

2003 DIVING REBEL BOARD

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Balmorhea State Park Memorial Day Outing May 24, 25, 26

Sixteen Rebels have committed to the Memorial Day outing to Balmorhea State Park. The mealshare will include 7 meals for Saturday, Sunday and Monday morning. Competitive Rebels can participate in an underwater Checkers tournament. Additionally, interested divers can participate in basic and intermediate scuba skill reviews.

Thanks to everyone who signed up early and made a deposit on the trip cost. An itinerary will be mailed (or emailed) to each outing participant no later than May 5th. For questions regarding this outing, contact outing coordinator Steve Herman at 817-478-2768. 🇺🇸



April Outing Tyler State Park

Well the outing was a lot of fun despite the rain we had on Saturday. One in our group was asked to be the Easter Bunny for the rest of the kids in the park. We had one diver go out and tour the lake. Dave Stone tried out his inflatable pontoon boat and several bikers rode the muddy trails. We had a pretty good turn out on Friday while several others came on Saturday. I would give you an exact count, but I didn't count everyone. It seems there were about 20 people 2 dogs and 1 cat. We had sandwiches for lunch and hamburgers for dinner. Anita and her sister made two types of potato salad both of which were delicious. I wasn't able to stay for breakfast on Sunday so you'll have to ask someone what was served. It rained enough so that starting a fire on Saturday night was an adventure. 🇺🇸

May Celebrations

BIRTHDAYS

Doug Sheppard - Birthday May 6th
Eathan Hoffman 1 Year Old - May 16th

ANNIVERSARIES

Dave and Carol Robinson - May 21st
Chris & Ginger Hoffman - May 27th

CALENDAR OF EVENTS

MAY 7 th -	Membership Meeting
MAY 24 th -26 th -	Memorial Day outing - Balmorhea State Park
JUNE 4 th -	Membership Meeting
JUNE 7 th - 8 th	SeaSpace Houston
JULY 2 nd -	Membership Meeting
AUGUST 6 th -	Membership Meeting



Miscellaneous Info:


We are currently updating all telephone and address info in order to issue a new club roster. Please advise **Robert Dove** of any changes over the past two years.



Diuretics

Diuretics add to the dehydration that occurs with exercise from sweating, insensible and respiratory water loss; the diver also has to take into consideration some additional concerns for fluid loss and replacement.

1. Scuba tanks have extremely dry air inside. As this air is taken into the lungs and saturated--nearly twice the normal amount of water is lost from the body.
2. Negative pressure breathing causes divers to lose about 350 cc/hour from their circulating blood volume, a phenomenon called immersion diuresis and seen also in snorkelers and swimmers.
3. Cold inhibits anti diuretic hormone, causes peripheral vasoconstriction, driving fluid back into the core and stimulating diuresis resulting in losses of plasma volume.
4. The hypercarbia associated with diving decreases anti diuretic hormone, promoting fluid loss from the plasma volume.
5. Diuretics such as alcohol, coffee, and tea also contribute to fluid losses, contributing to pre-dive dehydration.
6. Khosla in 1979 found that there is a 4% hemodilution in early immersion from ECF shift into the bloodstream, resulting in an increase in central blood volume. This alters stimulation of pressure and volume receptors, leading to further inhibition of ADH and fluid loss.
7. In addition to the above, the state of chronic hypovolemia and hypokalemia caused by oral diuretics is dangerous to divers by increasing their susceptibility to decompression illness and cardiac arrhythmias, respectively.

The importance of entering a dive well hydrated cannot be overstated. Prehydration of divers should include regular ingestion of fluids several hours before, 15-20 minutes before and between dives, particularly if multiple dives are to be made each day. The urine should be "clear and copious", the urine test for divers proposed by Dr. Jeff Davis. 

Rules for Altitude

Diving

ASCENT RATE AT ALTITUDE

30 feet per minute at all altitudes above sea level

HOW TO FIND YOUR PRESSURE GROUP AFTER ARRIVING AT ALTITUDE

If your starting altitude is less than 4000 feet above sea level then add 2 pressure groups for each 1000 feet of altitude you increase, If your starting altitude is 4000 feet or greater above sea level then add 4 pressure groups for each 1000 feet of altitude increase. If diving at an altitude of 8000 feet or greater wait 6 hours before diving.

REPETITIVE DIVING


When diving at altitude it is recommended to limit your diving to no more than 2 dives per day.

SAFETY STOP REQUIREMENT

A safety stop is required for all dives at altitude. The depth of the safety stop changes with altitude. Refer to the above chart for correct depth.

DEPTH GAUGES

Your depth gauge or computer must be adjusted for altitude diving. If you gauge cannot be adjusted then use the following formula to convert the closed bourdon tube gauge to get actual depth.

Depth Shown in feet + 1 foot + (1 foot per 1000 feet above sea level)=Actual depth 

SEASPACE 2003

June 7 & 8, 2003


Reliant Arena

The Houston Underwater Club invites you to explore the world of exotic travel, adventure sports, and scuba diving. This world of adventure, the SEASPACE Expo, is coming to the Reliant Arena, next to the Reliant Astrodome in Houston, Texas. Scheduled June 7 & 8, SEASPACE draws exhibitors, speakers and attendees from exotic destinations around the globe. This year's highlights include a huge and diverse Exhibit Hall; Live and Silent Auctions; a Gallery of Underwater Photography; and a special presentation of the award-winning film "Ocean Oasis."

Hosted by a living mermaid, SEASPACE is the Southwest USA's premiere Adventure Exposition. With entertainment and education for the entire family, you are invited to explore more than 200 booths with experts on various outdoor sports and exotic travel destinations. In its new expanded location at Reliant Arena, SEASPACE 2003 adds to the fun with exciting adventure sports like rock climbing, kayaking, and skydiving. A huge swimming pool in the Exhibit Hall enables visitors to bring a swimsuit and try out scuba diving, snorkeling, or kayaking. In addition to the chance to engage a mermaid in conversation, the innovative *Kids' Place at SEASPACE* offers a variety of entertaining and educational attractions for children, while the *Environmental Awareness Area* will showcase groups like the Cousteau Society and the Flower Gardens National Marine Sanctuary.

Adding to the fun, the highly creative *Virtual Dive* takes kids aged 5-12 on a simulated dive through a coral reef environment constructed of recycled materials. Virtual divers learn, have fun, and receive free gifts upon completing their tour. SEASPACE offers a host of other activities that include prizes and surprises for kids of all ages.

In addition to the Exhibit Hall, older kids and adults will enjoy seminars and in-depth workshops running from 10:00 a.m. to 4 p.m. daily. Topics range from underwater archeology to exotic travelogues of beautiful reefs and rain forests around the world. Among the special presenters are professional photographers and world-travelers Jack and Sue Drafahl and an excellent workshop on "Marine Biology for Ocean Lovers" presented by Dr. Dick Zingula. Underwater photography workshops and seminars will span film, digital, and video. New for 2003 is the addition of the Scuba Challenge. Teams of divers will test their knowledge while competing for great prizes. For a complete list of events, topics and speakers, stay tuned right here.

Admission to the SEASPACE Exhibit Hall is just \$6 per adult (or \$5 with coupon). Kids 17 and under, and scouts in uniform, are admitted FREE. Exhibit Hall hours are 10 a.m. to 7:00 p.m. on Saturday, June 7, and 10 a.m. to 4:00 p.m. on Sunday, June 8. Advance ticket order form and a complete weekend schedule will be available here soon. You may also phone 713-467-6675 for additional information. 

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