
Newsletter - Triton's Call

NASJAX SCUBA DIVING CLUB

2 May 2018

www.nasjaxscubadivers.org



From the Dive Club President

Greetings, divers!

Thanks to everyone who attended our May meeting. The energy and quality of information exchanged at these meetings never fails to impress me. Though we didn't have a guest speaker tonight, we had many terrific discussions. As divers there is always something new to learn, no matter how long you've been doing it.

Diving season is in full swing and many of us are planning dive trips which is always great to hear. It's also fun hearing about those unplanned trips too – if you weren't there, you missed the story about Bill Davis's sunglasses going overboard at a boat dock. He went home, got his dive gear, went down to the eight foot bottom, groped around in zero-visibility conditions for about eight minutes, and recovered them. We should make a bumper sticker that says, "Scuba diving – it's not just for fun!"

If you have any dive pictures or videos to share, be sure to send them to our Webmaster, Sharon Green, so she can post them on the club's official website.

We're looking ahead to a picnic-type event in mid-July to replace our July monthly meeting. Time/date/place will be announced at next month's meeting. Stay tuned!

Monster Molyneux

Upcoming Dive Trips and Events

- * **Key Largo Dive Trip** - Drive to Homestead, Florida on Friday 18 May. Dive Saturday afternoon 19 May and Sunday morning 20 May. Drive back to Jacksonville Sunday afternoon. Water temperature should be about 80 degrees. Will dive from a Quiescence Dive Center “six pack” each day. Those diving are Glen, Elmer, Marshall, Evan, Bill and Kim.
- * Marshall Gross has planned a dive trip to **Cozumel, Mexico**. It will be the week of 4 - 11 June 2018. Room and dive reservations have been made at the Hotel Cozumel & Resort and Dive Paradise Dive Center. Those going are; Marshall, Glen, Art, Mitch and Kathy.
- * Doc and Martha will be diving the **Blue Heron Bridge** Memorial Day weekend, 26 - 28 May for anybody that wants to join them.
- * Chet Tomlinson and five other divers will be diving **Bonaire** 30 June - 7 July. They'll rent a villa versus hotel rooms. This cuts the costs considerably.
- * **Mini Lobster Season** is 25 & 26 July 2018. Regular lobster season is 6 August 2018 to 31 March 2019.
- * Marshall may plan a dive sometime during the first three weeks of November to **Bonaire**. If you are interested, let Marshall know soon. he wants to start booking a dive charter and rooms soon.
- * Our annual **Dive Club Christmas Dinner** will be 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.

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Executive Officers' Reports

Safety Officer - Ben Story discussed Emergency In-water Recompression for Decompression Sickness (DCS) when a hyperbaric chamber isn't available. This is basically providing 100% oxygen through a full face mask underwater at about 33 feet.

Treasurer - Evan Ball We have approximately \$928 in our dive club account. We made \$48 from our raffle tonight. All dive club members listed on the club roster have paid their membership dues!

Webmaster - Sharon Green Sharon has recently updated the dive club website and format.

To see our website go to **www.nasjaxscubadivers.org**

Secretary - Glen Akins If you make any dives, be sure and email me a summary of what you did, so I can get good articles in the Newsletter. May's Dive Club Roster will only have dive club members listed that have paid their 2018 membership dues. If you use an address group, these should be the only people on it.

Vice President - Venessa Wood Venessa just had the second and more complicated part of her knee operation 1 May. She couldn't make it to the May dive club meeting. We wish her a quick and successful recovery



Devil's Den Spring - Williston, Florida

DIVE REPORTS

#1 Bill Davis (and his two children), Kim Walther, Elmer Osborne, Glen Akins, Ben Storey, Craig and Arvilla Stoops (and their two children) attended the Devil's Den Spring dive and cookout 21 April. What began as a rainy day in Jacksonville actually turned into a nice sunny day as we drove south. Everybody got a dive or two in the Devil's Den spring. Kim reported seeing lots of catfish, an albino catfish, lots of other fish and a turtle. She said the filtered light shining through the clear water and limestone holes and crevices was very picturesque. Grill Masters, Glen and Liam, cooked hamburgers and hot dogs for everybody to chow down on. Club members brought baked beans, cole slaw, chips and potato salad to go along with the burgers and hot dogs. Everybody enjoyed themselves very much and talked a lot about diving. These discussions are always a good learning experience, especially for newer divers. A big thanks to Bill and Kim for reserving the picnic pavilion, bringing their grill/propane, food and sodas. Cost to dive at the spring is now \$38 and to snorkel is \$20. Contrary to Website reviews, the Devil's Den employees were friendly and the check in

lines moved quickly. There was no wait to dive, but snorkelers did have to wait a while.





Elmer and Kim in Devil's Den Spring 21 April 2018

#2 Chet Tomlinson made two drift dives off West Palm Beach recently. Chet also stated a large rock fell from the ceiling of Blue Grotto Spring landing on the dive platform at about the 20 foot depth.

#3 Bill Davis made a "black water" dive for about eight minutes to eight feet to recover his sunglasses in the St. John's River. He said he didn't make a safety stop on the way up.

#4 Bob Carmichael recently attended a seminar about the hydrology of our Florida springs at High Springs, Florida. He said the lecture presented by Dr. Bob Knight was very interesting. Dr. Knight discussed how the hydrology of the springs work and fail. Bob said one interesting thing he learned was the Florida aquifer stretches from South Carolina to the Keys. There will be a seminar the first Tuesday of each month at noon, followed by lunch at one of the local restaurants from May to September. The public is invited to attend.

Dippy Diver Award - For minor diving offenses.

There were no nominees this meeting - Elmer, standby at the June meeting

Coprolite Diver Award - For more serious dive safety infractions

There were no nominees this meeting.

SPAM *Trivia*

- * If the Statue of Liberty's tablet was a plate, it would take 6,085 cans of 12 oz. SPAM to fill it.
- * Consumers in the U.S. eat 3 cans of SPAM per minute.
- * Over 7 billion cans of SPAM have been produced since 1937.
- * It takes 2,051 cans of 12 oz SPAM to reach the top of the Washington Monument.
- * Hawaii eats more SPAM than any other state in the union. 44 countries eat SPAM.



SPAM Museum in Austin, Minnesota

Members present at the 4 April 2018 dive club meeting:

Glen Akins, Bill Allen, Bob Carmichael, Bill Davis, Howard Feingold, Marshall Gross, Mitch and Kathy Maxson, Monster and Annette Molyneux, Elmer Osborne, Rick Reckert, Billy Schofield, Doc Smyk, Ben Storey, Chet and Dawn Tomlinson, Mark Vogel, Kim Walther and Eric Wilson.

First Time Visitors to our Dive Club: None

The next Dive Club Meeting will be 6 June 2018 at 7:00 p.m. in the Mandarin Golden Corral conference room, 11470 San Jose Boulevard, Mandarin. Come early to hear dive stories and talk about diving.

NASJAX DIVE CLUB OFFICERS for 2018

President - Monster Molyneux

Vice President - Venessa Wood

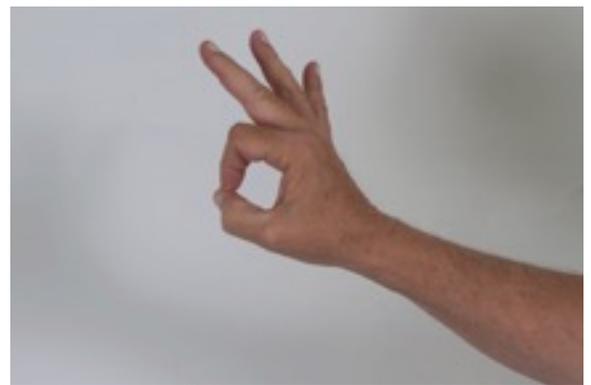
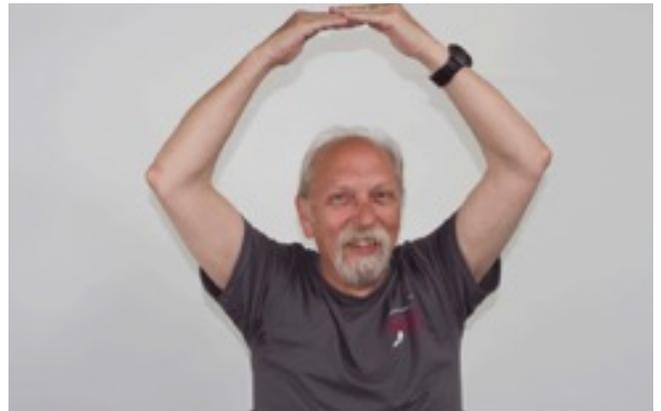
Treasurer - Evan Ball

Safety Officer - Ben Story

Secretary - Glen Akins

Web Master - Sharon Green

Dive Forum - What do these underwater hand signals mean?





There's different ways of indicating how much air you have remaining in your tank. The signal I like and most divers I dive with use; is putting one, two or three fingers on your wrist to indicate 1,000, 2,000 or 3,000 PSI of air remaining in your tank, then one to nine fingers up indicating how many hundreds of PSI you have remaining. For example, 2,400 PSI of air remaining in your tank would be two fingers on your wrist, then four fingers up. For 1,200 PSI of air remaining it would be one finger on your wrist and two fingers in the air. 500 PSI would only be five fingers in the air.

Answers to the hand signal photo quiz on the preceding page:

1. Out of Air
2. Low on Air
3. Descend
4. Okay
5. Level Off
6. Okay
7. Buddy Up/Stay Together
8. The Boat.
9. How much air do you have remaining?

With the warm weather beginning most of us will be doing a lot more diving. It is always good to periodically review underwater diving hand signals. Your life and/or dive buddy's lives may depend on knowing these signals and using them.

Motion Sickness



Everybody has been seasick or motion sick, if they say they haven't, they are probably lying! With seasickness you are first afraid you will die, then after a hour or so, you are afraid you won't die. Seasickness can ruin a dive. Everyone is susceptible and motion sickness can be produced in anyone if the circumstances are right. A lot is known about motion sickness, but total understanding of the cause is not clear. There are individuals who are resistant to motion sickness, but sufficient angular acceleration will induce motion sickness in anyone. Even astronauts are annoyed by this problem.

If you have experienced motion sickness, you probably think of it as primarily nausea. One theory says that this symptom is the result of your brain's inability to resolve the conflicting signals that it is receiving from the ears, eyes and body. The vestibular balance apparatus of the ears detects motion and is stimulated by

the repeated angular acceleration of the dive boat. Anxiety, confusion and dismay result, leading to the first symptoms of yawning, pallor (paleness) and headache. They are followed by nausea and vomiting, and frequently a "fear" response. That is the time you are afraid you will not die. The best thing to do is find the part of the vessel with the least vertical acceleration and stay there. Usually that will be in the center of the vessel. You want to stay as low as possible while maintaining eye contact slightly above the horizon. If visual contact is not possible, keep your eyes closed. It is prudent to stay away from individuals who are actively ill. This might make you more sick and when someone has to vomit, you better not be in the way.

Have you ever advised a seasick diver, "Get in the water, you'll feel better." That may not be good advice. Vomiting underwater is not easy. Do you vomit through your regulator or take your regulator out of your mouth? There are valid arguments for both techniques and both can be done successfully. There is no doubt that safety is seriously impaired under either condition.

Alcoholic or dietary excesses before or during the trip increase the likelihood of motion sickness. Jet lag, which results from rapid transition of time zones, places you out of synchrony with the local social and time cues, producing fatigue, loss of appetite, gastrointestinal distress and other symptoms. If you feel that way before the dive boat leaves the dock, guess what's going to happen on the way to the dive.



Prevention

There are literally hundreds of gadgets, procedures, medicines, herbs, foods, etc. All touted as good for motion sickness. That in itself should tell you that none of these choices are completely effective. Perhaps you have already discovered a system that works for you. If so, congratulations, be sure that your system is safe and stay with it.

Medications

The use of medications to prevent motion sickness may be helpful, but none of the medications are free of side effects. As most of the side effects affect performance, there are serious questions concerning their use by divers, who must be alert at all times. You must be cautious in their use and your best plan is to avoid them entirely. If you choose a medication, give it a trial many days before diving in order to determine the response and side effects for you. Medications effect people differently.

Antihistamines

The most commonly used medications are antihistamines. They are available without a prescription and similar in their side effect profile. The medications include Dramamine® (dimenhydrinate), Bonine® (meclizine), Benadryl® (diphenhydramine) and Marezine® (cyclizine). The common feature of this group is drowsiness, which could seriously impair a diver's ability to perform safely. You should study all the information which comes with the medication before using it.

Phenergan® (promethazine) is a prescription drug chemically related to the tranquilizers, and it also has antihistamine properties. Drowsiness is a prominent side effect and it can be used as a sedative-hypnotic. The drug may impair your mental and physical abilities required to perform potentially hazardous tasks. Alcohol and similar drugs accentuate the sedative effects of promethazine. Intramuscular injection of this drug can provide great relief for severely motion-sick individuals. Of course, diving would be out of the question if intramuscular injection is needed.

Other Medications

Trans-Derm SCOP® (scopolamine patch) is used for motion sickness and has been used by many divers who found it beneficial and reported few problems. Patches do have some unwanted side effects which affect diving adversely. Dry mouth occurs in about half of the users studied (non-divers) and is probably more prevalent in divers due to the dry air in scuba cylinders. Blurred vision after about 24 hours' use is common and may persist after the patch is removed. Repeated applications will cause visual disturbance to increase. If your finger contacts the medication side of the patch and then your eye, the pupil will dilate. Wash your hands thoroughly after handling the patch. Trans-Derm SCOP® occasionally causes hallucinations, confusion, agitation or disorientation. Studies indicate that the patch is slightly more effective than Dramamine®.

Non-pharmacological Intervention

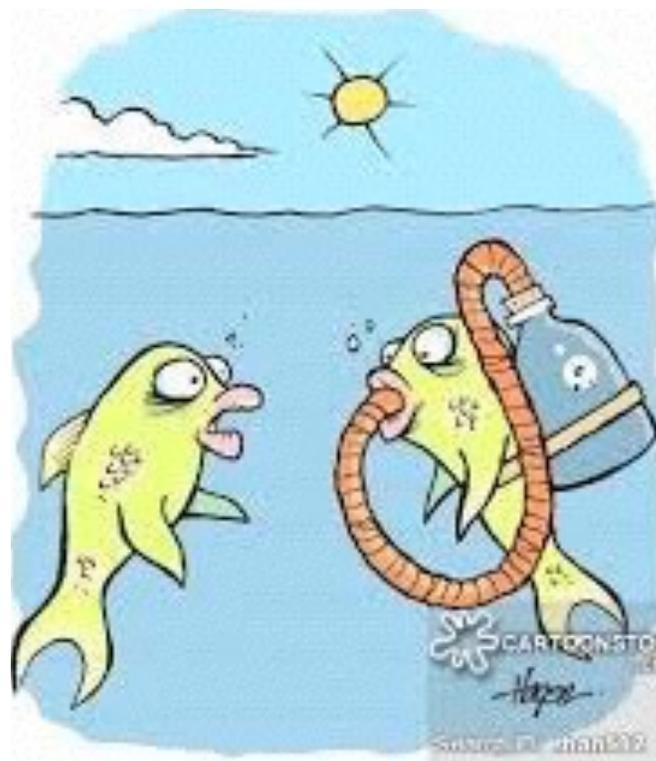
There are enthusiastic advocates of ginger for prevention of seasickness, but its efficacy has not been substantiated in controlled laboratory trials.

Seabands® (elasticized wristband devices) are sold as a means of treating seasickness. There is a study incorporated into the device which applies pressure over the Neiguan point (located within tissue about 3 centimeters above the wrist joint). The Neiguan point is reported as being implicated in the control of nausea and vomiting, although the results of acupuncture applied to this point are contradictory. Seabands have been available for several years, although no controlled trials demonstrating their effectiveness have been published.

Finally...

So, how do you reduce your risk or susceptibility to motion sickness? First, you should be adequately rested, nourished and hydrated. Do as much as you can to get over jet lag, mainly rest. If you are apprehensive, avoid placing anything at all in your stomach during the two hours before you embark. You will be more comfortable with an empty stomach than with a full one. Refrain from excessive alcohol the night before and satisfy your usual requirement for sleep.

After boarding your dive boat, prepare your gear for diving before the boat gets underway or reaches open water, so that you can avoid working on diving equipment while looking down. Find a place on the boat where the motion is least and stay low. Avoid the bow, flying bridge or upper decks where the motion is intensified. Avoid the stern of the boat, exhaust fumes may contribute to your motion sickness. Maintain eye contact with the horizon or slightly above. Adaptation to motion does occur with most individuals and motion sickness frequently ceases after a few hours. So, after turning green and puking up your toenails for a few hours, you can look forward to a good return trip to the pier. Last of all, if you are prone to seasickness, I wouldn't recommend the Navy as a career.



NOW REMEMBER, YOU HAVE ENOUGH WATER FOR HALF AN HOUR, THEN YOU'LL HAVE TO COME DOWN.



Glen Akins
Dive Club Secretary