



The Rebel Yell



A Newsletter for the Diving Rebels - One of the Oldest Scuba Clubs in Texas - Established 1958
December 2011

2011 DIVING REBEL BOARD

Danny Bouska,	President
Mark Estill,	Vice President
Kelly Barentine,	Treasurer
Rita Simpson,	Secretary
Tina Caron,	Activities Director
Sherry Hammond,	Sr. Board Member
Danny Barentine,	Jr. Board Member

Appointed Positions

Ellen Fourton,	Newsletter Editor
Danny Bouska,	Webmaster
Connie Mitchell,	Historian

To contact a member of the Board, 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

Humperdinks in Arlington
700 Six Flags Dr.
Arlington, TX 76011

Wednesday – December 7, 2011
6:30pm Social 7:15pm Meeting Begins

Presenter: Philippe Douet
Diving in France

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Upcoming Events Calendar

- Dec 10 Christmas Party
- Jan 4 Membership Meeting
- Jan 6 Restaurant of the Month at The Sopranos Italian Cuisine, Arlington
- Jan 28-29 San Marcos River
- Feb 25-26 Arctic Dive/Wine & Cheese
- April 14-15 Tyler State Park

President's Report

Season Greetings!

It's hard to believe 2011 is drawing to an end as the year has passed by so quickly. In this month's letter, I would like to reflect back on the previous year, but first I'd like to take this opportunity to congratulate those who were either re-elected or elected to the 2012 Board of Directors.

Your Board of Directors for 2012 are:

President	Danny Bouska	president@divingrebels.org
Vice President	Mark Estill	vicepresident@divingrebels.org
Treasurer	Kelly Barentine	treasurer@divingrebels.org
Secretary	Rita Simpson	secretary@divingrebels.org
Activities Director	Tina Caron	activities@divingrebels.org
Sr. Board Member	Danny Barentine	senior@divingrebels.org
Jr. Board Member	Connie Mitchell	junior@divingrebels.org

If you have any outing ideas, would like to coordinate an outing or need to contact one of the board members with other ideas or feedback on what we could be doing better, please feel free to do so. I'm sure the board will try to provide a wide variety of outings and events in 2012 as was done for 2011.

The newly elected board will have to keep pace with a very active schedule which was on hand in 2011. One of the first goals of the 2011 Board of Directors was to establish an outing schedule for the year so everyone could plan to attend the outings well in advance. This worked out well as the Diving Rebels have had a wide variety of outings and events during 2011 all of which were well attended. We had our first booth at a dive show which had a tremendous number of visitors. We had outings that provided diving opportunities in rivers, quarries, lakes and blue water and we had social outings where members could gather and share laughter.

Membership soared in 2011, and at this writing has not quite reaching that 100 member level with 98 members in the database. With the increase in membership, our meeting attendance also grew. Our largest meeting was around 60 people in attendance but most of the meetings have averaged around 40 people. The increase in attendance, also created a space issue at our meeting site thus necessitating the search for and the move to our current meeting location of Humperdink's in Arlington.

Speaking of membership, it is time to renew for 2012. Be sure to take advantage of the "Early Bird Special" (details elsewhere in the newsletter) for renewing your membership through the end of the December 7th Membership Meeting. Our December meeting falls on a day in history that Roosevelt said would be "*a date which will live in infamy.*" We'll always remember those who gave their life that day defending the freedoms we have here in the United States. I'd like for the club to have a historic date by having a record setting number of members renew their membership by the end of the meeting.

Don't forget the Christmas Party on December 10th. Come out and help us celebrate the conclusion to a very successful year for the Diving Rebels. There will be plenty of food, entertainment and raffle prizes. There is more information located in this newsletter or on the website. Oh, and due to your generosity at the Chinese Auction, if you want to see me dive in Lake Arlington, be there around 2pm. I'll be accompanied by a few other diehard divers!

Happy Holidays to you and your family, our friends and fellow divers and many thanks to everyone who made 2011 a very successful year for the Diving Rebels Scuba Club.

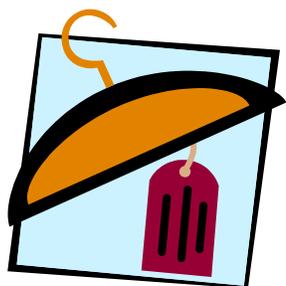
Danny

Rebel Wear Clearance Sale

This is your chance to get the coveted Rebel Wear items you have been craving, and the best part is that some in-stock items will be on sale. That's right, on SALE.

25% off selected in-stock items!!!!

So be early to the December meeting to get the Rebel Gear you have been waiting for.



BIRTHDAYS

12/14 - Gail Lesikar Jackson
12/15 - Keith Weber
12/22 - Brandon Shipe
12/22 - Conner Shipe
12/23 - Kim Alloy
12/24 - Travis Wells
12/25 - Sherry Mann
12/27 - Jerry Watts
12/28 - Hin Lee
12/29 - Scott Nipp

ANNIVERSARIES

12/2 - Becky & Gene Moren
12/3 - Linda & Jim Magnuson
12/13 - Kay & Jerry Watts
12/30 - Pam & Bob Munger

Did we miss your special date? Contact Mark Estill to update your info!

A Rebel Welcome to New Members Joining in November 2011

Welcome to New Member
Hin Lee - Dallas - PADI AOW

Please give a Rebel Welcome to our newest member!

EARLY BIRD RENEWAL



Hurry before the Savings Ship sails! The deadline for accepting 2012 dues at a discounted rate is rapidly approaching. If you choose to take advantage of the offer your dues must be paid at the December 7th meeting. If you mail in your dues they must be postmarked December 7th to qualify.

For initial member the price is \$20 (normally \$25) and each additional family member is \$10 (normally \$15) and non-diving members are \$5.00. This offer only applies to current membership in good standing. ****Please remember that dues cannot be accepted at the Christmas party. Make checks payable to: **The Diving Rebels!****

DCI Quiz Answers: 1c,2e,3d,4a,5d,6d,7d,8b,9b,10d,11c,12d



2012 What's in Store?

Here are next year's dive opportunities planned by your Board and fellow members:

January 28 – 29 San Marcos River

February 25 – 26 Arctic Dive/Wine & Cheese

March – To Be Determined

April 14 – 15 Tyler State Park



Diving Rebels 2011 Chili Cookoff

By Doug Sheppard

On Saturday November 12, 2011 the Diving Rebels gathered at Cedar Hill State Park on Joe Pool Lake for the annual Chili Cookoff. As the date drew near the weather forecast changed many times during that week, but as the sun rose, it blessed us with a perfect day.

Beginning around noon people slowly trickled in to camp setting up tables, chopping and preparing secret ingredients and soon the air filled with the wonderful aroma of chili.

We had a total of 11 chili entries and 5 booth decoration entries this year. The winning chili entry was by Greg Gray who cooked his on site and kept his secret ingredient, well...secret. All chili entries were certainly award winning but there can be only one winner.

This year also inspired many to really go all out on the display entries. The winner was Danny and Kelly Barentine's 'Man Cave.'

Thanks again to David Robinson (past member) for locating the site, Steve Ogden for coordinating the judging and his excellent assemblage of reptiles, and for all who participated by entering a chili, judging and eating.



**It wouldn't be Christmas without friends
To celebrate with!**

So join us in the celebration at the annual
Diving Rebels Scuba Club Christmas Party!

When: December 10, 2011
Where: Richard Simpson Park Bldg
6300 Arkansas Lane Arlington, TX
Time: 4:00pm Set Up/5:00pm Appetizers/7:00pm Main Meal
Cost: \$5 cash or Toy/School Supply/Shoes Donation (per person)

Due to the generosity of the members, the Board has voted to waive the entry fee that generally covers the meat & party venue. Instead we ask that you bring a "NEW" toy, school supplies or shoes worth a minimum of \$5.00. These items will be donated to "TOYS FOR THE CHILDREN," an organization founded in 1997 by member Jimmy Atkinson & Cam O'Brien (owner of Bay Island Beach Resort, Honduras). For additional information please visit www.toysforthechildren.org.

There are plenty of opportunities for the membership to assist with the festivities if you wish to participate:

- We will have sign up sheets for Set Up before the party and Clean Up for after.
- As the Board is supplying the meat (Turkey & Ham) we ask that you bring appetizers, side dishes, salads and desserts.

NOTE: THIS IS A BYOB PARTY-(alcoholic or non-alcoholic)

What is on the agenda you ask?

- PRESENTATIONS!-Announcement of Diver of the Year, Service Award & Drift Points Winner.
- GIFT EXCHANGE! There will be the traditional gift exchange. Should you desire to participate, bring a wrapped gift with a \$20-\$25 value.
- SILENT AUCTION! It will include a variety of dive gear and will benefit the Susan Banda Memorial.
- RAFFLE! There will be numerous prizes raffled off during the evening (see Danny Barentine to purchase tickets).
- KARAOKE! A huge hit at last year's party!
- DESSERT CONTEST!- We have been told that our members have baking skills so we want to see what cha got! (Registration sheets available in this newsletter & at the meetings-must register your entry by 6:45pm.)

Silent Auction at the Christmas Party

Benefitting the Susan Banda Memorial Fund



Most of you know that we lost one of our beloved and active members this past September. Susan Banda loved the sport of diving along with being a part of the club. Susan's mother, Donna Golden requested we auction off Susan's dive gear to raise funds for Susan's son Brandon Banda.

Items to be auction, to name a few (all like new):

Wet Suit	Flashlight	Fins	Tank Grip
Gloves	63 cu Tank	BCD	Mask

The auction will begin at 5:00 pm and bidding will be stopped at 10:00 pm. Payment for items will need to be made at the end of the auction. If you must leave before the end of the auction and you have the winning bid you will be notified via email and/or phone and will be expected to pay for and pick up your item at the January meeting. Checks are accepted and can be made payable to: **The Diving Rebels!**



Christmas Raffle

Every year the Diving Rebels not only try to put on one heck of a party they try to bring their members and guests the best prizes to raffle off, and this year is no exception! We encourage you to begin purchasing your raffle tickets at the December meeting and you could win prizes such as:

*Scuba Tanks	*New Regulator	*Mask/Gloves & Etc.
*Camping Gear	*Gift Certificates & Cards	*Rebel Wear

This is just a few of the items we have to offer and you will not be disappointed!

Be sure to see the Junior Board Member, Danny Barentine, at the next meeting to make your purchase. Tickets will be for sale at the Christmas party for a limited time, once the raffle begins ticket sales will end. You need not to be present to win.

Tickets are \$1 each or 6 tickets for \$5.00

We will accept checks for the purchase of tickets; make your check payable to: **The Diving Rebels!**

A Compilation Of Memorable 2011 Outings & Events

By: Kelly Barentine Treasurer

Normally I spend my newsletter space introducing you to a fellow member in the club in an effort to help us all to get to know each other better. As I began to decide who I wanted to interview for the last article in 2011, I felt that with 98 members in the club you may want to hear from more than one person.

In the spirit of reviewing the events of the past year, some happy and some sad, I asked various members what was their favorite Diving Rebel event. The answers I received varied across the board and the reasons why are just as diverse.

The question asked to each of the members was, "what Diving Rebel event was the most memorable for you and why?" I will start with my answer first, and believe me it was a hard decision. I have had the privilege to attend every event this year except for one and of all those attended I enjoyed South Padre the most. It was very hard to pick that particular outing over the Flower Gardens, watching that beautiful Mobula Ray glide around us is indescribable but I just had a really good time at South Padre and enjoyed all the people.

Becky Marak states, "I enjoyed the San Marcos outing in January. It was fun at dinner afterwards as well." Scott Playle says he will never forget the San Marcos outing, "the river clean up was the outing I attended a week late." It seems that Scott attended the outing the following week and when he did not see anyone there he called Steve Ogden to find out where everyone was. Steve informed him it was the week before but that didn't stop Scott, he dove the river anyway.

When asked, Alan Redman mentioned that he enjoyed the Wine and Cheese outing at Lake Murray. He said, "it was fun because of all the people who attended and all the good food." That outing never fails to be a crowd pleaser.

Jim Simpson was quick to mention that his favorite outing was Blue Lagoon at Huntsville for Pumpkin Carving in October. "I enjoyed the clarity and the water is better. I enjoyed that outing," he exclaims. Kevin Shuck enjoyed Blue Lagoon as well but he feels the August outing is more memorable. "It was my first outing with the club and meeting everyone. I went camping without a tent and got to talk to the turtles." Mark Stonebridge was also quick to sing the praises of Blue Lagoon. Mark says, "I liked the Pumpkin Carving because it was my first."

Tina Caron could not make a firm choice between Flower Gardens in July or the Tyler outing in April. "Tyler was the first outing I coordinated and we had a big turnout. As for Flower Gardens, it was 16 people on a diving boat and we saw a Mobula Ray." Connie Mitchell agreed with Tina as to it being her favorite. She says, "it was my first blue water ocean dive and I got to see all the ocean life, not to mention Ray utilized his life saving procedures." Even Johnny Griffin mentions that the Flower Gardens was his favorite. Ray says, "everyone was together on a boat for two days and diving but South Padre is a close second." Danny Barentine's pick of favorite events was also the Flower Gardens. He said, "even though I was sick for the first 12 hours, watching that humongous Mobula Ray was worth it."

When I had a chance to talk to Gail Lesikar she commented that South Padre was her favorite, "I enjoyed the dinners together every night and that RJ Madison paid." The outing was memorable for many Rebels and for various reasons.

When asked, others enjoyed the Mid-Year outing at Clear Springs Scuba Park which took place in June. That outing is put on by the Club's Board of Directors for the members. Doug Sheppard says, "the food and

desserts were AWESOME." Doug is not the only one, Danny Bouska says, "I got to do lots of dives and there were a lot of people in the club diving that day."

Not all favorite outings are necessarily dive related. Michele Estill says, "my favorite was the Dallas World Aquarium trip. I enjoyed seeing all the animals and the dinner together afterwards." Madison Greenberg says, "I liked the monkeys (pygmy marmosets), fish, stingrays and garden eels at the Aquarium." Michele was kind enough to organize that social outing in October. After the outing we all met at Blue Goose in Dallas which served amazing Mexican food.

The outing that stood out in Sherry Strahla's mind was going to Balmorhea State Park in West Texas. "the diving was great and the visibility was worth the drive." Balmorhea was an experience that should not be missed. Not only was the diving unique the Star Party at the McDonald Observatory was amazing, it was actually my favorite part.

Greg and Kelly Gray feel that the Athens outing was one of their favorites. When I asked them why they felt that way they said, "the people." When you actually think about it that is the case in most of these outings, the people are what make it memorable. I think most of you will agree that if you do not enjoy who you are with then the activity you are participating in becomes, ordinary. That is why our "ordinary members can create extraordinary experiences."

I do not know what is in store for the club in 2012 but it will only be great if you are there. Please do not be a stranger. If you don't normally attend the outing then make a point to come to one. You will not only make new friends to laugh with, you will become part of a memorable experience. You can start by coming to the Diving Rebels Annual Christmas Party on December 10th; I guarantee you will have a good time. Merry Christmas and Happy New Year!



San Marcos, January 2011



Texas Dive Show, February 2011



Lake Murray, March 2011



Tyler, April 2011



Athens, July 2011



Blue Lagoon, August 2011

DCI Quiz

Decompression illness is one topic every diver needs to know inside and out. Take this quiz from the Divers Alert Network (DAN), and test your knowledge! You can take it online at: <http://www.alertdiver.com/?articleNo=667&i=1> Answers on page 3.

1. Which of the following is not a way to minimize the risk of decompression sickness (DCS)?
 - a. Shortening bottom time
 - b. Reducing depth
 - c. Ascending rapidly
 - d. Prolonging surface intervals

2. Which is a factor in DCS risk?
 - a. Time
 - b. Depth
 - c. Excess absorption of inert gas
 - d. Inadequate decompression time
 - e. All of the above

3. Oxygen first aid helps the injured diver by:
 - a. Maximizing the diffusion gradient and rate of inert gas removal
 - b. Enhancing tissue oxygen delivery
 - c. Reducing bubble size and quantity by diffusion
 - d. All of the above

4. Which statement below is true?
 - a. In DCS, inert gas bubbles can cause inflammation.
 - b. In DCS, inert gas bubbles do NOT cause inflammation.

5. You may be at increased risk for pulmonary barotrauma when:
 - a. In the last 15fsw during ascent
 - b. Breath holding while on scuba
 - c. You make a slow, controlled ascent
 - d. A and B

6. Safety stops are considered a proactive safety measure because they:
 - a. Force ascent control in the shallow depths
 - b. Allow additional off-gassing time while still under pressure
 - c. May reduce the risk of DCS
 - d. All of the above

7. Safety stops are different from decompression stops because:

- a. Safety stops are an additional safety measure, but aren't required to keep DCS risk within an acceptable limit.
- b. Decompression stops should be planned and are necessary to keep DCS risk at an acceptable level.
- c. Safety stops are required to prevent DCS.
- d. A and B
- e. B and C

8. Based on the information provided, which statement below is true?

Most symptoms of DCS begin within eight hours of surfacing. The earlier symptoms arise, the more likely it is that symptoms will progress and become more severe. When symptoms start after 24-36 hours, it makes the diagnosis of DCS questionable.

- a. Joint pain or skin rash (common DCS symptoms) starting 5 days after diving are likely to be the result of DCS.
- b. Joint pain or skin rash (common DCS symptoms) starting 5 days after diving are NOT likely to be the result of DCS.

9. Which statement below is true?

- a. Decompression illness (DCI) is the same thing as DCS.
- b. DCI is a term that encompasses both DCS and arterial gas embolism (AGE).

10. Signs and symptoms of AGE:

- a. May occur suddenly at or near the surface
- b. May include unconsciousness
- c. Warrant oxygen first aid
- d. All of the above

11. Which statement is false?

- a. When diving with nitrox within the no-decompression limit for air or using the air setting on a dive computer, nitrox can reduce decompression stress on a diver.
- b. When diving with nitrox, a diver's bottom time can be extended, but this eliminates any additional margin of safety.
- c. When diving with nitrox, a diver can extend bottom time and reduce decompression stress on the same dive.

12. Which of the following is a characteristic of a rapid ascent?

- a. Helps limit the size of gas bubbles formed in body tissues as divers ascend.
- b. Helps limit the quantity of gas bubbles formed in body tissues as divers ascend.
- c. Ascending at a rate of approximately 30ft per minute.
- d. Ascending faster than your bubbles.
- e. None of the above.



Restaurant of the Month

Where: The Sopranos Italian Cuisine
6204 South Cooper St. Suite 100 Arlington 76001
(Shopping Center South of Sublett, South bound side)
When: Friday, January 6th at 7:00 pm
Email: Connie at officemomma_2000@yahoo.com or
Kelly at kelldan2667@hotmail.com
This restaurant is **BYOB!**

During one of the many fun social outings put on by Michele Estill an idea was born to try and start a Restaurant of the Month outing for club members and their friends. Connie and I determined that there are so many good and interesting places to eat out there and we would like to try a few and it is just another way for us all to get together and have a good time. The only thing that could make that idea any better was to include our diving family and friends!

Each month Connie and I will come up with a place to meet and eat in various areas of the DFW Metroplex. We encourage you to shoot us a place in your part of town that you would like to include and we may just do that. We know that North Texas is filled with great places to sit, enjoy a good meal and maybe a drink or two.

Please note that this is voluntary and there will not be any sign up sheets at the meetings nor does it replace any of the Social Outings that Michele Estill will bring to the club. However, we do ask that you email one of us if you can so we have a tentative head count for the restaurant but you are not committing to anything financially. We must mention that this is NOT subsidized by club funds so be sure to bring your wallet to pay for your meal.

Thank you,
Kelly Barentine, Treasurer

