated from 15 different sources. Watch for all the details in the next newsletter to see which generous supporters offered what wonderful prizes! I know you will want to give these dedicated supporters your business when you are out there shopping!



Come join your **MARTIN DIVE CLUB** friends at our new meeting location, Johnny Rivers' Smokehouse restaurant. As usual, the gathering will kick off at 6:30 with socializing and drinks.



To simplify the ordering and serving process, Johnny's will be serving a dinner buffet for our crew for \$8 per person. It will be stocked with some of our favorites: pulled pork, smoked BBQ chicken wings, bread (for sandwiches), cole slaw, and baked beans. Your drink orders will be handled separately, and you'll pay as you go. Drinks are at happy hour prices until 7 pm. The specials are outlined below:

- Well drinks - \$1.25
- Margaritas - \$2
- Drink specials all night
- Draft beer (Bud and Bud Light) - \$1.

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.

Mike McCleskey

Message from Our President

Happy Holidays Everyone!

First, I want to thank Marie Frank for putting on one of the best Christmas parties ever! The food was awesome and the company couldn't have been better. I hope everyone had as much fun as I did.

Second, I want to thank everyone who attended the activities planning meeting. However, I must point out that only 5 out of 60 plus members were there, and more participation is desperately needed. Trips are this **CLUB**'s primary benefit, and organizers get big perks. Your **CLUB** officers are currently discussing upgrading the organizer's benefits to include free travel and diving. PLEASE . . . PLEASE . . . PLEASE consider sharing your experiences by organizing a trip. I am committed to offering the **CLUB** more trips than ever before, but I prefer that the trips originate from within. I will look to outside sources to get people in the water, but I prefer to keep costs down with a little silicon elbow grease.

Finally, a few thoughts on the approaching century . . .

There is no doubt that the next century will offer us diving opportunities that we can only imagine today. Did any of us ever think we'd be

diving with computers? How about underwater communication? These advances in technology allow us to dive more comfortably, enjoyably, and safely. I predict that an army of new divers will want to take advantage of this, and I feel that the **CLUB** is in a unique position to set a good example. If we collectively strive to sharpen our skills and share our experiences, we can help raise the standard for protecting ourselves and the environment. New divers will be looking to us . . . What will we show them?

See you at the first photo contest of the new millennium!

Mark DuBiel



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 Holiday Party!

On December 5, 27 **CLUB** revelers gathered for our annual Holiday Party. This year, we held the festivities at Lee's Lakeside on Lake Eola in Orlando.

Dinner was great! We had our choice of prime rib, chicken marsala, fresh catch of the day (salmon), and florentine pasta alfredo. We were serenaded by a pianist right next to our table.

We had another exciting gift exchange with great gifts brought by our inventive dive members. Participating in gift giving (and taking were: Mark and Sina DuBiel, Mike and Wendy McCleskey, Phil and Grace Hampton, Richard and Cheryl Pizon, Justin Hernandez, Tim Cole and Tatiana Tyler, Bill Paskert and Joanne Rowley, David and Maxine Henderson, Bob and Julie Austin, Ron and Joanne Mann, Bob and Sheila Grapentine, Bob and Linnea Knauer, Jeff Johnson, and myself.

Marie Frank



Joanne, Dave, Maxine, Jeff, Linnea, and Bob



Julie, Bob, Joanne, Ron, and Sheila





Sheila, Bob (yes, that's three Bobs on one side of the table), Sina, and Mark



Wendy, Mike, Phil, Grace, Sheryl, and Richie



Sheryl, Richie, Justin, Tim, and Tatiana



Tired of swinging the stick and the Pinata, Mark takes matters into his own hands . . .



We dined in elegance at Lee's Lakeside . . .



. . . but we didn't let that stand in the way of a really great time!



Would you take a present from this man?!



How many steals was that? I think she's got it!



Scenes from MDC's trip to Fantasy Fest '99

Editor's note:

Everybody on this trip must have had a really good time because nobody could fill out a trip report. Either they can't remember or they won't admit what went on? Anyway, to get the inside story about this great trip, contact one of the Conch wannabe's:

*Jim and Karen Streeter,
Mark and Sina DuBiel,
George and Patty McGuire,
Ron and Joanne Mann,
Sean Thompson, Dat Nguyen,
Shawn Coolican, Chuck Brown,
or Jason Tepes*



*The **MARTIN DIVE CLUB** leads the parade!*



Too much Fest! Several of the group missed the early call for golf



Karen and Jim preparing the champagne toast to open the golf tournament



George of the . . . ?

Preliminary Y2K Diving Opportunities

A small group of dedicated **CLUB** members showed up at Johnny Rivers' Smokehouse on Thursday, December 2nd, to start the planning for "Diving 2000." Some of the activities and preliminary dates are as follows:

- Jan 11th - Meeting - Photo Contest
- Jan ? - Manatee Trip - Mike McCleskey (have not confirmed date)
- Feb 5th - CPR class
- Feb 8th - Meeting
- Feb - Manatee Trip??
- Mar 14 Meeting
- Apr 11 - Meeting
- April (?) - Fantasia at IMAX theater and dinner - Marie Frank
- May 9 - Meeting
- May 12, 13, 14 - Looe Key - Marie Frank
- June 9, 10, 11 - Ocean Fest - Lauderdale by the Sea - Mark DuBiel
- June 13 - Meeting
- June 23, 24, 25 - Venice Beach Dive and Picnic - Jim Streeter
- July 11 - Meeting
- July 21, 22, 23 - Islamorada - Chuck Brown
- August 8 - Meeting
- Aug 18, 19, 20 - Key Biscayne - Marie Frank
- Sept 12 - Meeting
- Sept 15, 16, 17 - Islamorada and Ocean Point Condo - Mark DuBiel
- Oct 10 - Meeting
- Oct 27, 28, 29 - Fantasy Fest - Mike McCleskey
- Nov 14 - Meeting - Photo Contest
- Dec 10 - Christmas Party

Other ideas that we are looking into and/or are looking for someone to look into and run are:

- Camping trip - April time frame
- Putt Putt tournament - something for fun during the periods where there is not much diving
- Day trips to Palm Beach area (incl. Jupiter, Ft Pierce, Miami, Lauderdale by the Sea?)
- Live Aboard - Chuck Brown - looking at setting something up over 4th of July week (2 days of

vacation gets you 9 days off!)

Living Sea's dive

International trip - one person was interested in long weekend to Cozumel

Lobster Trip?

Short live aboard to Dry Tortugas.

If you are interested in helping plan and/or run any of the above, please contact me and let me know. Some of these might also be planned by the KSC Barracuda's. We have a reciprocal agreement with them to honor the other club's membership.

It would also help a great deal if you would tell me which trips you would be interested in going on so that I can let trip coordinators know. As members of the **CLUB**, we have historically been bad about waiting to the last minute to sign up. You can miss out on many of the better trips this way - especially the international trips by KSC.

David Henderson

Phone (407) 356-5157

Pager (407) 940-4391

Fax: (407) 356-7566

email (work) David.Henderson@lmco.com

email (home) dhend@magicnet.net

From The Orlando Sentinel, November 30, 1999

Recall: Sea & Sea underwater camera lights

What: About 7,000 Sea & Sea underwater camera strobe lights.

Reason: If the strobe becomes flooded, gas buildup can cause an explosion, endangering users or those close by.

Description: The recall includes all model YS-50 strobes, and model YS-60 and YS-120 strobes with serial numbers beginning with 94 or 96.

Sold from: February 1988 through March 1999 at scuba dive centers and photography stores nationwide for between \$500 and \$800.

What to do: If you suspect the strobe has flooded, bring it to an authorized repair center for a repair. Sea & Sea is offering a free replacement battery cap with a vent that prevents gas buildup within the strobe. Call Sea & Sea toll free at 1-800-732-7977.

The Psychological Trauma of Diving-Related Incidents

While there is always due concern and care for the injured diver, we often forget to care for another set of divers involved: the survivors and witnesses of these incidents. Although recreational diving is a relatively safe sport, accidents and injuries are inevitable. And because recreational diving is not a solitary avocation, there will almost always be a witness or a “survivor” to any accident. In the case of boat charters or diving groups, the entire boat – non-diving passengers, divemaster, and boat crew – would be considered survivors.

Especially in the case of a fatality, these survivors may experience signs of post-incident stress, which may include: confusion, disorientation, difficulty in making decisions, emotional shock or feeling of emotional numbness, grief, anger, depression, feeling of helplessness, dizziness, elevated pulse, rapid breathing or feeling that you can’t get enough air with each breathe, tightness in the chest or pit of the stomach, excessive sweating, loss of appetite, insomnia, loss of energy and enthusiasm, withdrawal from others, and lapses into prolonged silences.

Although it’s termed “recreational,” be aware that diving itself creates a special kind of stress – it places the body under a certain amount of physical and psychological stress. This in turn can often increase the impact of further, incidental stressors. Be aware also that these stress symptoms may mimic, or even mask, other symptoms, such as late decompression illness (DCI). For this reason, dive-related stress may be misdiagnosed or undiagnosed, and more often than not may be left untreated.

Say, for example, that you are the first back to the boat after a 70-foot dive. You are well into your surface interval, enjoying an ice-cold soda and talking with your buddy about the barracuda you saw around the wreck below. As the minutes pass the other divers surface, including the divemaster. Ten minutes pass and all but two of the divers are back. Another five minutes pass, and the divemaster is now growing concerned. Suddenly a diver pops up, signaling for help. The diver’s buddy

lost consciousness while inside the wreck and there is no way to get him out without assistance. Even though the divemaster knows he will exceed the no-decompression limits, he elects to respond to the emergency. The crew lowers additional tanks to a decompression stop and summons emergency services. They manage to rescue the diver, but he will require extensive recompression treatment and hospitalization.

Following the incident, the remainder of the dives are canceled for that day, and you and the other divers return to your hotels. The cases of DCI – that of the rescued diver and the divemaster – are reportable incidents. They can be – and are – discussed. But, as a survivor, your subsequent emotional shock, restlessness, and uncertainty about getting back into the water, go unobserved. What can you do? If you find yourself experiencing any of the signs of excessive stress, seek qualified medical attention first. If, after your own dive, you have numbness, tingling, or loss of sensation in one or more limbs or in the face, seek immediate help.

Following this, within the first 24 to 48 hours after witnessing a dive incident, keep these points in mind.

1. Remember that these negative reactions are normal responses to excessive stress.
2. Remember that others in your group are feeling the same way. Talk to them and allow them to talk to you. By helping them, you help yourself.
3. Stay active. Exercise is important, even if you don’t feel up to it. Take a swim or go sightseeing.
4. Eat nutritious and regular meals. Eat a little something, even if you don’t feel up to it.
5. Don’t resort to the use of drugs or alcohol in an attempt to mask your feelings. This only makes the problem worse in the long run.
6. Don’t make hasty decisions – e.g., terminating your vacation prematurely. Give it a day or two.
7. Don’t fight nightmares or insomnia. These, too, are normal reactions and will lessen in time.

** Information for this article was obtained from the November/December 1999 issue of Alert Diver.*

Sina DuBiel

Cozumel, One More Time . . .

Marie's Group's Post-trip Get-together

Recently, the **CLUB** members that went to Cozumel in September with Marie's trip got together to celebrate and share their photos and video. We all had a great time and enjoyed the treats and the memories.

Joanne, did the decoration! Ole.



Bill Paskert



Ralph and Gwen Rolape, Marie Frank, and Ed Spiegel



Joanne Rowley, Tatiana's friend, Jason Tepes, Dorothy Chapman, Tim Cole, and Tatiana Tyler



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).

Member News

Denver's New Ocean Journey

During September, our family had a chance to visit Denver and tour the new Ocean Journey Aquarium. We stayed with former Club members, Lisa and Kevin Redmond, who work at the Littleton branch of Lockheed Martin. If you are ever in the area for business or pleasure, plan half a day to see this aquarium!

The aquarium is in a 107,000 square foot building and cost \$93 million to create. Similar to the Florida Aquarium in Tampa, it traces the Colorado River to the open ocean. They have some very playful, and large, sea otters, and some energetic Sumatran tigers. We weren't sure what the tigers had to do with the underwater world, but they were in a huge habitat and were having a wonderful time playing with a big ball in the water. There was also a station where you could pet horseshoe crabs and a flash flood reenactment that definitely got

everyone's attention. The large gift shop is filled with artwork, jewelry, and learning toys; not just the typical cheap junk. We did some shopping for the Martin Dive Club Christmas Party Gift Exchange while we were there.

And speaking of Tampa, everyone has been over there to the Florida Aquarium, haven't they? It is a beautiful building with tons of things to look at and do.

Wendy McCleskey

Check it out on the World Wide Web:

Denver

<http://www.oceanjourney.org>

Tampa

<http://www.sptimes.com/Aquarium/Default.html>



MARTIN DIVE CLUB

MP 60
2924 Crystal Creek Blvd
Orlando FL 32837

Upcoming Events

- January 11 - Meeting: Photo Contest - Take 2
- January ? - Manatee Trip
- February 5 - CPR Class
- February 8 - Meeting, Guest Speaker