

2003 DIVING REBEL BOARD
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lmagnuson@attbi.com**President's Report**

As we begin to progress through this new year 2004, I would like to recognize the efforts and accomplishments of the recent past presidents of the Diving Rebels SCUBA club during the eight years I have been a Diving Rebels member – Cap Carter, Linda Magnuson, Steve Sadler and Scott Jones. These folks have strived to bring our club to where it is now. What I want to do is build on this legacy and improve and grow our club. But I can't do it by myself, nor can the board do it alone – we need the help of every member.

So how do we need your help? We need your help by simply being a member and participating in club activities, even at a basic level. But we also need your help by your more active involvement in club areas such as outing planning and leadership as well as monthly program suggestion or presentation. And finally, we need your assistance to increase this club, both in numbers and in quality. In numbers, through growth in membership and in quality, through the value we offer club members via club meetings, outings and communication.

The Diving Rebels board is focused on these areas and will do our best to communicate our goals and opportunities to you. But good ideas toward accomplishing these goals do not end with the board. We would like to hear from you regarding your club likes, dislikes and ways to improve.

For the past few years, about a dozen people each year have not renewed their membership. I'm sure there are various reasons for this; increased family demands as kids come along and grow up, job responsibilities or even moving away. But I want to be certain that our club is not doing anything to give cause to previous members not to renew their membership. We can't correct problems if we don't know there are problems or what they are. Please give us your honest and straightforward feedback and we will do our best to identify and correct any deficiencies.

You may contact me either at work or at home. My work number is (817) 359-1458, my cell number is (214) 641-6013 and my e-mail is steve.ogden@ge.com. If there are any issues at all you would like to discuss, I would like to hear from you. Let's go get wet. 

Steve Ogden

Diving at Squaw Creek Park

I have contacted the authorities at squaw creek and discussed the possibility of retrieving the markers that we put out there. As of now they have no schedule for reopening the park. However, they have an emergency dive team that practices at the lake at least twice a year. We may be allowed to go out there with them and recover our markers. I will need a list of people interested, as we may not get much notice.



January 2004 Outing

Twelve Diving Rebels made the trek to San Marcos for our annual underwater cleanup of the San Marcos River on Saturday, January 24. About 1:30 PM, under alternating sunny and overcast skies, ten of us put in at the Aquarena Springs Drive bridge adjacent to the campus of Texas State University (formerly Southwest Texas State University) and got out in Rio Vista Park, a distance of about 1.5 miles. While that may not seem like a great distance, swimming along underwater while sometimes struggling to

CALENDAR OF EVENTS

February 28, 29
March 6
April 17, 18
May 28, 31
June 12, 13
July 24, 25
August 14
September 3, 6th
October 23, 24
November 6
December 11

Wine and Cheese Extravaganza - Lake Murray Steve Saddler
Clear Springs Danny Bouska
Fairfield/Tyler
Amistad or Balmorhea - Memorial weekend
Mid Year - Lake Travis Family event Rebel Board
Possum Kingdom -
Clear Springs
Ouachita or Cozumel - Labor Day weekend
Pumpkin Carving - Lake Murray Family event
Chili cook-off - Joe Pool Family event Doug Sheppard
Christmas party Club Pot Luck

Dry Suit Control, How to Stay Right Side Up Dive Training Magazine, December 2003

With the upcoming Lake Murray trip and dry suit demos, here is a synopsis of an article and a few tips from Dive Training Magazine on staying right side up while using a dry suit.

Floating head down is not a concern when wearing a wet suit, but dry suits are designed to hold air, and air rises; if you are not careful you could find yourself staring at the bottom with your feet buoyed toward the surface.

The dry suit vent mechanism is most frequently located on the left arm of the suit between the shoulder and the wrist depending on the model. When the diver desires to reduce the amount of air in the suit, he simply raises his left arm toward the surface allowing the air to flow into the arm cavity and is vented out. Air added to a suit always flows upward, filling the highest points of the suit first. If the legs are higher than the upper torso when air is added, the air will take the path of least resistance and flow into the leg cavities. Excessive air migrating into the legs from other parts of the suit can create a potentially dangerous situation. As the legs of the suit inflate, they become positively buoyant and are lifted upward. The air expands with the decreasing pressure of shallower depth causing the legs to rise even higher. Before you know it, you are drifting feet first toward the surface, unable to regain control. At this point, attempting to expel air through the arm vent is futile because it is the lowest point on your inverted body. Once inverted there is only one way to regain control of your buoyancy -- an emergency maneuver called *tuck and roll*.

(Continued on next page)

drag yourself through shallow water clogged with dense vegetation and all the while dragging one or more mesh bags full of varying type of trash collected from the river bottom poses certain challenges.

Some years, the river flows at such a rate that you are virtually rocketed by the current from entry point to exit point. In these instances, at certain areas of the river passage, it is extremely difficult to change direction to try and retrieve a discarded item of trash. This was not one of those years. This is not to say that this is not an enjoyable activity. The San Marcos River, along with Spring Lake, from which the river flows are truly unique diving experiences not to be missed.

All divers successfully made it to Rio Vista Park, although one diver (myself), plagued by leg cramps, having run out of air and struggling with three bags of trash, after about an hour and 45 minutes, had to exit the river early and complete the last 200 yards on foot. Each year I experiment with techniques to haul the bags of trash down the river more easily, but have not perfected it. Last year and this year, I have used my fully inflated, backup BC as a sort of lift bag to assist in maneuvering full bags of trash downstream while I keep the bag being filled attached to my BC. This year by the time I exited the river, the weight of the bags had fully submerged the backup BC, so I may have to devise a different approach next year. As usual, I was the last one out and I want to thank Dave Burleson and Bob Martinez for waiting for me in a light rain.



Tuck and Roll is a three-step maneuver performed in rapid succession. It closely resembles a gymnast's forward roll, except it is done underwater and begins from an unintentional inverted head-down, legs extended-toward-the-surface -- position.


The object of the tuck and roll is to right yourself, allowing the air inside the suit to flow from the leg cavity back into the torso area where the air can be vented through the arm vent. Upon recognizing that excessive air has filled the legs of the dry suit and they are floating upward, attempt to move them lower so the air will flow back into the body area of the suit. If this does not work, immediately, before the situation worsens, initiate the tuck and roll. To be successful, all three steps must be performed in rapid succession.

Step One: Begin the maneuver by tucking (bringing your knees toward your chest). This lowers your center of gravity and decreases the water resistance by reducing your exposed area.

Step Two: In a continuous motion, pull your chin toward your chest, hunch your shoulders and roll forward, as if doing a somersault. This must be done with significant force to overcome the buoyancy of the air trapped in the legs of the suit.

Step Three: The rolling motion will right you, as the air from the legs migrates upward into the torso of the suit. You now will be able to vent excess air normally through the sleeve vent.

The tuck and roll is an important maneuver for dry suit divers to learn and periodically practice. If you pay strict attention to your state of buoyancy you may never need it; however, if you do find yourself inverted, the tuck and roll is the most dependable means of righting yourself.

For more information and training PADI offers a Dry Suit Diver specialty class. 




Editors note

I find myself in the position of not being able to print or mail the newsletter any more. If some would like to take over that duty please contact me.

We had advertised that prizes would be awarded for both the most trash collected as well as the most unusual item collected. While various interesting items were scavenged from the river bottom including various types of footwear, cell phones and men's and women's underwear, the crack pipe found by Tommy Engle was deemed to be most unusual. When he first spotted the pipe, Tommy thought it was a colorful shell. Although he carried the pipe to the finish, the opinion of Vickie, his wife, prevailed that he should discard the pipe pretty quickly to avoid potential entanglements with the law. Tommy received a \$30 gift certificate to Arlington SCUBA for his most unusual item, as did I, for collecting the most trash.

That evening we all ate dinner at the San Marcos River Pub & Grill, just across and slightly downriver from the exit spot in Rio Vista Park. And the next morning, most of us roused ourselves from slumber for breakfast at Herbert's, where this year we didn't have any payment issues as we each received separate checks.

On a more personal note, later that Sunday morning, under a gloriously warm and sunny sky, I made my usual volunteer dive in Spring Lake, where of all things, I once more collected "trash" in a mesh bag. This trash was *Hydrilla*, the noxious invader aquatic weed that Texas State University (TSU), the keeper of Spring Lake, is trying to eliminate in the lake. At least with this load, the bag of *Hydrilla* was neutrally buoyant and also once I filled the bag, I tied it off on an underwater log and spent the rest of the approximately 75-minute dive once more exploring the lake and so thoroughly enjoying this singularly unique diving venue.

During the dive I saw more big, large-mouth bass than I have ever seen at one time. In one area at the beginning of the dive, I counted over 12 fish, each ranging from about 18" – two feet in length. I also saw one of the two large *Plecostomas* (about 24" long) that reside in the lake. No white catfish (actually blue catfish that have "lost" their "blue genes") this time, but did turn over some rocks (and carefully replaced them) and saw both the protected fountain darters as well as the protected San Marcos salamander. I also viewed some of the spotted gar stealthily slipping through some of the thick underwater vegetation mats. I capped off a great weekend with a round (9 holes) of golf at the TSU golf course – not a great round, but with such a beautiful day, who cares. 

Steve Ogden, Outing Coordinator



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