
Newsletter - Triton's Call

NASJAX SCUBA DIVING CLUB

3 October 2018

www.nasjaxscubadivers.org



President's Waves

Greetings, divers!

This month I really enjoyed our club meeting. There was a lot of good news and great dive talk!

We picked nominees (volunteers) for next year's club Executive Board. Evan Ball, Vanessa Wood, and myself have volunteered to remain on as Treasurer, Vice President, and President, respectively. Craig Stoops valiantly volunteered to take over duties as the club Secretary, relieving Glen Akins from his years of dedicated service to the club. Everyone expressed appreciation and gratitude for all the work Glen has done on the newsletters and maintaining the club roster. We will vote to elect the new nominees at next month's meeting.

Ben Storey, our club Safety Officer, lead a spirited discussion on inflatable marker/survival buoys. It was noted that on some dive boats, divers are not permitted in the water without one. Ben showed us different types and we discussed deployment methods, how to secure them, visible range, and even nighttime augmentation. Great job, Ben!

Mark Vogel brought up an issue with underwater stability while kneeling on the bottom taking photographs. We talked about fins, additional weighting, type and position of his scuba tank, type of BC, and ways to experiment to find an answer to his issues. It was fun having a brainstorm session with all the divers present. Hope it helps, Mark!

This month we officially voted on membership for Bob Bohnert who we welcomed last month. Nice to have you aboard, Bob!

Christmas party tickets went on sale this month. Bring cash or a check next month if you haven't gotten a ticket yet and would like to go. This year's party will have great food, fellowship, prizes, laughs, and fun. Check for details elsewhere in this newsletter.

Stay safe and keep diving!

Monster Molyneux

Upcoming Dive Trips and Events

- Our annual Dive Club Christmas Dinner will be Thursday 13 December at the Naval Air Station Jacksonville River Cove Conference Center (former Officers' Club). Social gathering will begin at 6:30 p.m. in the River View room followed by a buffet dinner at 7:00 p.m. We'll arrange special event base access for those that aren't military retirees or DOD employees. Dinner will be the Beef and Reef Buffet. The menu includes Roast Beef, Crab Legs, Steamed Shrimp, Baked Fish, Seafood Newberg, Salad, Garden Veggies, Rice or Potatoes, Iced Tea/Coffee and dessert.

Cost will be \$30 per person. You have to pay for your own sodas (\$1 each) and alcoholic beverages.

- For those that want to pay for their Christmas Party tickets you can mail a check to Evan Ball 11149 Bently Trace Lane E., Jacksonville, FL 32257 You can also bring your money and pay Evan at the November Dive Club meeting.

Dive Club Executive Officers' Reports

Safety Officer - Ben Story Ben discussed the recent Safety email he sent to dive club members. He said, a 21 year old diver was found unresponsive while diving in the Keys. Cause of death was unknown. Ben also talked about underwater hydration. He said there's a way divers can hydrate themselves while diving underwater. He wasn't sure, but thought it was through a pouch or camel back type of device. He gave the club a safety lecture and demonstration on safety floats "dive sausages", safety float reels and chemical lights.



Treasurer - Evan Ball We have \$1,193.85 in our dive club account plus money taken in at the meeting for the Christmas party and monthly raffle.

Webmaster - Sharon Green

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Sharon said we are still getting a lot of inquiries, 162 visitors to our website this past week.

Secretary - Glen Akins

It's official, the dive club voted Bob Bohnert into the dive club. Again, we want to welcome Bob and his family to our Dive Club and Jacksonville.

Vice President - Venessa Wood

Venessa brought three framed photographs in for E Board members to look at and see what they thought about having duplicates made for the Christmas Party raffle. Venessa is officially retired from the workforce! Congratulations.

DIVE REPORTS

#1 Jupiter, Florida Dives September 2018 - Mark Vogel and Edd Dilworth

Mark and Edd dived offshore Jupiter, Florida last month. Mark said the visibility wasn't very good. In fact they couldn't dive the scheduled shipwreck and grouper dives. Instead, they dived two different reefs. Visibility was still poor. While working and adjusting his camera underwater, a nurse shark swam into Mark's shoulder. Edd twisted his knee somehow diving and had problems completing his dive. In fact he is in the process of getting a MRI. Temperature was a warm 88 degrees and the maximum depth was 78 feet.

Mark also talked about underwater photography, which he really enjoys doing. He said he has a problem in that when he kneels to take photographs, he falls forward. He's tried everything, but keeps falling forward when on his knees using his camera. He asked for suggestions in preventing this.



#2 Troy Springs September Craig Stoops and his son

Craig and his son dived Troy Springs last month. They were the only people at the spring. This is always nice in that you don't have other people stirring up the silt. After diving around the spring, they dived to the river. They observed what's left from the Civil War era paddle wheeler that was sunk at the beginning of the Civil War.

Dippy Diver Award - For minor diving offenses. No nominations this month.

Coprolite Diver Award - For more serious diving infractions. No nominations this month.

This Month's Raffle Winners: Divers' Supply Gift Card - Billy Schofield, Club T-Shirt and PADI bag - Mark Vogel, Dive Towel - Sharon Green and a Key Largo T-Shirt - Glen Akins

Members present at the 3 October 2018 dive club meeting:

Glen Akins, Evan Ball, Bob Carmichael, Bob Bohnert, Bill Davis, Howard Feingold, Ed Fite, Sharon and Richard Green, Art LaRue, Mitch and Kathy Maxson, Monster and Annette Molyneux, Elmer Osborne, Rick Reckert, Billy Schofield, Craig Stoops, Ben Storey, Mark Vogel, Kim Walther, Eric Wilson and Venessa Wood.

First Time Visitors to our Dive Club: None

The next Dive Club Meeting will be 7 November 2018 at 7:00 p.m. in the Mandarin Golden Corral conference room, 11470 San Jose Boulevard, Mandarin. Come early to eat and socialize with other divers.

Our next Executive Board Meeting - TBA

Upcoming Events and Holidays

8 October - Columbus Day

27 & 28 October - NASJAX Air Show

7 November - Our monthly Dive Club Meeting

11 November - Veterans Day

14 - 17 November - DEMA Show in Las Vegas, NV. This is the annual Diving Equipment and Marketing Association event that brings dive industry professionals together from around the world. Also open to Master Divers and Instructors if you register with DEMA.

22 November - Thanksgiving Day

24 November - Amigos Dive Center Swap Meet & Festival. Located near Ichetucknee Springs - Free Food, Music and Fun.

13 December - NASJAX SCUBA Diving Club Christmas Party at NAS Jacksonville.

7 December - Pearl Harbor Remembrance

25 December - Christmas

NASJAX DIVE CLUB OFFICERS for 2018

President - Monster Molyneux

Vice President - Venessa Wood

Treasurer - Evan Ball

Safety Officer - Ben Story

Secretary - Glen Akins

Web Master - Sharon Green



Four Reasons Scuba Divers Die While Diving

Why do scuba divers die while diving? There are four general reasons that account for many dive accidents.

Poor Diver Health

Almost any pre-existing medical condition or health factor can affect a diver's safety. Common examples include obesity, heart disease, high blood pressure, breathing difficulties (temporary or chronic), a general lack of fitness, pre-existing injuries and dehydration. The biggest contributing factor involves divers with a body mass index in the overweight, obese or morbidly obese categories. Today, diving is open to people with a host of medical conditions that a decade or so ago would have prohibited them from participating in the sport. If you have one of these conditions, it is important that you have your health regularly monitored and that you manage your medical situation properly. Treated and controlled high blood pressure for example may not create nearly the risk factors as uncontrolled high blood pressure. Temporary health conditions like colds and severe allergies can also be problematic. Whether permanent or temporary, any health condition that impedes your ability to be alert, to recognize and respond to environmental conditions and otherwise safely plan and complete a dive should contraindicate diving. Even after you recover from your illness or your chronic condition is back in check, your body needs time to recover from the effects of your medical complication. For example; your cough may be gone, but it may take time for your chest congestion

to clear. Rushing into the water before you're physically able to breathe deeply can leave you starved for air, which may lead to panic. In this situation, trying to breathe deeply when the body just is not able to causes you to feel as though you cannot get any air at all. This leads to stress, which can lead to poor decision-making or worse, full-scale panic.

Procedural Errors

Procedural errors common to dive accidents include buoyancy control problems, rapid ascents, missed decompression stops, general skill limitations, ear equalization problems and most critically, failing to properly monitor your air supply, resulting in low-on-air or out-of-air situations. In some cases, the diver lacked the appropriate training for specialized activities like diving in the overhead environment of caves, wrecks or deep diving. In other cases the diver stayed within the scope of his training, but his emergency response skills simply weren't up to the challenge. Three critical words will help any diver be better prepared for dealing with a demanding diving situation, "practice, practice, practice," says Dan Orr, former president of DAN and co-author of the book *Scuba Diving Safety*. "The lack of diving experience, skills or equipment that is unfamiliar adds to the stress of a demanding diving situation and can lead to a task-loading situation resulting in an inappropriate reaction to a situation."

Environmental Issues

Open-water environments can change rapidly and divers who are unprepared, out of practice or physically incapable of adapting to those changes can become victims. Before you dive, evaluate the air and water temperatures, currents, wave action, depth, visibility, etc. Not all diving is the same. For example, if you are a warm-water diver making your first cold-water dive, the effects of the water temperature can be a shock to you on your first entry. Shallow-water divers are often surprised by how rapidly they use their air supply and by the impact of narcosis on their first dives in the 100-foot range. Fighting an unexpected current while exploring a wreck is no fun, especially if you lack good buoyancy control, the ability to swim in a streamlined and efficient manner or lack the physical endurance to fight that current.

Equipment Problems

While equipment failures account for fewer fatalities than the reasons above, they are one of the most predictable and easily preventable causes of fatal dive accidents. Equipment issues are often obvious before the dive and the observant diver can effectively make a preemptive self-rescue before he ever enters the water. The best policy is to check your equipment thoroughly before you board the dive boat, maintain your gear carefully and follow all recommended service intervals.

Don't Be a Statistic — Seven Tips for Avoiding Accidents.

- **Dive within the limits of your training.** Every year, divers who have never taken a wreck, cave or cavern class die inside cave systems. Nearly as often, divers without proper training die inside the overhead environment of wrecks. Get proper training before attempting any dive above your skill level.
- **Get the right gear.** Whether it's wearing the correct exposure protection for conditions or making sure you have the specialized equipment for a cave penetration, the right gear can make a world of difference. All life-support equipment should be properly maintained, serviced regularly and inspected before every dive.
- **Take a refresher course.** Even when diving within the limits of your training, take a refresher course to shake off the rust from a long lay-off. A little time spent in the pool before you take that trip-of-a-lifetime vacation will pay big dividends. You'll dive safer and you'll have more fun, because you will be more confident.
- **Get rescue certified.** Every diver should know how to respond in an emergency, but the primary benefit of this class is that it will teach you to be responsible for your own safety.
- **Practice safety skills.** Practice critical dive skills, such as flooding and clearing your mask, recovering your regulator, sharing air, etc.
- **Stay in shape for diving.** See your doctor about any medical condition that may limit your ability to dive safely. Maintain a level of general fitness so you're prepared to respond to any condition.
- **Stay within your personal safety envelope.** Don't make any dive you're not comfortable with. There is nothing wrong with saying no, at least until you have the chance to get the appropriate training.

JAX Dive Club T-Shirts for Sale

Our Dive Club now has four different colors of t-shirts for sale for only \$15 each. We have all sizes. If you would like one, contact Venessa Wood. We've added lime and sapphire blue colors to our line of shirts.



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