



MARTIN DIVE CLUB

News



August 2003

August Meeting

John Durham's Video of St. Eustatius, St. Kitts, and Saba

Please join us for an entertaining and educational evening at our August 12th meeting. John Durham, a member of the KSC Barracudas since the club's inception in 1964 and an experienced underwater videographer, will show us a fascinating video and give us his insights into this diving specialty.

John served as an instructor for many years when the Barracudas offered certification courses and is responsible for introducing hundreds of new divers to our sport. John is an award-winning underwater photographer who in more recent years has traded in his still camera for underwater video. He has presented some of his beautiful video work to the **MARTIN DIVE CLUB** in the past. He regularly judges the Barracuda's photo contest, and we were fortunate that he was happy to judge our 2002 Photo Contest, as well.

John will show us a video that was taken on an 8-day trip aboard the "Caribbean Explorer" and there were both Barracudas and **MDC** divers aboard. The trip started at St. Martin and the diving was done near and around the three Caribbean Islands of St. Eustatius, St. Kitts, and Saba. On-shore tours were made on all three islands. Diving was very good with extremely clear water, which is typical for these unspoiled areas. Numerous species of uncommon fish were seen, such as Spotted Drums, Hi Hats, Flying Gunards, Big Eyed Snappers, and Scrawled Filefish. A new fish for most divers on the boat was the Redlip Blenny. Dives were also made on two ship wrecks. One, a Rus-

sian freighter, sunk intentionally and the other a tug boat. There are many interesting things to see in this video. John will be at the meeting for questions and answers about the dive trip and his video techniques.

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 "50-50" raffle.

The "NEW" Big Apple Buffet



We'll 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. The price is \$8.99 for the regular buffet (including sushi) and \$11.49 if you want crab legs, clams, and oysters. There are tons of things on the buffet - Mongolian barbecue, Oriental, fried chicken, and Italian, along with salads and dessert!

President's Column

Fellow Divers,

Within the last month, the officers, a few committee leads, and board of directors members met and reviewed several **CLUB** documents. Of those documents, we've updated the bylaws and worked on consolidating the descriptions of the officers, board of director, and committee responsibilities. In combination with last year's officers' work on the bylaws, we were able to complete the review of the bylaws and will be presenting these changes to the members in August.

We are also looking at creating an "Operations Document." This document will be very useful for all members - providing tips and guidelines on how to sponsor a dive trip, recent **MDC** discounts, **CLUB** merchandise and prices, diving checklist, etc.

So again, we ask for your feedback! If you have any interesting information or tips you'd like to see go into this document, please provide your comments to any of the officers or board and committee members. We will be presenting this Operations Document to the members within the next few months at a general meeting.

See ya at the August General Meeting!

Gwen Sandlin-Rolape

Too Much NO₂



People will do anything to get good parking for beach diving!

Police arrested two kids yesterday. One was drinking battery acid, the other eating fireworks. They charged one and let the other off.

What did Cinderella Seal wear to the ball?
Glass flippers!

New Member?

We have said we want some more members!



Your Officers and Staff

President Gwen Sandlin-Rolape	(407) 306-1801	Committees	
Vice President Al Wileden	(407) 356-8954	Activity	Mike McCleskey (407) 273-6655
Secretary Shelly Hayes	(407) 275-6365	Camera	Mike McCleskey (407) 273-6655
Treasurer Ralph Rolape	(407) 306-7075	Communications	Bill Paskert (407) 356-2290
Director at Large Marie Frank	(407) 356-8256	Equipment	Don Russ (407) 356-1064
Board of Directors		Meetings	Open
Dean Hayes	(407) 306-3288	Membership	Ralph Rolape (407) 306-7075
Ron Mann	(407) 356-2135	Merchandise	Marie Frank (407) 356-8256
Jim Streeter	(407) 356-2337	Photo Contest	George McGuire (407) 677-4242
		Safety and Training	Warren Musacchia (407) 306-2773
		Webmaster	Dean Hayes (407) 306-3288

2003 Photo Contest

The time for the annual Photo Contest is rapidly approaching. Now is the time to think about how we want to conduct this year's contest, so here is some information and questions for consideration. We'll resolve any issues at our August meeting.

Last year, the photo contest had these categories:

- 1A Underwater, normal or wide angle - print
- 1B Underwater, normal or wide angle - slide
- 2A Underwater, close-up and macro - print
- 2B Underwater, close-up and macro - slide
- 3 Underwater fixed focus
- 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

There weren't a lot of rules but these are some of the most important ones:

- The person submitting the picture has to be a member of **MDC**.
- The picture must have been taken by the person submitting it.
- There have to be at least two entrants in a category.
- All entries have to have been taken since the last photo contest.
- The maximum number of entries that a person could submit was two per category, no more than six in the contest.
- Underwater pictures have to have been taken underwater in open water, no aquarium or zoo shots permitted.
- All pictures must be submitted unmounted (don't want the judging to be influenced by a fancy mounting job).
- Maximum print size is 5 x 7 inches or 5-inch panoramic dimension.
- Cropping and relatively minor adjustments of color balance and hue are permitted.

Here are some questions for your consideration:

Should we keep the same categories?

This year's contest will be held after Fantasy Fest. Should we have a separate category for it? Or, is it adequately covered by categories 7 and 8?

What should we do about prizes? In past years, we have had lavish prizes. Should we continue that? Nobody likes asking merchants for prizes. If we want to continue with lavish prizes, should we make participation in the contest contingent on providing prizes for the contest? Or, should the prizes be something we can provide for ourselves such as **CLUB** merchandise or discounts on **CLUB** trips?

Should we keep the same rules?

How much modification to a picture should we permit? All prints from film are adjusted to some extent by the processors, making color balance and hue adjustment unavoidable for prints from film. Cropping has always been permitted. Anyone with a scanner and Photoshop, or similar program, can go further. How much further should be permitted? How do we define the limit, and how do we recognize it without seeing the original picture for comparison? Maybe we shouldn't limit modification. After all, this is supposed to be a fun competition. If someone wants to enter an image created in Photoshop, why not allow it?

How many entries should one person be permitted to submit?

Equipment comment:

No distinction should be made about whether a print came from a film or digital camera. Both media have their advantages and disadvantages, both are capable of producing good prints. The equipment features that make a difference are the ability to control focus, resolution (in film cameras this is a matter of lens quality and it in digital cameras it is a matter of lens quality and pixels), and lighting. Equipment quality and price are almost always related.

The size limit on photos and the category for fixed focus cameras is intended to offset some of the advantage of better equipment over lesser. Nonetheless, better equipment in the hands of an indifferent photographer will not make good pictures. Lesser equipment in the hands of a good photographer can produce good pictures.

Judging

In years past, a photographer who is not a member of the **CLUB** has acted as the judge for our contest. There are some advantages to this but there are also some disadvantages. Should we use a different judging procedure? Should **CLUB** members act as judges? If so, how would we do this?

Photo Contest Committee

Anyone who has an interest in the Photo Contest is invited to be a member of the Photo Contest committee. Mostly your responsibility will be to provide ideas and comments about the contest. No special meetings are planned. Communications will be mostly via e-mail or at regular **CLUB** meetings. Please send your comments to me at geopatmcghsd@earthlink.net.

George McGuire

2003 Photo Contest Chairman



Experience the 25th Anniversary of Fantasy Fest

It's not too early to make plans for Fantasy Fest. This trip always fills up early, and due to the popularity of the weekend, we can never get additional space.

Capt Mike needs your deposit ASAP to hold your reservation.

*Fantasy Fest is Key West's annual wild and whimsical Halloween street fair event. Think Mardi Gras with a Key West flair. **MDC** has been attending Fantasy Fest almost as long as we have been around. It has become tradition that **MDC** attendees carry the banner to lead the parade down Duval Street for the Saturday night main event, the Captain Morgan Fantasy Fest Parade. There are even pictures of last year's **MDC** crew on the Captain Morgan web site!! This year being the 25th anniversary of the event, it is expected to be bigger and better than ever. The theme is "Daze of Futures Past - 25 Years of Fantasy."*

Check it out on the web at <http://www.fantasyfest.net>.

***MDC**'s trip includes two nights double occupancy in the scenic Sugar Loaf Lodge (www.sugarloaflodge.com), beads, the annual Saturday morning "Hangover Invitational carpet golf championship, and picture opportunities that are guaranteed to be worth blackmail money from your friends for years to come. The trip costs \$160 per person, and an \$80 deposit holds your reservation. For more information, call Capt Mike at (407) 808-6453, or ask almost anyone at the next*

***CLUB** meeting.*

Mike McCleskey

Freeport, Grand Bahamas, June 29 - July 5, 2003



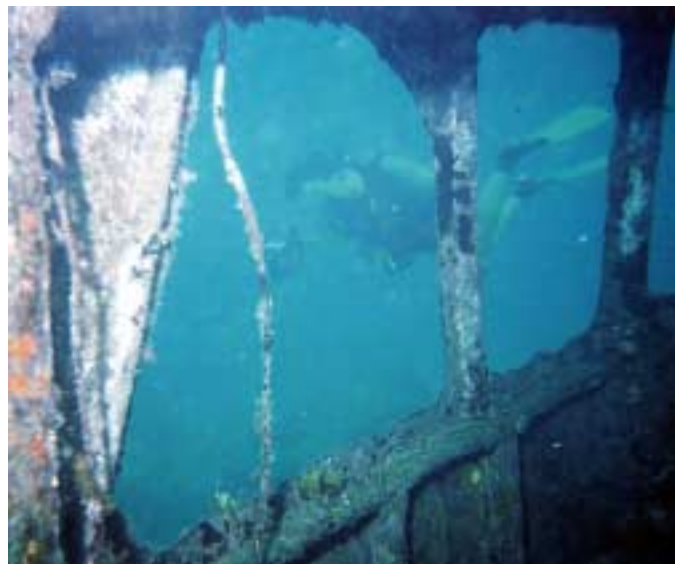
We arrived in Freeport Sunday afternoon and checked into our hotel rooms after passing through the beautiful lobby. We checked out our surroundings with a nice pool, and we were within walking distance from the dive boat operation and a beautiful lagoon and beach. Our accommodations were great. We had breakfast in the restaurant on site, and they served lunch at the beach everyday, which we usually took advantage of after our dives. One day, they played Bingo while we were eating on the beach. They had five games and Debi Donohue won a bottle of rum and Kristin Bouchard won a T-shirt. We did pretty well that day. For dinner, we usually took a taxi and tried different restaurants in town. [Editor's Note: Just like a woman, food first, then the dives!]



We started diving Monday morning. After meeting our worldwide divemasters from Norway, Russia, Italy, and good old USA, we dove every day and most of us signed up for the shark dive on Tuesday afternoon. For that, Johnny, our Italian divemaster [pant, drool], put on a metal mesh suit, and we were wondering what we were getting into. About 10 divers went to the bottom and sat in a semi-circle while Johnny was in front of us feeding about eight to nine sharks. It was really exciting!

MARTIN DIVE CLUB 'News'

All of us signed up for night dive on Thursday night, and we saw lots of fish life. We did a variety of different dives throughout the week. We did a three wreck dives: one was called Jose's Wreck, a 40-foot tugboat balanced between two coral heads that allows divers to swim under the hull; another one called Theo's Wreck, a 228-foot cement hauler sunk in 1982 in 100 feet of water; and the Sea Star II on Friday that was about the same size as Theo's Wreck.



Most of the week, we dove without too much excitement, although on the first day, our Russian divemaster, Natalie, became "geographically challenged." I love that phrase - it was from her fellow divemasters!! She had only been there 3 weeks and got a little disoriented and had to go up and look for the boat.

On Wednesday, one of the divers on the boat (not from our group) acted like a new diver going into the water. Apparently, he said his regulator was not working, and he pulled it out of his mouth. Another diver let Natalie know about this diver, and she brought him to the surface, sticking his regulator back in his mouth and purged it to give him a breath of air. With the diver choking, she dragged him back to the boat. Most of my dive group was in the water and was told to get back to the boat. When we came back to the boat, we found the affected diver laying on the deck alone. None of the crew members were with him; but Ted Cawlfeld, an ex-EMT, stayed with him and asked him his

See 'Freeport', page 8

Venice Beach Dive 2003

Twenty-four of our happy members ventured forth to Venice Beach (the one in Florida, of course) in pursuit of the elusive 6- to 7-inch, \$1,500-plus megalodon tooth during the weekend of July 18th and 19th. While the elusive treasure continued to evade us, we did have wonderful weather and fair seas for our efforts. The seekers included Wes and Sherri Spake, John and Leslie Hansen, Ron and Joanne Mann, Rich and Cheryl Pizon, Jim and Patsy Kennedy, Al and Nancy Wileden, Troy and Donna Manlove, Phil Carter, Bob and Barbara McNatt with kids, and Jim and Karen Streeter.



MDC Members "Will Dive for Teeth"

As I said, while no-one came up with the mother-lode find, I believe everyone found at least one tooth and many came back with lots of sand shark teeth, small megalodon teeth, stingray barbs, an American Flag, and a few items that nobody could identify. Various divers decided to take advantage of the nice weather, calm seas, and great 10- to 15-foot visibility (for Venice Beach that is great) and were able to get in several dives. Some of us dived every day, including the Friday arrival.

Most of the group got together for wonderful meals at the Crows Nest on Friday night and at the Landmark on Saturday night. We also had a great meal catered by Sonny's Barbecue beachside at our favorite picnic area in Venice on Saturday after our dives. There was plenty of food for everyone and nobody left hungry that weekend at least.



Cheryl and Jim with flag

If you have never done a beach dive before, you won't find one any easier than the calm Gulf beaches of Venice. The bonus of maybe finding a huge megalodon tooth that could be worth a thousand bucks adds to the fun.

I think all of us that went will recommend that you try this dive out, even if not with the Club. If you want to wait a year though, we'll be heading back next summer to try our luck again.

Jim Streeter



Nancy and Al

Beat Panic Before It Starts

-by Doc Vikingo

An underwater panic attack can be a life-threatening

Research suggests that over half of advanced divers have experienced panic or near-panic while diving. A number of dive medicine experts believe that panic is the leading cause of diving fatalities. If we define panic as an irrational state, then consistent with this definition are the all-too-frequent reports of divers who bolt for the surface, refuse alternative air sources and become combative with rescue attempts, and are found dead with weight belts attached and gas in their cylinders. Other features of panic may include disorientation, feelings of intense fear and rapid heartbeat.

Overcoming panic begins with an awareness that careful recreational divers with well-functioning, good-quality gear, who are diving within the limits of their training and experience, have a very small chance of injury-fatal or otherwise. Secondly, don't get discouraged or berate yourself if you do experience some anxiety while diving. Virtually all divers experience anxiety under water at some point in their diving career.

How To Beat Panic

There are a number of steps a diver can take to prevent or manage panic.

- * Get proper training - Choose a course that is long enough to allow you to take your time learning dive skills, rather than one that crams everything into a week or less. It is also important to search out an instructor with whom you feel comfortable, and then identify a buddy in your dive class with whom you are similarly at ease and confident.
- * Be fit to dive - That means not only maintaining good physical conditioning, but also resting and eating properly before a dive. It will do no good for you to be fatigued, breathing hard and metabolizing the last of a high-sugar breakfast. Diving with a cold or other illness is inviting trouble.
- * Visualize the dive - Listen carefully to the briefing and then visualize and rehearse it in your mind before you get in the water.
- * Ask questions if you have any - A dive leader's knowledge and experience can help dispel doubts and fears.
- * Practice breathing - Initiate slow, full respiration well before entering the water.



- * Check all your gear - Make sure your equipment is configured for maximum comfort and efficiency.
- * Do a buddy check - A buddy's assurance that your gear is in place and working properly will increase your confidence.
- * Get acclimated - Get used to the water before descending by pausing on the surface, or even snorkeling briefly. This may be especially helpful when the water is cold.
- * Avoid task overload - Equalize your ears before entering the water and then again on the surface. Tighten your weight belt on the surface if you need to, and clear your mask shortly after submerging. This will allow you to focus on your actual descent.
- * Descend carefully - Many divers are calmed by slowly following a descent line or natural feature of some sort, rather than free-falling through open water. Descend feet-first, deflate your BC slowly and don't hurry the process.
- * Orient yourself - If vis is poor, use what orientation aids you have available, such as your stream of bubbles, a little water in your mask and your instruments. These can be remarkably reassuring.
- * Pause - If you feel your heart rate increasing and experience other indicators of fear, stop your descent, try to determine what is distressing you, and attempt to remove the source of stress. Some divers find that hugging themselves is calming.
- * Breathe - If panic strikes despite your best efforts and you feel the need to surface, try your best to remember to breathe continuously so as to avoid arterial gas embolism.

You Panicked, Now What?

If you have a panic attack despite your best efforts, what should you do next?

- * Talk about it - First, discuss with an instructor what occurred. He or she will no doubt have some useful suggestions, such as additional pool sessions, descending while maintaining direct eye contact or even body contact with the instructor, or some other form of one-on-one assistance.
- * Dive somewhere else - If you feel low water temps and limited vis are the primary issues, find a location with kinder conditions.
- * Get help - Some people are generally more anxious than others, and this may predispose one to diver panic. Such anxiety can be treated with systematic desensitization, an often effective technique for dealing with phobias that relies in part on progressive muscle relaxation. More traditional "talking therapies" have not proven particularly effective with irrational fears like diver panic.

Warren Musacchia

Member News

George McGuire has been taking some great pictures with his new digital camera. He got this thrilling shot of a green moray on a recent dive trip.



Green Moray

Earlier he had a couple photos published in Florida Scuba News. In the July issue on page 23 his photos illustrated an article about "Lobster Rules & Regs" that detailed the similarities in the rule for Sport Season and Regular Season for lobster in and around Florida. The pictures were taken on a Central Florida Pleasure Divers trip off New Smyrna in late March.



Freeport, from page 5

name and made him feel comfortable and relaxed. The boat radioed in and had an ambulance waiting on shore when we docked. Surprisingly, the diver walked off the boat and got into the ambulance! Pretty scary! Natalie told us a few days later that he was kept overnight in the hospital and was given antibiotics and he picked up his gear the following day.

After that, for Thursday and Friday, the **MARTIN DIVE CLUB** group (six of us) had our own boat with our own captain-divemaster.

I want to thank my roommate, Terry Kenney, from the KSC Barracudas, Debi and Jim Donohue (all the way from Indiana), Kristin Bouchard and Ted Cawlfild. It was a GREAT trip and a wonderful group of people to spend the week with.

From Undercurrent, July 2003

The Skinny on Wet Suit Shrinkage or is the problem really calories?

"Hey, it looks like your wet suit shrunk over the winter." That gag is so old it's become a diving cliché. But, like most clichés, it contains a grain of truth.

Editor's Note:

The picture to the right was too good to pass up! And this goes to show you that getting on Don Russ' distribution list for Undercurrent newsletter is both informative and entertaining!

The article went on to describe several aspects of wetsuit construction and maintenance. It also went on to explain why your suit might feel too tight sometimes.



From Our Friends at ExtaSea Dive Center

UWATEC Safety Recall

UWATEC has issued a safety recall on all Smart PRO and Smart COM dive computers. A software programming error in these computers may cause the alert signals to stop working properly, and, in some instances, the screen freezes. If this occurs, inaccurate information is displayed, such as water depth, tank pressure, ascent rate, etc. The Smart dive computers were sold from February 2002 to July 2003.

If you own the Smart PRO wrist unit, Smart PRO console, or Smart COM console, please contact UWATEC for a FREE replacement computer by calling (800) 808-3948 or browsing to them at www.UWATEC.com

MDC Roving Reporter

Diving at Hurghada



Masked Butterflyfish

Here's one that I took this weekend, July 4th, while boat diving at Hurghada, at pretty little town on the east coast of Egypt. We made friends with the dive shop crew and got to visit their local watering hole in the evening. The diving here is every bit as good as the Sinai, just a little further offshore. There are innumerable reefs and coral pinnacles, a few of which we visited during three days of glorious diving. I'll send more pics from this trip when they come back.

no expectation it would be that large or that he would get that close! What a way to celebrate the 4th of July.



Wreck of the Minya



Lionfish

It's fun to take pictures of Lionfish; they make such cooperative subjects.

Mike Gracey



Giant Moray

I took this picture of our guide and a giant moray during a boat dive out of Hurghada. Mustafa told us of a giant moray in a cave nearby but I had



Classifieds

WANTED - Used dive computer for new diver in family. Prefer Skinny Dipper or equivalent. Please contact Mike McCleskey at (407) 808-6453.

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>.

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.

Skinny Dipping Scuba

The old-fashioned term "skin diving" takes on new meaning for the 300 members of Buff Divers, a travel club that arranges trips to destinations where members can be nude.

Based in Katy, TX, the club fills an entire resort or live-aboard so its members can experience "the freedom of the spirit that comes with skinny dipping." Wet suits are optional for those who prefer, but according to their website many members actually dive nude "and find the experience to be totally invigorating."

So far the group has traveled to Belize, the Bay Islands of Honduras, the Bahamas, and Yap and Palau in Micronesia. Plans include the Turks and Caicos, Saba/St. Maarten, and Truk.

Is this the beginning of a trend? A recent Reuters article says, 'Naked recreation and travel is a \$400 million industry worldwide, up from \$120

million in 1992, according to the American Association for Nude Recreation." The AANR, North America's oldest and largest nudist association, has seen its membership rise by 75 percent in the last decade, to about 50,000.



Buff Divers is made up of about 85% couples and 15% singles. Overt sexual behavior is forbidden, and permission is required to take photographs on a Buff Diver outing. The club stresses body acceptance and the

freedom to be one with nature, so people of all shapes and sizes are welcome to hang out with other naked members. (sic) [Ouch! your editor]

If you want to hang out, email divenaked@buffdivers.com or write Buff Divers, PMB 404, 515A South Fry Road, Katy, TX 77450. Their website is www.buffdivers.com.



MARTIN DIVE CLUB
MP-200 ESC
609 Heron Bay Drive
Orlando FL 32825
(407) 306-5020

Upcoming Events

August 12	Meeting: John Durham Video
August 15-17	Looe Key Trip: Marie Frank
Aug 30-Sept 6	Curacao Trip: Grace Hampton
September 9	Meeting: TBD