

The Rebel Yell

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

July 2010

2010 DIVING REBEL BOARD

Keith Weber,	President
Mark Estill,	Vice President
Kelly Barentine,	Treasurer
Danny Barentine,	Secretary
Etson Barentine,	Activities Director
Mark Stonebridge,	Sr. Board Member
Sherry Hammond,	Jr. Board Member
Marcus Greenberg,	Jr. Board Member

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!

Mobile Users



MEMBERSHIP MEETING Wednesday – July 7, 2010

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

What's Inside?

Pg 2	President's Report Flying after Diving Guidelines
Pg 3	Aqualung/Apeks WTX Power Inflator Recall Birthdays and Anniversaries, New Members Scuba Bingo Fundraiser Diving Rebel Caps and T-shirts,
Pg 4	July 10-11 Outing to Blue Lagoon Information
Pg 5	June 26-27, Mid Year Outing Report
Pg 6	Decompression Illness: What Is It and What Is The Treatment?

July Meeting Program

SCUBA Bingo FUNdraiser

Come join us for some bingo fun. This was such a big hit
at the Christmas party that it deserved incorporating into
another spot during the year.

Upcoming Events Calendar

July	10-11	Blue Lagoon - Huntsville
Aug	4	Monthly Membership Meeting
Aug	21-22	Canyon Lake – New Braunfels
Sept	1	Monthly Membership Meeting and Chinese Auction
Sept	4-6	Lake Ouachita - Arkansas
Oct	6	Monthly Membership Meeting

President's Report

Hello Rebels,

Are we having fun yet? Yes indeed, lots of it.

I am certainly having a good time. I enjoy leading the Club and hope that feeling is evident and the joy gets absorbed by the membership.

I am really excited that we have been diving new places, sites the Club has never been or has not been in such a long time no one remembers. I am thankful to have buddies who are willing to get almost anywhere, anytime. In fact, I am finding it difficult this year to schedule in tag-alongs for all the diving I am hearing people are doing. I just don't have enough vacation. When is retirement? Counting down the years, but not waiting either. I have managed to have a very full dive calendar this year and the prospects are good for much more diving for the rest of it.

So grab a buddy in the Club and go diving. Come out to our events and log some time blowing bubbles and shooting the breeze. Either way, enjoy the magic of breathing underwater.

Hope to see you aqua bound soon.

Your fun having president,
Keith



Do You Remember the Current Flying After Diving Guidelines?

Experimental trials indicate the risk of decompression sickness (DCS) decreases as the preflight surface interval increases. Based on these studies, these recommendations apply to flights at cabin altitudes between 2000 feet and 8000 feet and to divers who are without DCS symptoms. Work by Buehlmann, which was used by the US Navy Diving manual, suggests that immediate ascent to 2000 feet altitude is possible with low DCS risk. In 1999, the US Navy adopted more flexible procedures based, in part on Buehlmann and Vann et al. Following these recommendations reduces DCS risk but does not guarantee that a diver will avoid DCS.

For Dives within the No-Decompression Limits

- * Single Dives - A minimum preflight surface interval of 12 hours is suggested.
- * Repetitive Dives and/or Multiday Dives - A minimum preflight surface interval of 18 hours is suggested.

For Dives Requiring Decompression Stops

- * A minimum preflight surface interval greater than 18 hours is suggested.

MANUFACTURES RECALL NOTICE

FOR IMMEDIATE RELEASE
June 30, 2010
Release #10-286

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission, in cooperation with the firm named below, today announced a voluntary recall of the following product. Consumers should stop using products immediately unless otherwise instructed. It is illegal to resell or attempt to resell a recalled consumer product.

Name of product: Power Inflator

Units: About 1,380 in the U.S., 530 in Canada

Importer: Aqua Lung America of Vista, Calif.

Hazard: The oral inflator button is not properly bonded to the oral stem and can fall off during use, posing a leak of the buoyancy compensator contents. This poses a drowning hazard.

Incidents/Injuries: Aqua Lung America has received one report of a consumer's oral inflate button falling off during use. No injuries have been reported.

Full details here: [Aqua Lung America Recalls Apeks WTX Power Inflators Due to Drowning Hazard](#)

SCUBA Bingo FUNdraiser Membership Meeting July 7, 2010

Come join us for some bingo fun. This was such a big hit at the Christmas party that it deserved incorporating into another spot during the year. I expect it will play out similarly.

Players will buy the cards (price still not firm, but thinking \$1 per card) and the winner(s) will get 50% of the take. The Club inherits the remainder. We will also try to find some of the cool blotters that we had previously.

Some come on out for what promises to be a fun time and be the first to yell SCUBA.



Birthdays

July 3 George Bartulevicz
July 12 Steve Shipe
July 15 John Richerson
July 25 Jim Kirchoff

Anniversaries

None Known



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

A Rebel Welcome to New Members Joining in February 2010

Heather Thompson
Arlington, Tx – NAUI Master Diver

Tina Caron
Keller, Tx - PADI Adv Open Water Diver

Say "Hi" to Heather and Tina and give a Rebel Welcome to our newest members!

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



BLACK



NAVY & NATURAL



NAVY

Merchandise sold to Diving Rebels Members Only

Diving Rebels Scuba Club July Outing – July 10-11th Blue Lagoon – Huntsville, Texas

Ever dream of frolicking in the Blue Lagoon like Brooke Shields and Chris Atkin in the movie by the same name? Well here is your chance! Join the Diving Rebels in a quest for “aqua blue” water at the Blue Lagoon in the piney woods of Texas. There won't be any Palm trees, but there will be water in which to dive!

The Blue Lagoon is hidden away in the piney woods just north of Huntsville Texas off I45. For over twenty years the lagoon has served the divers of Texas with aqua blue bodies of water, training platforms, sunken boats and miscellaneous items. There is primitive camping and an onsite air station and concessions which include hot sandwiches, sodas, water, various sport drinks and an assortment of candy bars and chips.

The entrance fee for divers and non divers is \$16.00 per day. Non Divers must be accompanied by a C-card holder. There is no charge for children under 10 and non diving parents accompanying minors during diving lessons.

The Blue Lagoon opens at 8am on Saturday, July 10th. Come any time after that and spend the day or the weekend, campout under the stars in the piney woods, or grab a hotel room in nearby Huntsville.

- If you wish to camp, your entry fee allows you to camp overnight but there is a two day minimum fee so if you come in Saturday and leave Sunday the fee is \$32.00.
- There will be hamburgers, hot dogs, chips and fixings for Saturday dinner and breakfast on Sunday morning. You are responsible for your own drinks and Saturday and Sunday lunch.
- Air fills are \$8.00, rental tanks are \$12.00. If you need other gear: Regs \$20.00, BCD \$20.00, Wetsuits \$20.00, Weights \$10.00
- The Blue Lagoon does not allow pets.
- There are Porta Potties scattered throughout the property.

Outing Coordinators are Danny Bouska and Kirk Tidwell.

We need to know if you're coming! Sign Up sheets will be available at the July 7th meeting but to assure we have plenty of food for Saturday night and Sunday, please email webmaster@divingrebels.org or call Danny at 972-514-7141.

If responding via email please include: When you will be arriving, how many people in your group, if you are camping, staying in Huntsville or just making a day trip, and in which meals you will be participating.

Directions:

Take I45 south from Dallas/Ft Worth toward Houston. Take Exit 123 approximately 7 miles north of Huntsville and turn left (east) at Farm to Market Rd 1696/Pinedale Rd. Continue to follow Pinedale Rd for approximately 2.9 miles. The Blue Lagoon entrance will be on the left.

Diving Rebel Mid-year Party 2010 **Lake Fork, TX** **June 26 -27, 2010**

The food was plentiful, washers challenging, diving rewarding, and fellowship abundant. Bet most of you wish you had been there.

The event began pretty much on time and soon Etson and Keith were in a battle with the washers. Etson proved the more skillful and gave Keith a little thrashing, 11 – 2. Keith recovered and did better in teams yet never had a win.

The property was fantastic with plenty of shade for the circle of visitation to chase. The lake with fishing dock and boat ramp was nearby and within an easy stroll. To dive, we loaded up on a small trailer pulled by a 4-wheeler and were backed down into the water on the boat ramp. The giant stride was simply leaning forward. The return was a similar experience – in reverse of course. The dive itself was good. Visibility was easily 4 ft (tainted a little brown, but not bad) and there was a nice thermocline at 11 – 12 ft and plenty of light, vegetation and fish (mostly small). A little above our max depth of 16 ft was another thermocline that dropped into the chilly range and it was definitely darker. Danny Barentine and Keith had a dive about 1pm and Jim Magnuson and Steve Herman dipped in about 4ish (I think). Linda Magnuson shadowed Jim and Steve as a swimmer and Danny and Keith even managed a swim in the pool. I think all had a good time in the water.

The afternoon was spent sitting in the shade with multiple chat sessions going that one could jump in and out of and still be up on things. It was like the live version of texting. There were many rounds of washers, but the horse shoes were dormant. Of course once the cooking got going it was really fun. It was a nice spread when it was all done.

We had the raffle with over \$300 in prizes. I'll have to say, I certainly believe in luck now. We had a guest win 5 out of 6 tickets. That was incredible, unbelievable if I had not seen it. He was nice enough to barter and sell the things he did not need so many of us were happy with some merchandise in the end. There were other lucky folks too. Heather and Gage did well as a mother, son pair and even Keith was a two-time winner – astounding, I know.

The evening wrapped up with fireworks, courtesy of Etson. And then a little time was spent looking for Keith's dog, Nikki, who took off from the sounds of the crackle and pop of the festivities. Eventually, the festivities continued at the boat ramp and the crowd broke up about 10:30 – 11. Nikki returned about midnight when it had been quiet for a while.

The morning found the Barentine crew and Keith (and dogs) enjoying the serenity of nature. Etson and Chau scooted about 10ish and noon brought the highway to Keith's tires. Kelly and Danny were left in peace (not exactly to Rest in Peace, but to rest, in peace).



Decompression Illness: What Is It and What Is The Treatment?

By Dr. E.D. Thalmann, DAN Assistant Medical Director

With Reports by Renée Duncan, Editor, and Joel Dovenbarger, Vice President, DAN Medical Services

Decompression illness, or DCI, is a term used to describe illness that results from a reduction in the ambient pressure surrounding a body. A good example is what happens to your body when you're surfacing after a dive.

DCI encompasses two diseases, decompression sickness (DCS) and arterial gas embolism (AGE). DCS is thought to result from bubbles growing in tissue and causing local damage, while AGE results from bubbles entering the lung circulation, traveling through the arteries and causing tissue damage at a distance by blocking blood flow at the small vessel level.

Who Gets DCI?

Decompression illness affects scuba divers, aviators, astronauts and compressed-air workers. It occurs in approximately 1,000 U.S. scuba divers each year. Moreover, DCI hits randomly. The main risk factor for DCI is a reduction in ambient pressure, but there are other risk factors that will increase the chance of DCI occurring. These known risk factors are deep / long dives, cold water, hard exercise at depth, and rapid ascents.

Rapid ascents are closely linked to the risk of AGE. Other factors thought to increase the risk of DCI but for which evidence is not conclusive are obesity, dehydration, hard exercise immediately after surfacing, and pulmonary disease. In addition, there seem to be individual risk factors that have not yet been identified. This is why some divers seem to get DCI more frequently than others although they are following the same dive profile.

Since DCI is a random event, almost any dive profile can result in DCI, no matter how safe it seems. The reason is that the risk factors, both known and unknown, can influence the probability of DCI in myriad ways. Because of this, evaluation of a diver for possible decompression illness must be made on a case-by-case basis by evaluating the diver's signs and symptoms and not just based on the dive profile.

Decompression Sickness

Decompression sickness (DCS, also called the bends or caisson disease) is the result of inadequate decompression following exposure to increased pressure. In some cases, the disease is mild and not an immediate threat. In other cases, serious injury does occur; when this happens, the quicker treatment begins, the better the chance for a full recovery.

During a dive, the body tissues absorb nitrogen from the breathing gas in proportion to the surrounding pressure. As long as the diver remains at pressure, the gas presents no problem. If the pressure is reduced too quickly, however, the nitrogen comes out of solution and forms bubbles in the tissues and bloodstream. This commonly occurs as a result of violating or approaching too closely the diving table limits, but it can also occur even when accepted guidelines have been followed.

Bubbles forming in or near joints are the presumed cause of the joint pain of a classical "bend." When high levels of bubbles occur, complex reactions can take place in the body, usually in the spinal cord or brain. Numbness, paralysis and disorders of higher cerebral function may result. If great amounts of decompression are missed and large numbers of bubbles enter the venous bloodstream, congestive symptoms in the lung and circulatory shock can then occur.

Symptoms of DCS

- Unusual fatigue
- Skin itch
- Pain in joints and / or muscles of the arms, legs or torso
- Dizziness, vertigo, ringing in the ears
- Numbness, tingling and paralysis
- Shortness of breath

Signs of DCS

- Skin may show a blotchy rash
- Paralysis, muscle weakness
- Difficulty urinating
- Confusion, personality changes, bizarre behavior
- Amnesia, tremors
- Staggering
- Coughing up bloody, frothy sputum
- Collapse or unconsciousness

Note: Symptoms and signs usually appear within 15 minutes to 12 hours after surfacing; but in severe cases, symptoms may appear before surfacing or immediately afterwards. Delayed occurrence of symptoms is rare, but it does occur, especially if air travel follows diving.

Denial and Recognition

The most common manifestations of DCS are joint pain and numbness or tingling. Next most common are muscular weakness and inability to empty a full bladder. Severe DCS is easy to identify because the signs and symptoms are obvious. However, most DCS manifests subtly with a minor joint ache or a paresthesia (an abnormal sensation like burning, tingling or tickling) in an extremity.

In many cases these symptoms are ascribed to another cause such as overexertion, heavy lifting or even a tight wetsuit. This delays seeking help and is why it is often noted that the first symptom of DCS is denial. Sometimes these symptoms remain mild and go away by themselves, but many times they increase in severity until it is obvious to you that something is wrong and that you need help.

What happens if you don't seek treatment? In severe DCS, a permanent residual handicap may result: this can be a bladder dysfunction, sexual dysfunction or muscular weakness, to name a few.

In some cases of neurological DCS, there may be permanent damage to the spinal cord, which may or may not cause symptoms. However, this type of damage may decrease the likelihood of recovery from a subsequent bout of DCS.

Untreated joint pains that subside are thought to cause small areas of bone damage called osteonecrosis. Usually this will not cause symptoms unless there are many bouts of untreated DCS. If this happens, however, there may be enough damage to cause the bone to become brittle or for joints to collapse or become arthritic.

Prevention of DCS

Recreational divers should dive conservatively, whether they are using dive tables or computers. Experienced divers often select a table depth (versus actual depth) of 10 feet (3 meters) deeper than called for by standard procedure. This practice is highly recommended for all divers, especially when diving in cold water or when diving under strenuous conditions. Computer divers should be cautious in approaching no-decompression limits, especially when diving deeper than 100 feet (30 meters).

Avoiding the risk factors noted above (deep / long dives, exercise at depth or after a dive) will decrease the chance of DCS occurring. Exposure to altitude or flying too soon after a dive can also increase the risk of decompression sickness. DAN has recently published guidelines for flying after diving. (See page 2 for these guidelines)

Next Month: Care Of The Diver With Decompression Illness

