



MARTIN DIVE CLUB

News



November 2000

Annual Photo Contest Results at Our Next Meeting!



The results are in! Our esteemed judge, David Ballou, the Photo Chairman for our sister club, the KSC Barracuda's, has done an outstanding job of assigning winner standings. He

said there were many very tough decisions to reach. David was impressed with not only the quality of the entries, but also in the quantity of members who entered their photos.

We had 13 members enter 64 photos in all ten categories. As usual, we have over a thousand dollars in merchandise to give out as prizes for these wonderful photos.



You know, the next best thing to diving is looking at beautiful pictures from diving. So, plan to come out to Johnny Rivers' Smokehouse on Tuesday night to see for your self and maybe pick up a few tips to improve your own photography!

Mike McCleskey



Come join your **MARTIN DIVE CLUB** friends at Johnny Rivers' Smokehouse restaurant on Tuesday, November 13th. As usual, the gathering will kick off at 6:30 pm with socializing and drinks.

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 rib, pulled pig, 1/4 chicken, bread, cole slaw, and baked beans. Your drink orders will be handled separately; please pay your server accordingly. Drinks are at happy hour prices until 7 pm.

Tell Us What Kind of Diving You Like!

Participate in the planning stages of next year's dive activities. Where, when, how much, how long, live-aboard, all-inclusive? Come to the next Officers' meeting on December 5th or let one of them know what you think! (I don't mean it that way!)

Mike McCleskey



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.

Message from Our President

Hello Fellow Divers!

My thanks to Marie Frank who ably chaired the last **MDC** members' meeting on Tuesday, October 10th. From all reports the meeting and the presentation by Sue Edwards of *SeaSigns* of Melbourne went very well. Twenty-two persons were in attendance and Johnny Rivers' provided their usual great bill of fare!

Angie Parker, PADI Diving Society Benefits Manager and certified diving instructor, attended to present the Post-Meeting Clinic on Dive Tables, their correct use, their background, and the different formats they come in.

I would appreciate your feedback in order to determine if this kind of Post-Meeting Clinic should continue or the approach be modified.

Lockheed Martin sponsored a Family Day 'Open House' event on Saturday, October 14th, for employees and their families. This was also an opportunity to promote Company-sponsored clubs. Our thanks to Marie Frank, Bill Paskert, and Sheila Grapentine who staffed our **Club's** booth, answered questions, and showed videos of **Club** dive trips.

This month's members' meeting will be exceptional. The results of the Annual **MDC** Photo Contest will be announced. Prizes will be awarded, and all entries will be displayed. Be sure you are at the meeting to see all of these great entries for yourself and to see such entry categories as "Most Likely to Embarrass." [Editors Note: Why is Mike McCleskey in most of these?] Please come out, support your friends, and enjoy an evening of exquisite underwater photography.

Be sure to make your reservation today for the **MDC** Holiday Party on December 3rd! Last year we all had a great time at *Lee's Lakeside* and this year promises to be a grand repeat performance! Bring a wrapped gift of \$10 value and enter into the fray. Last year's gift swap was an absolute blast with several unexpected turn-of-events!! Contact Marie Frank for reservations. The **Club**-subsidized cost is \$20 per person.

The **MDC** has been in communication with the renowned shark researcher Gary Adkison of Walkers Cay in the Bahamas. 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. We're excited to

[See 'President's Column' on page 9](#)

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

Shark Whisperers



Hear Gary Adkison's exciting and informative experiences during observations with thousands of sharks in hundreds of open ocean dives. 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.

Sharks and new behavioral facts learned in working with Bull and Great White sharks. Gary has just returned from Britain, where his presentation was billed as "Shark Whisperers, or How to Communicate with a Man-eater."

Gary Adkison

Dive, Fishing, and Marina Operations Manager

Walkers Cay Hotel and Marina

Walkers Cay, Abaco Islands, Bahamas



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

*December 12, 2000, 7:00 p.m.
Lockheed Martin Information Systems
12506 Lake Underhill Road
Orlando, Florida
1 mile south of Highway 408 (E-W Expressway)
at Rouse Road*

*Seating Will Be Limited
Contact Bob at (407) 306-6914*



*Come to Our annual Holiday Party!
Sunday, December 3
Lee's Lakeside, Downtown Orlando*

*The Menu includes your choice of:
Prime Rib of Beef au Jus, Breast Of Chicken Marsala, Fresh Catch
Of the Day, or Florentine Pasta Alfredo (that got rave reviews last
year!)*

*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.*

*We have a private room for our party at Lee's Lakeside, which is
located on the south side of Lake Eola in downtown Orlando.*

This will be an entertaining and fun evening!

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

Cost is \$20 per person.

For reservations and more info call:

Marie Frank at (407) 356-8256



Underwater Communications

Ever have a problem communicating with your buddy during a dive? The speaker for the **Martin Dive Club** October meeting described SeaSigns, Inc. – Dive Signs for Underwater Communication – based on American Sign Language for Scuba Diving Fun and Safety.

Did you wonder what your dive buddy was trying to tell you while on that dive but had to wait till you got back on the boat to find out you missed that Sea Horse or some other aquatic animal you have never seen before? Our October guest speaker, Sue Edwards, filled us in on how easy it is to communicate with your dive buddy using SeaSigns.



Practicing signing "Wow!"

CLUB Business

We introduced new members Mike and Gail Newson. The Photo Contest prize collection is underway and entries were due at the meeting. We discussed the "Under the Sea Adventures" weekend events coming up at the Orlando Science Center. Mike Frank, who is president of the Blue Dolphins Dive Club, talked about the upcoming auction fundraiser for DAN (see the information on the last page of this newsletter).

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
Joanne Rowley	Ice Cream	Marble Slab
Susan Rauckman	Gift Certificate	Creamery
Wendy McCleskey		
Sue Edwards	T-shirt	Divers Outlet
Ron Mann	Scuba Key Chain	Divers Outlet
Grace Hampton	Divers 1st Aid Kit	Divers Outlet
Angie Parker	Drink Hugger	MDC
Jim Streeter	Drink Hugger	MDC
Shelly Hayes	2 Whistles	MDC
Torey McCleskey	2 Light Sticks	Divers Outlet
Mike McCleskey	Fanny Pack	Divers Outlet

In the Monthly Raffle, Karen Streeter won another bottle of 'special vintage' **MDC** wine, Bill Paskert won a T-shirt, and Angie Parker, our Post-Meeting Clinic speaker from PADI, won some Regal Cinema movie tickets.



Hold (on)

The answers to last month's question: What is this guy trying to tell us?



Keep Cool

Sue is a PADI Instructor with a specialty rating. She lives in Merritt Island, Florida, and travels quite extensively, speaking and training about SeaSigns, which is based on the American Sign Language. Sue showed a 15-minute promotional and instructional video on SeaSigns and also demonstrated the instructional flash cards.



Fantasy Fest Survivors 2000

The weekend prior to Halloween, eighteen MDC members and friends participated in our annual pilgrimage to Key West for Fantasy Fest, the wild and rowdy street festival that could only happen in our southernmost city. This year's theme of "Circuses and Sideshows" certainly played out as costumes ranged from a giant pink elephant and handler to a whole group of bearded women.

Friday night is the warm-up for the main event on Saturday. Newsletter editor extraordinaire, Bill Paskert, and his crew took the prize for heartiest partiers Friday night, clocking in back at the hotel after 4:00 AM Saturday morning. Jim and Karen

Streeter didn't hang in there nearly so long, but they had a great time (not that they remember it themselves).

Saturday morning dawned with the Annual **MDC** Bloody Mary Invitational Carpet Golf Championships on the lawn of the beautiful Sugar Loaf Lodge. Seven survivors showed up and while we did the Bloody Marys justice, no golf was played. After lounging around for a while, we decided to take our Bloody Marys to the restaurant and order breakfast. Later, everyone headed back into town for the Saturday festivities.

See 'Fantasy' on page 7

Lotion blocks jellyfish sting

Israeli scientists devised the cream after studying the secretions of the tiny clown fish.

REUTERS

TZEMACH, Israel - Israeli scientists have seized on the secrets of the tiny clown fish to produce a lotion they say prevents the nemesis of swimmers - a jellyfish sting.

A cream developed by marine biologist Amit Lotan and his molecular scientist wife, Tamar, mimics the defensive secretions of the clown fish, which lives without being stung in the tentacles of the sea anemone, a type of jellyfish.

Using expertise garnered from more than a decade spent analyzing the sea creatures, Lotan has developed active compounds similar to those produced by the clown fish.

"This is really a breakthrough. Most creams give relief after someone is stung, but this is the first that actually prevents the sting in the first place," he said in his laboratory on the shores of the Sea of Galilee.

After coating his hand with the lotion, he placed it in a tank of white parasol-shaped jellyfish that are prevalent in the Mediterranean Sea. The lotion inhibited the painful or even fatal stinging mechanism that can inflict lacerating welts and burning blotches on its victims.

Jellyfish have remained remarkably simple organisms in more than 700 million years of evolution. They lack muscles, bones and the ability to hear and see but their complex stings, one of the fastest mechanisms in nature, have defied scientists.

Lotan founded the Nidaria company with old school friend Chen Porat two years ago to produce and market the patented cream. About \$500,000, most of it from the Israeli government, has been spent, and it hit U.S. and Israeli markets this year under the Skin Guard brand and their own "SafeSea" name.

"The response has been very encouraging. We have been contacted by people from fishermen in Alaska to swimmers in Florida," Porat said.

Nidaria is negotiating with sunscreen makers around the world including Coppertone and Hawaiian Tropic in the United States to manufacture jointly a one-stop beach cream.

"Our long-term aim is that people will one day automatically take sunscreen with an anti-jellyfish component when they go to the beach," Porat said.

An estimated 130 million people head every year for waters infested with 300 species of jellyfish. The most severe concentrations are in Florida, the Caribbean, the Far East and the Mediterranean, where millions of the creatures can swarm in summer.

Captain Mike and Wench?



As usual, a contingent from MDC carried the banner to lead the Saturday night Twilight Fantasy Parade, the climax of the entire festival. There was much fun to be had cruising the streets and bars of Duval Street; and as far as I know, no one was arrested and I have confirmed that MOST of the participants actually escaped the Keys and returned to their mild-mannered lives back in the real world.

There is no doubt that there will be many incriminating photos floating around, so keep your eyes peeled. Overall, we could not have asked for any more perfect weather, or any better place or group of friends to share the fun. If you have never been to Fantasy Fest, ask around. It is never too early to get your deposit in for next year's trip . . .

Mike McCleskey



I'm Afraid We Must Talk About . . .

PANIC UNDERWATER

A silent, serene paradise - that's the usual picture of the watery world of scuba diving. But is there terror in paradise?

Yes, according to a new study that suggests episodes of panic or near-panic may explain many recreational diving accidents and deaths. In a national survey, more than half of divers reported experiencing at least one panic or near-panic behavior, says William Morgan, director of the Sport Psychology Laboratory at the University of Wisconsin-Madison and the principal author of the study.

The panic attack was often spurred by something that a non-diver would deem serious - entanglement, an equipment malfunction or the sight of a shark. But the attacks don't make things better, Morgan says - they can lead to irrational and dangerous behavior. If divers and instructors knew more about the phenomenon, Morgan adds, they could screen out people who might be susceptible to life-threatening panic attacks.

Want to learn more about panic underwater?

Q. How common is the problem of panic in scuba divers?

A. Over half of the scuba divers in our study reported that they had experienced panic or near-panic episodes on one or more occasions.

Q. How do men and women compare on the incidence of panic behavior while diving?

A. More men than women go scuba diving. One recent study revealed that 71% of the respondents were male. Although panic was significantly higher among women (64%) compared to men (50%), more men (48%) than women (35%) perceived the events as life threatening.

Q. Are panic attacks restricted to novice or beginning divers?

A. No. Scuba divers with many years of experience sometimes experience panic for no apparent reason.

One theory is that panic may occur in such cases because divers lose sight of familiar objects and experience a form of sensory deprivation. This problem has been labeled the "blue orb syndrome." However, among inexperienced divers, there is usually an objective basis (e.g., loss of air or a shark) behind the panic response.

Q. What exactly do you mean by "panic behavior" in a scuba diver?

A. It's when a diver behaves irrationally. There is usually an objective, observable stimulus responsible for this behavior, such as the sudden appearance of a shark, loss of visibility, loss of air, entrapment in a kelp bed, and so on.

If, for example, a problem develops with the air regulator, the restricted airflow could prompt the diver to ascend rapidly enough to cause an air embolism (bubble) in the bloodstream, which can be fatal. This would be considered a panic response if the diver had access to a pony bottle (an emergency air supply) or other divers who could share their air supply, allowing a gradual ascent.

There have also been eyewitness accounts of divers removing their regulators underwater, apparently because they incorrectly thought their air supply was inadequate.

Q. Are certain diving activities more likely to lead to panic episodes?

A. Yes. Diver panic is usually caused by such objective stresses as equipment malfunctioning; marine life (e.g., sharks); loss of orientation during a cave, ice, or wreck dive; and so on. Diving with faulty or inappropriate equipment or performing high-risk dives has greater potential for panic episodes. But remember that these problems can be prevented or minimized with appropriate training and cautionary actions.

See 'Panic' on page 9

Q. Can psychological strategies be used to reduce risk levels?

A. Apparently not. Interventions such as biofeedback, hypnosis, imagery, and relaxation that are used in an effort to reduce anxiety responses in scuba divers exposed to various stressors have not been effective. Research has shown, for example, that hypnosis is effective in relaxing scuba divers, but it can also have the undesired effect of increasing heat loss in divers. Relaxation can lead to increased anxiety and panic attacks in some "high anxious" individuals (this phenomenon is known as relaxation-induced-anxiety, or RIA). Individuals with a history of high anxiety and panic episodes should probably be identified and counseled during scuba training classes about the potential risks.

Gwen Rolape

Information for this article was obtained from: <http://whyfiles.org/sports/scuba/qlist.html>



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/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.

**'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

'President's Column' from page 2

announce that Mr. Adkison has graciously agreed to speak the **Club**, the Barracudas, and other divers from Central Florida on Tuesday, December 12th. The title of his presentation is "Shark Whisperers, or How to Talk to a Man-Eater". The **Club** has secured the use of the 130-seat auditorium at the East Side Facility to accommodate the interest that this presentation is surely to draw. Please mark this date on your calendars now, and *help us spread the word about this fabulous opportunity in December!!!* More information to follow!!

Looking forward to seeing each of you at the meeting on November 14th!

Bob Grapentine

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).

Blue Dolphin Dive Club 8th Annual “Road Kill Roast and DAN Benefit Auction”

Saturday, November 18th 2000

A Saturday in the park, great Bar-B-Que and fixin’s plus your chance to pick up some great deals in diving equipment, dive trips or maybe that something special you have been wanting to sell also! Always looking for something to spend those Christmas dollars on? This could be it! The Road Kill Roast and DAN Benefit Auction has been an annual event for BDDC members, friends, and family to bid on items to benefit Diver’s Alert Network (DAN). Lunch will be served at 11:30 am; then the auction will begin shortly there after at 1:00 pm. So plan ahead to be on time for it! Bids will be detailed at the time the item is presented.

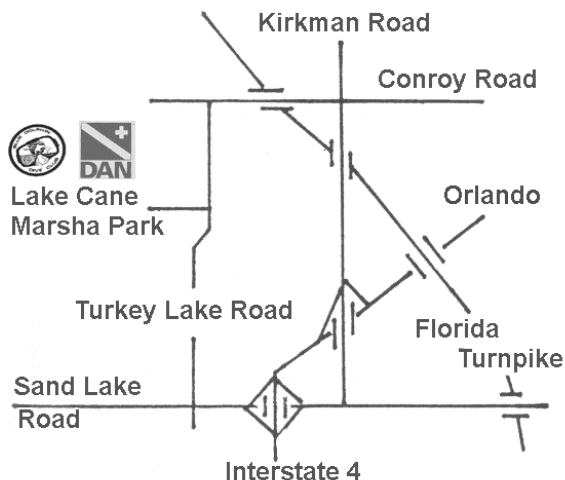
Where Is It, and How Do I Get There?

Lake Cane Marsha Park is the place you want to be! Please refer to map for location...

If you are driving I-4 east from Disney, exit at Sandlake Road (make a left to go under the overpass), then make a right on Turkey Lake Road. Drive past Universal Studios. Lake Cane Marsha Park will be on your left just before Conroy Windermere Road.

If you are driving I-4 west from Orlando, exit at Kirkman Road (heading towards Universal Studios), then make a left on Conroy Windermere Road, then a left on Turkey Lake Road. Lake Cane Marsha Park will be on your right.

Please note: This is a county park; therefore, alcoholic beverages are not permitted. Thank you!



MARTIN DIVE CLUB
MP 6
4021 Seabridge Drive
Orlando FL 32839

Upcoming Events

- November 14 - Meeting, Photo Contest Results
- November 18 - Road Kill Roast DAN Benefit
- December 3 - Holiday Party, Lee's Lakeside
- December 5 - Officers meeting and Dive Activity Planning Meeting
- December 12 - Meeting, "Shark Whisperers" - Gary Adkison