MARTIN DIVE CLUB News

September 2003

September Meeting

Leslie Koontz
Handicapped Scuba Association

Our September meeting will feature a presentation by Leslie Koontz on a wonderful organization, the Handicapped Scuba Association.

Founded in 1981, the Handicapped Scuba Association (HSA) has dedicated itself to improving the physical and social well being of people with disabilities through the sport of SCUBA diving, and in doing so has become the worldwide leading authority in this field. Made up of over 3000 underwater educators, SCUBA divers with disabilities, and supporting members located in over 45 countries, the HSA is dedicated to assuring that people with disabilities are given the same opportunity to receive quality training, certification, and dive adventures as the able-bodied population.

Leslie Koontz began her diving career in 1983, attaining Instructor status in 1987. In the past 20 years, she has certified hundreds of divers, enhanced her knowledge and skills through additional training and continued involvement in the dive industry, and achieved many professional milestones. In addition to being an HSA Course Director, Leslie is an SSI Instructor Trainer and Certifier, a DAN Instructor Trainer, a PADI Master Instructor, and a CPR/First Aid Instructor. She has a Bachelor's degree in Education, an extensive corporate and academic training background, and is an Adjunct Professor with Webster University. Leslie has been with HSA since 1996 and teaches over 30 SCUBA and related courses.

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

Ahoy Mates,

Last month's general meeting had a great turn-out of our members and guests. I encourage everyone to bring a friend, dive buddy or former member to our next meeting.

We had several good discussions on our upcoming Photo Contest with the rules to be presented during our September general meeting. We will also be reviewing our latest changes to the Bylaws and other ***MDC*** documents and looking forward to setting up a date for our first annual Chili Cook-off.

We plan to vote on changes to the CLUB's Bylaws at October's meeting, and within the next months, the Officers will be asking for needed assistance in 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, ***MDC*** merchandise and prices, diving checklist, etc. If there is any interest in helping to put together this document or information you'd like published in this new document, please assist us with your time and/or inputs.

See ya at the September meeting, 'til then . . .

Fair Winds and Following Seas,

Gwen Sandlin-Rolape

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 the contest rules will be presented to the Board of Directors meeting before the general meeting on September 9.

Photo Contest Committee

Anyyone who has an interest in the Photo Contest is invited to be a member of the Photo Contest committee. Our greatest need is to gather prizes. Please contact me at geopatmcghsd@earthlink.net for additional information.

George McGuire

2003 Photo Contest Chairman

Classifieds

Dive Equipment for Sale

Used small SeaPro BC - $50
US Divers small fins - $20
(both are hot pink)
Call Marie (407) 356-8256 (work)
or (352) 242-1102 (home).

Your Officers and Staff

President	
Gwen Sandlin-Rolape	(407) 306-1801
Vice President	
Al Wileden	(407) 356-8954
Secretary	
Shelly Hayes	(407) 275-6365
Treasurer	
Ralph Rolape	(407) 306-7075
Director at Large	
Marie Frank	(407) 356-8256
Board of Directors	
Dean Hayes	(407) 306-3288
Ron Mann	(407) 356-2135
Jim Streeter	(407) 356-2337

Committees

Activity	
Mike McCleskey	(407) 273-6655
Camera	
Mike McCleskey	(407) 273-6655
Communications	
Bill Paskert	(407) 356-2290
Equipment	
Don Russ	(407) 356-1064
Meetings	
Open	
Membership	
Ralph Rolape	(407) 306-7075
Merchandise	
Marie Frank	(407) 356-8256
Photo Contest	
George McGuire	(407) 677-4242
Safety and Training	
Warren Musacchia	(407) 306-2773
Webmaster	
Dean Hayes	(407) 306-3288

Note Date Change

Afternoon Dive off Jupiter, Florida

Saturday, October 4, 2003

2-tank Afternoon Dive

Dive boat "Temptation" - 18-passenger boat
The reef off Jupiter is in about 80 feet of water
Cost is $47 per diver including tax & tip

From Jupiter Dive Center, a full service dive shop with the usual assortment of rental equipment, as well as air and nitrox

$20 deposit:

early deposits mean we can book the whole boat

Full payment due September 20th

Contact George McGuire
9811 Lake Georgia Dr
Orlando FL 32817
(407) 677-4242
geopatmcghsd@earthlink.net

For pictures and other information about the dive operation, go to
http://www.jupiterdivecharters.com/

Martin Dive Club
Chili Cook-Off

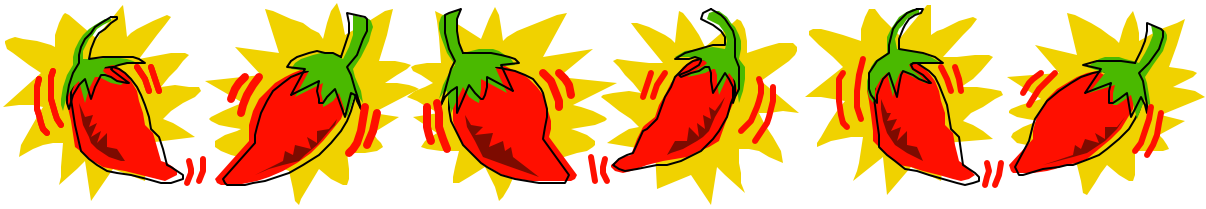
Saturday, October 4

Join us at DeLeon Springs State Park for our 1st Annual Chili Cook-Off. Come early and join us for a pancake breakfast at the Old Spanish Sugar Mill at 9:00 a.m., and then we will head to a pavilion and heat up some chili!

Prizes will be awarded for Best Chili, Hottest Chili, Most Unusual Chili, and any other prizes the judges are inspired to award. Bring a large batch of chili (per family) and a side dish, or just bring yourselves and pay $10 (per family). MDC will provide the rice and cornbread, everyone brings their own drinks (sorry no alcohol at State Parks).

Please e-mail (wendy@maid4u.net) or call Wendy McCleskey (407-273-6655) to sign up your family, chili, and side dish We need an accurate count so we will have enough food. Also, if you are joining us for breakfast, we need to know that too so a group reservation can be made.

Lunch will be around Noon, directions to follow. Bring swimming and snorkeling gear for the spring. Canoes, kayaks, and paddle boats are available to rent for $8.50 / hr., $19 / half day, $25 / day. Bring a volleyball to play on their sand courts, or walk the 3 / 4 mile walking trail. There is also a 5 mile hike, but bring hiking boots, bug spray, etc. for that one. The park will be holding a fishing contest for children 12 and under from 9-11 a.m. so bring a cane pole and a kid to enter.



August Meeting

John Durham: Underwater Video

We enjoyed 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, gave 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 was to 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 for the trip at St. Martin and the diving was done near and around the three Caribbean Islands of St. Eustatius, St. Kitts, and Saba.

Unfortunately, the video didn't work; fortunately, John took the opportunity to tell us about the equipment and techniques he uses to take great underwater videos. Although not the newest technology, he uses a Sony Hi-8 in a housing shooting with ambient light. With some enlarging lenses mounted on the camera lens, he is able to get great close-up action shots.

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
Grace Hampton	Safety sausage	***MDC***
Brian Bauman	Dive log	Divers Direct
Torey McCleskey	Hat	***MDC***
Barbara Shurman	Tank top	***MDC***
Lisa Knapp	Fish ID card	Divers Direct.

In the 50-50 Raffle, Barbara Shurman won $50

Looe Key Dive Trip

August 15 - 17, 2003

We trickled into Parmers Place on Little Torch Key during the day Friday, August 15. Parmers Place is a beautiful resort with small bungalows on Florida Bay with lots of gardens and exotic birds. We were given a complimentary continental breakfast consisting of baked muffins, donuts, fruits, juices, coffee and teas. [Yes, Bill, I am mentioning food again.] We were at mile marker 28.5, close to Key West.

Diving with Underseas, Inc., was great on both days. The seas were calm, the boat was comfortable, and the visibility was good. We saw lots of lobster and a few saw a Caribbean reef shark.

Some of us went into Key West on Friday and Saturday night. Saturday, they closed Duval Street and were having a Lobster Festival, with lots of vendors selling items, beer and rum, and lots and lots of booths serving lobster all kinds of ways.

On Sunday, we dove the Adolphus Busch, Sr. This is a 210-foot freighter sunk on December 5, 1998. It is about 110 feet to the bottom and about 80- to 90-feet deep at the deck. For once there was no current, so we could enjoy the wreck. We also dove Looe Key Underwater National Park again, which is always beautiful.

It was a great weekend!!

Marie Frank

THE EYES AND DIVING

Fred Bove, MD, PhD

Although much of the commercial diving in the world is done under conditions of poor or no visibility, in sport diving the visual panorama is probably the most compelling reason to dive. Besides the enjoyment provided by seeing the underwater environment, having clear vision when diving is an important safety measure. Poor vision can decrease appreciation of the underwater environment and compromise safety.

Vision Correction

A common method for correcting underwater vision is to incorporate a correcting lens into a dive mask. Since a standard dive mask provides 25-30% magnification due to the refraction across the water to air boundary, mildly nearsighted individuals do not usually require optical correction underwater. Moderate to high amounts of refractive error are not compensated for by magnification and corrective lenses are usually needed.

Lenses can be bonded to the face plate of your mask or a bracket can be inserted on the upper portion of the face plate to attach a spectacle frame. Another option is to have a face plate optically ground to your prescription. If you use lenses in the mask, choose a low volume mask to bring the face plate close to your eyes.

Near vision should not be overlooked. Reading gauges or a decompression computer is as important as viewing colorful fish. Divers over age 40 who need eyeglasses for reading, may benefit from a corrective lens for reading gauges and viewing small objects.

Contact Lenses

There are many considerations in deciding between contact lenses and spectacle mask correction. A contact lens wearer will have normal vision during diving and when out of the water. Mask correction requires the diver with poor vision to carry a pair of glasses on the dive to see properly when not in the water.

For many years, it was thought that contact lenses were unsuitable for diving. There were concerns for the eyes getting adequate oxygen, bubble formation under the lens, and the risk of losing a lens. In order for the cornea (the front part of the eye) to be transparent, it must be free of blood vessels. It receives oxygen from the air and the tear film that covers the eye. When a contact lens is placed on the cornea, the amount of oxygen getting to the cornea is reduced. The decrease varies depending on the type of contact lens. Since the air in the mask will have a higher oxygen partial pressure while diving, the cornea receives more oxygen through the contact lens while diving than it would under normal conditions on the surface.

The tear film which is present between the contact lens and the cornea will take up nitrogen and other inert gases as partial pressure rises. Gas bubbles can form between the cornea and contact lens and will enlarge during ascent. These bubbles trapped between the contact lens and the cornea may cause blurred vision. After a dive, the bubbles may require 15 to 20 minutes to disperse and the blurred vision to clear. Removing, and rewetting the lenses will minimize the duration of blurred vision. Blinking is an important factor in washing away these bubbles. Pay careful attention to make sure you blink frequently, thereby rewetting the lenses to avoid difficulties.

A rigid gas permeable contact lens, which is smaller and much harder than a soft lens, is seldom lost underwater when properly fitted. Only exposure to strong turbulence can cause this type of lens to pop out. Soft lenses fit the eye differently and can be lost more easily. If you become separated from your mask either above or below the surface, a good rule of thumb to prevent the lenses from popping out, is to open your eyes only partially. Clearing a flooded mask is easily accomplished by keeping your eyes closed until most of the water has been cleared.

Soft, disposable contact lenses are intended to be discarded after use, so a lost lens is not a concern. Disposable lenses dispensed in a pack containing several lenses can be used just for diving. Extra lenses can be kept in your dive bag in case a lens is lost during a dive.

See 'Eyes', page 7

Eyes, from page 6

Frequent Questions

Is it safe to dive after receiving an artificial lens? These are inserted surgically inside the eye to replace a damaged natural lens. Once the eye has healed, it is possible to return to diving. A waiting time of 3-4 months is usually recommended.

Can I dive with Glaucoma? This is a disease which causes increased pressure inside the eye. If untreated, it will lead to blindness. The increased pressure is always relative to ambient pressure, so diving does not increase the effective pressure in the eye. If Glaucoma is treated and pressure inside the eye is normal, it is safe to dive.

Can I dive after cataract surgery? This surgery is done to remove a cloudy lens. It is a common procedure, and restores vision in many people who otherwise would be unable to see clearly. Once the surgery is healed (3-4 months), diving can be done safely.

If you have concerns about your eyes, you should have an eye examination, including a check of your vision and measurement of the pressure inside the eye. Proper advice about corrective lenses, and identification of problems inside the eyes are important parts of maintaining good health.

Contributed by

Warren Musacchia

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.

Member News

Tavernier and Islamorada Exploring

I took my first lobster hunting trip August 15th through 17th. With the local storms, I was only able to get into the water on Sunday and only took home a single tail. Considering that the salt water fishing license with crayfish stamp was $16.50 and my tank fill was $4 and gas for my friend's boat was $8, that would put the price per pound at . . . On an added note, I am continuing my tradition of netting and releasing far more than what goes in the bag. One of the released was a legal size female filled with eggs.

Other area news:

Gloria Teague and Bob Spencer bought the Islamorada Bakery at MM82 last February, just before closing Lady Cyana diving in April. I had breakfast there over the weekend. A good improvement over the last owners of the bakery. The old sign still says Islamorada Bakery, but the smaller new sign says "Bob's Buns." For Bob, this was a big jump from diving to a breakfast-lunch place, but apparently this was his education prior to being the captain on Cyana III. As a sidelight, the Cyana III has been sold to the Conch Republic Divers at the marina at MM91. This was the smaller Cyana boat for up-to-24 divers.

Conch Republic Divers also has new owners since June. At the last meeting, we mentioned the Conch Republic Divers boat was sold to Jupiter Divers. The new owner of Conch Republic Divers still hasn't finalized his group discount rates, but with the boat acquisition he believes he will stay competitive.

That's all for the Islamorada update, hopefully my next trip will yield more tail!

Ron Mann

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.

Our Middle East Dive Reporter

Lionfish and Spanish Dancer

Bill, Here are some recent shots. Hope everyone enjoys them as much as I enjoy taking them. Thanks for putting them in the newsletter, it's pretty cool to be 'published.'

The first is a close up of a common lionfish on a night dive in Dahab on July14, 2003. I thought that the colors really came out well in this shot.

The second is of a Spanish Dancer, one of the largest of the nudibranch family. Their gills are on the outside (what look like feathers), and they are poisonous to other fish. They are pretty rare, and this type is found only in the Red Sea. It's about 12 inches long. They are capable of "flying" by flapping their entire body, hence the name. I had seen them before but never had a camera along. I took this shot on another night dive in Dahab on the 15th. I was determined to find one to shoot during this trip and "deputized" all my dive buddies to help find one. They came through for me, finding this one alone on the sand, a perfect subject! They don't move very fast, fitting in perfectly with my camera skills!

Mike Gracey

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Upcoming Events

September 9	**Meeting**: Handicapped Scuba Association - Leslie Koontz
October 4	**Jupiter Dive Trip**: George McGuire
October 14	**Meeting**: Aquaculture - Tim Cates
October 24-26	**Fantasy Fest**: Mike McCleskey