



# MARTIN DIVE CLUB

## News

February 2001



## Pierce Hoover, Editor of *Sport Diver* Magazine, at Our February Meeting

### Plan for Dive Safety

Come join your **MARTIN DIVE CLUB** friends at Johnny Rivers' Smokehouse restaurant on Tuesday, February 13th to hear Pierce Hoover's insights on ensuring the safety of your diving experience. As usual, the gathering will kick off at 6:30 pm with socializing and drinks.



Pierce Hoover is the editor of *Sport Diver* magazine, which he founded in 1994. He has been diving for more than 20 years and has traveled to locations around the world in his capacity as a dive journalist. His special areas of interest extend into technical and cave diving, but he also logs several hundred ocean dives each year at dive resorts throughout the Caribbean and Pacific. Most recently, Pierce has been involved in the creation of the Philippe Cousteau Foundation and in formulating programs that allow recreational divers to partner with marine scientists engaged in important research and conservation efforts.

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.



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.

## President's Column

Hello Fellow Divers!

We had a good turn-out in January for our speakers from the PADI Diving Society. Angie Parker, the PADI Diving Society Benefits Manager, and Brian Courtney, the Senior Editor for *Sport Diver* magazine, made excellent presentations. Angie addressed upcoming PADI diving events and future Society plans in detail after which Brian provided behind-the-scenes commentary and insights into *Sport Diver* articles and photography.

Angie concluded by giving those present a thorough hands-on refresher in the use of Dive Tables. I, for one, really appreciated the practical refresher calculating nitrogen build-up for multiple dives. Angie and Brian provided numerous door prizes as well as a pair of Tigullio fins that were raffled off with much success. Many thanks to them both!

It is my hope that **MDC** will establish a continuing association between **MDC** and the PADI Diving Society. The Society is headquartered in Winter Park, Florida. I believe an ongoing relationship will be a very positive benefit for both organizations.

Our speaker for the February 13th **MDC** meeting is Pierce Hoover, Editor of *Sport Diver*, who will speak to us on dive safety.

The **MDC** has many exciting dives and special events planned for this year. Watch for more details and information soon!

Looking forward to seeing each of you at the meeting on February 13th at Johnny Rivers!

*Bob Grapentine*



### Your Officers and Staff

President <b>Bob Grapentine</b>	(407) 306-6914	Activity Chairperson <b>Mike McCleskey</b>	(407) 273-6655
Vice President <b>Marie Frank</b>	(407) 356-8256	Meeting Chairperson <b>Karen Streeter</b>	(407) 351-1514
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# We Brushed Up on Our Skills with PADI's Angie Parker at Our January Meeting

## Her Entertaining Review of the 'Dive Tables' Will Help Us Be Better Prepared for the Diving Season

Angie Parker is the Manager of the PADI Diving Society and an active PADI Instructor who lives and teaches in Orlando. She has been diving 18 years and has logged over 3,000 dives. Angie was previously with Divers Outlet in Orlando, Sea World of Florida in the Aquarium department, and is an alumna of University of Central Florida.



*Angie, Parker of the PADI Dive Society*

The Diving Society is a national dive club jointly sponsored by PADI Americas and World Publications. The Society currently has over 200,000 members and is headquartered in Winter Park. Angie is working toward a network of local clubs and dive businesses, so that members could get free air fills and discounts at many participating providers.

Angie spoke about everyone's old favorite, the much neglected but still needed "Dive Tables." She



*Marie, Karen, Jim, and Angie with door prizes*

emphasized that you should never do them 'in your head' and that you should do them with a buddy. Another point was to use more than 3 minutes at your safety stop and to use this time to practice your buoyancy control.

Angie also told us about the PADI Diving Society and their official publication, Sport Diver magazine. In addition, she introduced Brian Courtney, senior editor at Sport Diver, to us. Brian talked about his role in the magazine and some of his diving experiences.

Angie told us of many of the trips and activities that she has led for the Diving Society and of the plans for more trips in the future.

Last, but certainly not least, we had our famous prize events. Our thanks to PADI Diving Society for Tigullio dive fins for the Monthly Raffle and the PADI bags (coozie, shirt, and bag) for door prizes. Karen Streeter, Marie Frank, Mark DuBiel, Sheila Grapentine, and Dean Hayes won the door prizes and Chuck Brown won the Monthly Raffle.



*Bob and Angie congratulate Chuck, the winner of the fins donated by the PADI Dive Society*



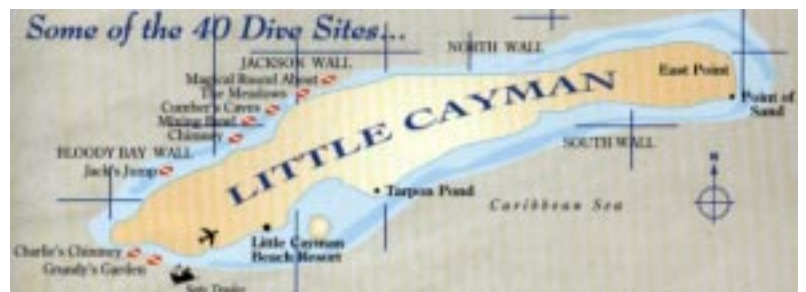
# MDC Does Little Cayman Island April 13 - 20

Join your friends in **MDC** for our first International trip of the year to the unbelievably beautiful reefs of Little Cayman Island and Bloody Bay Wall! National Geographic calls it "the best diving in the Caribbean." The late Philippe Cousteau considered it one of the three finest dive areas in the world. According to a recent survey of Rodale's *Scuba Diving* magazine readers, Little Cayman Beach Resort took first place for favorite wall diving in the Caribbean, second place for favorite reef diving, and ranked in the top five Caribbean destinations for sea life, photography, and advanced diving.



The **MDC** package includes three gourmet meals daily, three dives per day, round-trip air from Miami to Little Cayman, and double occupancy accommodations in Little Cayman's only deluxe resort including air conditioning, private balconies, color TV, ceiling fans, pool, Jacuzzi, etc., etc. This is truly world-class diving at a top-rated resort. The cost for our group of 12 is \$1900 each for 8 days and 7 nights, April 13 - 20. Help Wendy and others celebrate a special birthday. To reserve your spot, get a \$500 deposit in the hands of Mike McCleskey before February 9th. Call Mike with any questions at (407) 273-6655 (home) or (407) 657-3370 (office).

*Mike McCleskey*



# *MDC Goes to Cozumel*

*August 30 - September 6*



*8 days, 7 nights at Cozumel's favorite dedicated dive resort, Scuba Club Cozumel. Price includes three meals a day, two boat dives and unlimited shore diving, and round-trip air fare from Orlando!*



*You'll be close enough to walk into town with many other options for mainland excursions, Mayan ruin tours, and more.*

*World-class diving, 200-foot visibility, lush coral reefs and walls, and exotic sea critters large and small.*

*\$995 includes everything but your drinks and souvenirs.*

*Limit 20 people*

*\$200 deposit due by April 1*

*For more information, contact Marie Frank at (407) 356-8256 or (352) 242-1102*



# Safety Chairperson

## Top 10 Reasons You're Having A Bad Dive

Which of the following have you experienced as a diver: (a) headache, (b) fatigue, (c) being scared witless, (d) being embarrassed, (e) being miserably cold, (f) tossing your cookies, or (g) all of the above?

For most divers, the answer is (g) for one simple reason: we've all had bad dives. The trick is to have fewer and fewer of them as we gain experience and knowledge. Wouldn't it be nice to shorten the learning curve? That's why we at ScubaLab put our heads together to come up with these top 10 causes for bad days in the water. Eliminate these and you'll greatly reduce those times when you're forced to ask diving's most existential question: "Why the heck am I doing this?"

### Poor Breathing Habits

**The Problem** - Instructors and textbooks do divers a serious disservice when commanding students to breathe in a "normal and continuous manner while not holding their breath." Breathing under water is not natural or normal; it is the most significant adaptation we make as scuba divers. Water pressure and the mechanics of regulators make underwater breathing resistive - you have to work to do it. As a result, breathing on scuba is best done in a slow, deep, relaxed manner with emphasis on the exhale.

**Fix It** - On land, our normal involuntary breathing pattern is: inhale, exhale, pause ... inhale, exhale, pause ... and so on. Under water, our correct adaptive breathing pattern is: exhale, inhale, pause ... exhale, inhale, pause ... and so on. This breathing pattern is the primary way to tell a comfortable and experienced diver from a struggling novice who uses too much air. The airways of a relaxed, healthy diver are self-venting, so the pause in the breathing cycle is not of concern. Of course you still need to follow the well-founded recommendations to avoid lung overpressure accidents:

- \* Have clear, healthy lungs: no disease, recent illness or smoking.
- \* Do not surface while holding your breath.
- \* Avoid ascending at high speeds.

**Fix It** - Part of making diving easier and more enjoyable is owning the best-performing regulator you can afford and taking good care of it. This will greatly reduce your work of breathing. Many quality regulators are now available starting at prices as low as \$200.

### Poor Buoyancy Control

**The Problem** - The inability to stay neutral in a relaxed state is another hallmark of the struggling novice diver, who works too hard, uses air too quickly, sees very little and does not enjoy diving. Buoyancy control



starts with a BC that fits you, is comfortable and is of the correct buoyant lift for your type of diving.

**Fix It** - Another key to buoyancy is proper weighting. You should wear just enough lead so you can be neutral during your safety stop at 15 feet, with 500 psi in your tank and no air in your BC. As a result, under most dive conditions you will start your dive slightly negative to compensate for the weight of air used during the dive.

**Fix It** - Proper buoyancy control also requires awareness and anticipation. As you go deeper, you add small amounts of air to your BC; as you ascend, you vent small amounts of air. In each case you need to allow time for your actions to take effect and then continue to adjust as needed in small increments. The more exposure protection you are wearing, the more you will need to adjust.

**Fix It** - Buoyancy can also be fine-tuned by varying the size of your breaths. Three to six pounds of buoyancy is available in your lungs without any forceful breathing. By simply taking a larger than normal breath you can float up or, by exhaling more completely, you can sink. Lung volume provides an easy way to ascend a few feet to swim over a reef or rock pile and then to drop back down without using your BC.

### Poor Use of Fins

**The Problem** - Improper kicking leads to unnecessary physical stress, increased air consumption and fatigue while diving. Even an excellent pair of fins cannot make up for a poor kick.

**Fix It** - ScubaLab's tests of fins have repeatedly reinforced these important principles of using fins efficiently:

- \* Avoid surface swimming. Scuba fins work better under water than on the surface.
- \* If you must swim on the surface, fins work better if you're on your back.



- \* The most efficient kick is strong, steady and even, done from the hips with legs as straight as possible and toes pointed. Most fins perform best with a slow kick.
- \* Optimum underwater swimming position is near the horizontal position, with head slightly above and fins slightly below the horizontal plane.
- \* To reduce drag and maximize your kicking effort, streamline your gear as much as possible, carry only the gear you need, weight yourself for neutral buoyancy and use the smallest BC that is adequate for your type of diving.
- \* Select fins that fit you comfortably, yet are snug enough so they do not wobble on your feet.

### **Poor Fitness**

The Problem - This includes both physical and mental fitness, both long-term and, especially, short-term. Overindulgence - whether food, tobacco, drugs or alcohol - the night before a dive has been implicated in numerous scuba accidents. Heart disease may be a factor in as many as one-third of all scuba fatalities. Talk about a bad dive ...

Fix It - Be honest with yourself. Do you want to party or dive on your vacation? You might be able to get away with both for a while, but eventually your body will make the decision for you - and you may not like the results.

### **Excessive Stress**

The Problem - Diving should be fun. It should not be hard work, a constant worry, a physically fatiguing experience or a draining mental burden. Proper fitness, training and equipment are the basics of avoiding excessive stress. So are breathing easy, going slow and relaxing. But how can you achieve and maintain this sense of calm under water, especially when faced with a difficulty?

Fix It - A system of deliberate pauses will greatly improve your diving and prevent stress. This simply means that at each major transition point - before gearing



up or entering the water, at the surface and before descending, when arriving at the bottom and before ascending, at the safety stop, and again when arriving on the surface or before exiting the water - you simply:

- \* Pause.
- \* Check yourself, your gear, your buddy and the environment.
- \* Take time to allow your body and mind to adjust to the many changes you are undergoing.
- \* Compare instruments and communicate with your buddy as needed.

Fix It - When faced with a diving difficulty, there is also a procedure to follow that reduces stress and allows problems to be solved under water:

- \* Stop.
- \* Breathe easy.
- \* Get under control.
- \* Take deliberate action.

### **Inadequate Protective Suits**

The Problem - Less suit protection means less weight and less restriction to your movements. Unfortunately, it also means falling victim to the most common mistake in exposure protection: too little of it, leaving you vulnerable to hypothermia (even in warmer waters) and injury.

Fix It - Do not be misled by manufacturer claims that impregnated skins are equal to wetsuits or that impregnated neoprene allows you to use a thinner suit or less coverage. Wetsuits work for four reasons: they are made of quality neoprene, contain bubbles uncollapsed by use, are of adequate thickness and fit you snugly. If you're lucky, you will fit a stock size; if not, tailoring or a custom suit is the way to go.

Fix It - Follow these protection recommendations for temperature ranges:

Skins: 75°F and up

Wetsuits (thin or partial): 70°F to 80°F

Full Wetsuits: 55°F to 70°F

Dry Suits: 32°F to 65°F.

## Headaches

**The Problem** - A headache during or after a dive can result from a variety of causes. The most common are poor breathing habits (resulting in buildup of carbon dioxide); anxiety; not equalizing properly, particularly the sinuses; cold water on the head; physical stress or tension, particularly to the back and neck areas often related to swimming or the lifting and carrying of gear; sun glare; mask or neck seal too tight; biting down hard on the mouthpiece; lack of food; dehydration; use of alcohol or a hangover; poor air quality from exhaust fumes while on deck or from the compressed air; underlying short- or long-term medical conditions ranging from women's menstrual cycles to migraines; seasickness; and lack of general fitness. More serious and usually more clearly defined are head injuries due to a blow to the head, saltwater aspiration, carbon monoxide poisoning, decompression sickness and air embolism.

**Fix It** - Prevention and cure means dealing directly with the cause, whether it's diving-related or not. To reduce the effects of the more common headaches, after the dive you should:

- \* Get out of your gear and get comfortable.
- \* Eliminate the cause if you know it.
- \* Stay in the fresh air.
- \* Drink lots of water.
- \* Take an oral, nonprescription pain medication. (However, some believe that pain medications could mask more serious symptoms or have side effects. It's your call.)

## Not Equalizing

**The Problem** - Failure to equalize properly can end your participation in scuba diving. Due to both the anatomy and physiology of the air spaces in different people's heads, ease of equalizing varies greatly among divers. The short-term effects of colds and related maladies also affect your ability to equalize.

**Fix It** - The keys to equalizing include:

- \* Practice equalization gently on the surface while preparing to dive.
- \* Equalize on the surface just before your descent.
- \* Equalize gently, early and often during the descent; do not wait for pain or discomfort.
- \* Use the easiest and gentlest equalization technique that works for you. Some divers hold their nose and blow, others snort into their masks, some swallow, others yawn, and a few just wiggle their jaws or exhale against their tongues.
- \* If you encounter problems, ascend a few feet and gently try again.

**Fix It** - There are a variety of tricks of the trade that have been handed down by the "old salts." Some will work for some divers and not for others, and some of the techniques are not commonly advocated by diving authorities. But if you are having trouble, you can try:

- \* Chewing gum between dives.
- \* Tilting your head from side to side, stretching and relaxing the neck muscles.
- \* Exhaling through your mask without holding your nose.
- \* Flooding or completely removing your mask and then clearing it.
- \* Inhaling saltwater up one nostril and blowing it out the other before the dive.
- \* Taking an oral and/or spray decongestant.
- \* Staying in a head-up, feet-down position during descent.
- \* Using the anchor line to control your descent.
- \* Diving to the depth of equalization, staying at this depth until you are able to clear more easily and then proceeding down.
- \* Seeing a diving ENT (ear, nose and throat specialist) for medical evaluation and other possible solutions.

**Fix It** - Ear clearing can also be more psychological than physiological. Often, reluctant students or novice divers are unable to equalize for no clear reason or can descend only when in physical contact with the dive leader or when they are distracted. In these cases, the mental stress needs to be given as much attention as the physiology of equalizing.

## Seasickness



**The Problem** - Seasickness comes to us all. Some people are less prone, but given the right combination of circumstances, we all can fall victim. The best way to deal with seasickness is to prevent it.

**Fix It** - If you are not used to being on boats or you know you are prone to motion sickness, assume you are at risk and:

- \* Be in good physical and mental health.
- \* The day before and the day of the dive, avoid alcohol and caffeine; avoid greasy, spicy or other hard-to-digest foods; avoid citrus or other acidic juices.
- \* Get a good night's sleep before the trip.
- \* Take or use whatever seasickness preventative works for you: medication, wrist bands, ginger tea, or any combination of these.

- \* Set up and organize your dive gear before leaving the dock.
- \* While on the boat, stay as low and as near the center of the boat as possible; avoid fumes; lie down and sleep or stay out in the fresh air watching the horizon; do not read.
- \* If you feel queasy, try drinking clear fluids like water or Sprite and eating soda crackers.
- \* Avoid surface swims.

### Leaking/Fogging Mask

**The Problem** - Some divers consider these annoyances or inconveniences, and they surely are, but more importantly, they increase your stress and decrease your efficiency as a diver.

**Fix It** - The first step in the prevention of these problems is to select a mask that fits you correctly. This means going to a professional dive store and trying on multiple masks following a set procedure. The sniff test by itself is not a valid indication of whether or not a mask fits.

**Fix It** - To prevent fogging, you must first thoroughly clean a new mask with the cleanser supplied by the manufacturer/dive store or with toothpaste or Soft Scrub. Next use a commercial defog, baby shampoo or diluted dish-washing soap to keep your view clear. Spit is inadequate for most of today's masks.

**Fix It** - If your mask still fogs even after your best efforts, leave a little water in the bottom and lean forward to rinse it off while you are under water. And if you just can't get a seal on any mask, due to smile lines or facial hair, consider buying the best possible fitting purge valve mask and simply living with the need to clear it once in a while.

*Gwen Rolape*

Information for this article was obtained from the following: <http://www.scubadiving.com/training/instruction/baddive/>

#### 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.ori.lmco.com:2424/mdc/mdchome.html>

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

### Flotsam & Jetsam

Biting the hand that feeds: People who are fighting fish feeding in Florida argue that if you feed fish they'll turn on you. A British chef learned that in December when he was attacked by sharks at a British pub 60 miles from the ocean. He gave Miami, a black-tipped reef shark, a treat of prawns in the 3,000-gallon tank in the pub's restaurant. When Miami and two other sharks got a whiff, they charged and in seconds, the chef said, "the water was churning like a scene in 'Jaws.' Miami was hanging off my finger, and I was howling." At the hospital, they logged in Smith as a victim of a "shark attack," gave him six stitches and then released him. Since the shark's arrival at the pub, the manager said, "seafood sales have gone up 40 percent."



### Let's Talk

Reminding our members of a new service: We have an **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!

### 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](mailto:william.paskert@lmco.com); or at home: [wpaskert@cfl.rr.com](mailto:wpaskert@cfl.rr.com)
- Fax (please call before sending) at work: (407) 356-4632; or at home: (407) 678-5311.

## Activity Chairperson

### **MDC to Snorkel with the Manatees February 15 - 17**

**MDC** is again hosting our annual trek to dip into the chilly waters of Crystal River, Florida, and experience firsthand our magnificent manatees.

People literally come from all over the world for this opportunity, and we are very fortunate that we live within a 2-hour drive. The trip will include one night's hotel stay (double occupancy), breakfast on the dock, and a half day on the water on our own pontoon boat. The cost is \$55 for members and \$65 for non-members.

There are two dates to choose from - either Thursday night and Friday, Feb. 15-16 (an off Friday for the LockMart folks), or Friday night and Saturday, Feb. 16-17. Space is limited due to availability of boats and Coast Guard regulations.

To hold your spot, get payment to your faithful captain and guide, Mike McCleskey at 1814 Billingshurst Court, Orlando FL 32825. If you have any questions, Capt Mike can be reached at (407) 273-6655 or (407) 808-6453.



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From *undercurrent Online Update*, January 11, 2001

## Dangerous Masks

While you surely wouldn't buy a cheap mask for a kid, perhaps your neighbor picked up one of the \$3 specials from K-Mart last year. 86,000 have been recalled because the glass lenses can shatter. The "Splash Club" Aquatic Childs Swim Mask has clear glass lenses with a purple, aqua, or lime-green plastic skirt and adjustable head strap. "Tempered Splash Club Glass" is imprinted on the mask. The packaging is clear plastic with a cardboard insert, and the UPC 072000 72970 0. For more information call (800) 635-6278.



## Upcoming Events

- February 13 - Meeting: Dive Safety, Homer Pierce
- February 15-16, 16-17 - Trip: Crystal River Manatee
- March 13 - Meeting
- April 10 - Meeting
- April 13 - 20 - Trip: Little Cayman Birthday Bash

February 2001

**MARTIN DIVE CLUB 'News'**