

The Rebel Yell

A Newsletter for the Diving Rebels - One of the Oldest Scuba Clubs in Texas - Established 1958

April 2010

2010 DIVING REBEL BOARD

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Appointed Positions

Danny Bouska, Webmaster/Newsletter
Linda Magnuson, Historian

To contact one of the Club's officers,
please visit our website at:

WWW.DIVINGREBELS.ORG

or send an email with your question(s)
and/or comments to:

info@divingrebels.org



We are on the web in multiple locations:
Click on an image to go to the site!

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MEMBERSHIP MEETING Wednesday – April 7, 2010

Meeting Time
6:30pm Social
7:15pm Meeting

What's Inside?

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April Meeting Program

Tracie Benson – Shark Diving

Come on out for a fresh face and a talk by a passionate diver who
prefers having sharks around.

See page 2 for more information!

Upcoming Events Calendar

Apr	7	Monthly Membership Meeting
Apr	23-25	Tyler State Park Outing
May	5	Monthly Membership Meeting
May	21-23	Gulf Diving Trip
June	2	Monthly Membership Meeting
June	26-27	Mid Year Outing – Lake Fork
July	7	Monthly Membership Meeting

President's Report

To the interested, and those that are not but read anyway,

We again are at the state of the Club address. I hope you have come to enjoy this time in reflection on the Club's accomplishments and future as I have. When I look back on the experiences from last April to this one I get a sense that wow, I have done a lot. And the Club has been a source of much of that activity.

Membership is still strong and holding in the 50's. The new Board is coming together and is committed and involved. We actually had pot luck at my house for the St Patty's day Board meeting. It was quite enjoyable yet we tackled a serious agenda without all the restaurant clatter.

And I think the first ever FUNdraiser went off well at the March meeting. I had a lot of positive feedback and suggestions on improvements, but overall the game was a success and was fun. We didn't make the \$70 budget, but we did manage to bring in \$40, a respectable amount. As we move forward, I will propose a budget amendment to bring hopes in line with more reasonable expectations and also, as I have been lining out the speaker schedule, I will be cutting one FUNdraiser event and rearranging the month the other will be coming. The next one will be the SCUBA bingo, most likely the July meeting.

The meetings are running well. And as much as I have wanted a gavel, the new Diving Rebel Silencer will both make noise and cause silence. Silence, if not by smacking the table, then by smacking the other noisemaker. Just joking you know, as I am sure the table will be sufficient.

All in all, I believe the Club is doing well and members are having a good time, getting better at diving, and building lasting relationships. I certainly think that is time well spent.

Keith

Speaker for April 7, Tracie Benson – Shark Diving

We have a totally new speaker this month. Come on out for a fresh face and a talk by a passionate diver who prefers having sharks around.

Here's a little autobiography by Tracie:

"I started diving in 1986. I took a resort dive in Cancun and was hooked. I came home and was PADI open water certified in Arlington, Tx. I had waist length hair at the time and couldn't stand the mask pulling my hair out. I invented what is now the slap strap. I met with a major dive company to see if they were interested in marketing it. Six months later it showed up on the market thru another company, but without my name on it. But that's another story! Except for that unpleasant dive related incident I have had a great time diving all over the world.

I was Nitrox certified in Palau, dry suit certified in Dallas, and NAUI Advanced open water certified in Belize. I hope to be rescue certified in May.

My favorite dive trips are on live-a-boards. I usually only dive for sharks, giant manta rays, and whale sharks.

Working for American Airlines has enabled me to travel to many places. Some of the dive trips have been to Cozumel, Cancun. Bonaire, Grand Cayman, Belize, Truk, Yap, Guadalupe Islands, Turks and Caicos, Socorro Islands, Cocos Islands, Caribbean, Playa del Carmen, and Tiger Shark Beach Bahamas.

I plan to go to the Maldives in May, Israel in June, and Holbox in July.

Tracie Benson"



Scubadillo Annual Crawfish Boil

Sunday, April 18th, 2010
2:00pm - 6:00pm

Place:
Winfrey Point
White Rock Lake

www.scubadillo.org for map

Mudbugs and Music
Also, Grilled Chicken, Beer and Wine

Silent Auction and Door Prizes
Fun and Friendship

Proceeds go to Favorite Charities:
Coral Reef Alliance
Dallas Aquarium at Fair Park
Save the Manatee Foundation

Want more info or want to help?
Contact kevinrusch@sbcglobal.net

RECALL

SeaCure Issues a Recall of the SeaCure "Sport" custom mouthpiece

SeaCure has discovered a quality issue on the SeaCure "Sport" custom mouthpiece. An investigation has revealed a sizing problem with certain "Sport" custom mouthpieces, in order to place the custom mouthpiece on certain regulators, they may stretch. Stretching due to improper fit may cause the yellow insert to dislodge and enter the regulator which could create a breathing problem.

If you have the a SeaCure "Sport" mouthpiece installed on the following regulators, Stop using them immediately and contact SeaCure 1-800-428-9494 or email to recall@seacure1.com for a free replacement Hi-Flow custom mouthpiece.

- * Sport I and Atomic regulators manufactured in 2005 and thereafter (orifice measures 1-7/16 x 13/16)
- * Sport II and Cressi-sub Ellipse regulators
- * Sport II and Zeagle regulators

For additional information, contact SeaCure 1-800-428-9494 or email to recall@seacure1.com



Birthdays

April 4	Elizabeth Neuman
April 7	Michele Estill
April 13	Chau Nguyen
April 17	Kirk Tidwell
April 23	Linda Magnuson
April 26	Kelly Barentine

Anniversaries

April 4 Steve and Selena Woodward



Did we miss your special date? If so, it's not in our database. Contact Mark Estill to update your info!

MAY MERCHANDISE MADNESS



During the May 5th Member Meeting we will have Rebel Wear samples for everyone to view and order. Come prepared to pick out your favorite piece of Rebel gear to show off at the monthly meetings and Rebel outings & show support for your club! We will have a variety of items to look over so mark your calendar and don't miss this event.

Don't forget Diving Rebels Caps and T-Shirts
On sale at any monthly meeting!



NAVY & NATURAL



BLACK



NAVY

Merchandise sold to Diving Rebels Members Only

April Outing – April 23 -25, 2010 - Tyler State Park

It will be a great weekend to get out and enjoy the spring weather and do some early spring diving among the beautiful tall pines of east Texas, Activities: Diving of course, camping, boating (motors allowed - 5mph speed limit) boat rentals – canoes & paddle boats, fishing, bird watching, hiking, mountain biking, lake swimming, nature study, and hanging out with other Diving Rebels. Check out the Tyler State Park website for a host of other activities available in the area <http://www.tpwd.state.tx.us/tyler/>.

The club has campsites reserved in the Lakeview area. There is water, electricity and restrooms with showers. Entrance fee to the park is; \$3 per person, per day. Do not pay for camping. The club has reserved camp sites. The cost of camping sites and meal share will be divided among those participating. There will be a Saturday lunch, Saturday Dinner, Sunday breakfast. Bring your own snacks and your favorite beverages. Camp fires are allowed in designated fire pits. If you are able - bring firewood for a group campfire in one of the fire pits.

Directions:

Tyler State Park is 100 miles east of Dallas on Interstate 20 and 2 miles north of I20 on FM 14 north of Tyler on park rd. 16.

There will be a sign up sheet at the April meeting as we will need a good headcount for meals and camp site capacity. If you are not at the April meeting or for further information call or email me.

Contact: Keith Weber at 817-581-9010

Email: president@divingrebels.org



Diving Rebel Mid-year party
June 26-27, 2010
Lake Fork, TX – at the Barentine's property

Mark your calendars for another new place to have some Diving Rebel festivities. The Barentine's have graciously offered the use of their semi-developed lake front property at beautiful Lake Fork. While known as a fishing lake, after the Rebels are there it will have been dived. Of course that won't be the highlight as we plan to have our usual Board-served feast, camping, fire, and lots of fun. More details to follow as the planning has just started. Rest assured it will not be an outing to miss.

Athens Scuba Park – March 20, 2010 Outing Report

Mother Nature did not throw enough at the Rebels this year to keep us out of the water at Athens. Despite the forecast for constant rain and possible snow, 5 of us found our way to Athens Scuba Park. There was a little kolache shop in Gun Barrel City that was wonderful and hopping. And even in the rain the drive was good. Gena, John, Connie, Johnny and Keith braved the elements and hung out for a few hours with Calvin, the owner, and admired the shop and view of the weather from within. But alas, Johnny and Keith donned gear in the 45 degree dressing room about 11am while the rain pelted the roof with no sign of relenting. They emerge from the dressing room and the rain stopped. There was almost no wind either. It was as if Mother Nature agreed with the insanity of the thought of diving in water in the 50's and the day in the lower 40's and rain up to this very point.

The entry point was dock 1 and the objective, find the jet plane and not freeze to death. The latter was helped greatly since Johnny and Keith primed the wet suits with warm water from the showers. It doesn't take that gasp away from the great-stride entry, but it does help that it is as long as with a dry wet suit before breathing is regular again.

The actual dive was uneventful as Johnny and Keith navigated to the tail section of the plane without any trouble. They took a cruise down the left hand side and entered at the main cabin door. Visibility was excellent with prime vis at 15ft and ability to follow the guide line with the eyes and see the exit over the wing a little hazy in the distance – about 20 ft away. The divers had no trouble keeping up with each other and communicating. With an emergency exit over the wing in the sinking, oh yeah, sunken plane, a bunch of shrugs and what now gestures were traded. Once the jet plane objective was accomplished and they were no where near the freezing to death point, it was a question of what to do. Neither had planned for more than these simple objectives. So off exploring they went trying to find a boat that was somewhere to the west.

The boat was not to be found on this trip as they were not familiar with the terrain and only had a guess of a compass heading. The buddy team did an excellent job of retracing their course and was delighted when they had not stirred up the bottom and were afforded excellent visibility for the return to their departure from their original plan and even back to the entry/exit point.

The walk back to the dressing room was rain free for the reverse process: getting out of the wet suit, warm shower, and dry clothes. As soon as that was done, it started to drizzle, so packing the gear back in the truck was under a light rain. Thank you Mother Nature!

The group gathered for lunch at the Jalapeno Tree for food, drink and lively conversation. Time was lost as the good times rolled and mid-afternoon we all headed back to Arlington. We arrived just in time for the snow. Again, thank you Mother Nature that it was not sooner and we actually dove Athens in March! (March 07 – Katrina, March 08 this 2010 snow storm on Friday night)



The Diving Rebels at Stillhouse Hollow – Outing Report March 27 – 28, 2010

It was a great weekend for diving and hanging by the lake. Steve Herman went down Friday night and anchored a campsite for us. Most of the rest of us arrived between 10:30 and 11:30. The sun was out and temp was indeed 65 degrees by 11 with a medium wind blowing. By a little after noon we were in the water.

The visibility was amazing at about 15ft most of the time. The water temp on my computer was 52 and we did a 54 minute dive. We navigated to a platform and followed guide ropes (easily seen) to various underwater treasures like a kayak, boat, foundry foundation, and cabin cruiser. There was a slight thermocline at 17ft and on the way back from our max depth of about 40ft, it seemed warmer when getting above it. From the platform we headed back to shore and all exited about the same time.

After breaking down the gear and warming up a bit it was about 2pm, so we decided to head back Dana Peak Park and have dinner for lunch. As it turned out, only Etson and Keith would be camping and Johnny and Connie were staying at the hotel nearby. Steve Herman, George, Mark Stonebridge all were heading back to Arlington later.

It was a little tricky getting the charcoal and fire going in the pit as the wind had certainly picked up. But the grillin' got done and we ate well, a fabulous meal of gourmet burgers and Caribbean jerk chicken tenders. We circled the wagons (suvs, double cab and standard pickups) to create a wind block and we had a campfire. It was astounding that the rangers didn't come by and make us move the vehicles parked on the camping pad and on the grass (wasn't until 9:30 Sunday before we were told to move it). With the flood, certain areas had plenty of drift wood for collecting that supplemented the wood brought with us.

A grand episode that will stay with those that were there was of Etson, donning his wetsuit like a fireman to catch his tent stake bag that had blown out into the lake. Several acted as the search and recovery spotters and Etson gave it a heroic effort - that may have been helped if fins had been employed. But alas, the bag was gone and a pooped Etson returned to confirm the water was cold and promptly was taking a nap to recover.

The travelers began their exit and by evening Johnny had arranged for a friend of his to stop by and visit. Much to our delight, Jimmy brought his "gut truck" and we all feasted on his delectable menu as a generous contribution to our cause. So, dinner was taken care of and even though we had some leftovers from lunch, the hot meal with no work involved was wonderful.

We socialized around the campfire until late and the beds were calling. So with dive fairies dancing in our heads of plans for Sunday, we all headed to the sack.

Sunday brought much cooler temps and by consensus the fairies were overruled and we just enjoyed the sun and fire we could with the wind that was again stiff, but now from the North.

We broke camp and all departed about 11:30 for the trip home. All in all, it was a fantastic weekend in the sun and water.



Hydration, why is it important when diving?

by Danny Bouska

The many lures of a blue water trips include the beautiful sunsets, hot sun, cool seas, crisp night skies full of stars, and tropical drinks. Once we reach this “paradise”, there may be crystal clear water everywhere you look, but your body starts losing water. All the delights of tropical diving or even diving in our backyard at Clear Springs Scuba Park or in West Texas at Balmorhea State Park can leave you as dry as being lost in the desert.

Dehydration during diving can be dangerous. It has been documented that for every pound of sweat you lose, your heart rate can increase about eight beats per minute, which actually decreases the amount of blood your heart pumps out, by one liter per minute, and increases your body's core temperature by about half a degree. The decrease in blood volume equals less blood flow to your muscles and tissues. This decrease will cause you to tire more quickly, and clear the nitrogen you've absorbed from your dive more slowly, raising your risk for decompression sickness.

Scuba increases the loss of fluids several ways. For instance, the air you breathe from the scuba tank has had the moisture removed to protect your equipment. So, every time you breathe off your regulator, you lose twice the moisture from your throat and lungs as you do during normal breathing.

Secondly, scuba creates an urge to urinate. Especially in water that is colder than the air, the body responds by narrowing the blood vessels in your arms and legs sending more blood to the core of your body. Your body sees this rush of blood into the body as a fluid overload signaling the kidneys to increase their urine production to remove the excess liquid.

The exertion created while diving also robs you of water. Sweating and panting as you haul your gear, suiting up in the hot afternoon sun and/or fining against currents can easily leach away a couple pints of fluid during the course of a dive. The sun also is a water magnet as it also draws water from your body like a sponge.

So how do you stay hydrated? The most obvious way is to drink a lot of water. Some divers intentionally avoid drinking a lot of water because they don't want to pee in their wetsuits while in the water. Intentionally dehydrating yourself is dangerous; peeing in the lake, ocean or your wetsuit is not, especially if you're well-hydrated as your urine is fairly dilute anyway.

A recommendation is to drink enough water on the days leading up to a dive trip so that your urine is clear. When you urinate often and your pee runs clear, you're drinking enough fluid.

- Including sports drinks since they also replace electrolytes lost during sweating is a good idea. Take a container or two of a sport drink with you to Clear Springs or any of the many area lakes where you dive, or if you're going out of the country, take a container of powdered sport drink which should last the entire trip.
- Alcohol is a diuretic that suppresses the release of a hormone that helps your body retain fluids. A drink or two of your favorite adult beverage the night before diving is most likely ok, but be on the safe side have a glass of water along with each one, and limit yourself to two drinks.
- Caffeine is considered to be a mild diuretic, so it's smart not to overdo it. Stick to one cup of coffee the morning of a dive and don't drink a lot of tea and cold drinks.
- Beware of protein-heavy foods for breakfast as they require more energy and water to digest than they contribute. Carbohydrates, like oatmeal, cereal and whole grain breads, use less digestive energy and help your body retain fluids. Include lots of high-water foods like oranges, melons and other tropical fruits.

Stay hydrated and enjoy your diving. Remember wetsuits can be washed and “wet suit deodorizers” will help in the short term!

