



The Rebel Yell



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

July 2007

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Due to the 4th of July landing on our regular meeting date, the Membership Meeting will be held in conjunction with the Mid Year Outing at Possum Kingdom on Saturday – July 14, 2007

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Everyone is invited to Vicki Albright and Tommy Engle's wedding!

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Upcoming Events

- | | |
|-----------------|----------------------------------|
| July 14-15 | Mid-Year Outing - Possum Kingdom |
| July 28 – Aug 4 | Bonaire Trip |
| Aug 1 | Monthly Membership Meeting |
| Aug 31 – Sept 2 | Labor Day Outing – Lake Travis |
| Sept 5 | Monthly Membership Meeting |

PRESIDENTS REPORT

The first thing I would like to report is that we actually got an outing in without any rain! Steve Herman and Ellen Fourton's Scuba Skills Tune Up was a great success and I hope everyone will thank them for all of the work they put in to it. While we do not always need such a thoroughly planned and executed outing, it is individual members making these sorts of efforts that should give its members pride in their club's active participation. Linda and I both burned two tanks of air and had a blast despite near black water visibility. Speaking of visibility, according to the Dallas Morning News fishing report, one of the few lakes in Texas with "Clear" visibility despite our local rains, is Possum Kingdom Lake, the location for our mid-year party and concurrent July 4th meeting.

While this has been publicized for some time **READ THIS: THERE WILL NOT BE A JULY MEETING ON THE 4TH. DO NOT GO TO J GILLIGAN'S THIS MONTH!** As previously mentioned, the meeting will be held Saturday night at Possum Kingdom Lake.

I mentioned last month North Texas Scuba Retailers Association was having an event at Clear Springs, and an event it was! Some of us got there early enough to enjoy a very strong thunderstorm with high winds. It ended early, about 9:00 and the rest of the day's weather was superb. Danny brought a table and shelter so we set up a booth to promote the club and had a number of people enquire about us. Dive Rite was on site demonstrating their high tech gear and was offering trials of a rebreather for a small price. Bob Martinez and George Bartulevicz took them up on it, so be sure and ask them about their experience at the July Outing. They both said "It's not like I expected". The retailers also had an underwater prize hunt and gave away prizes based on the number you found. If you had considered coming and did not you might want to stop reading here. Most every one found a number and these almost all turned into valuable prizes. The Magnuson's took home new fins, a new BCD, a wet suit beanie and I was one number off from a trip to Cayman, but I am not complaining. Danny won a set of Sea Quest fins. I give my personal thanks and Club thanks to the NTSRA for including us there, providing prizes and to Danny Bouska for getting the word out.

While announced officially elsewhere in this newsletter, I want to add my congratulations to Tommy Engle and Vicky Albright on their engagement. You guys seem like a matched mask and snorkel if ever I have seen one!



**George B. & Bob M.
Lake Whitney**



**Bob gets assistance from Ellen
Lake Whitney**

DIVING REBELS ANNUAL MID-YEAR OUTING/MEETING/PARTY July 13 – 15

Let's celebrate summer by diving, diving, diving in the clear, cool waters of Possum Kingdom Lake. Let the Diving Rebels' Board of Directors treat you to a Saturday night feast while we hold our monthly meeting.

Diving: Daily entry for divers is \$10. Plenty of shore diving at Scuba Point and some boat diving provided by Todd Burns (you're only cost is tipping the boat crew). Air fill are \$5 (Nitrox fills are also available)

Camping: Campsites w/water and electricity are \$15 + \$5/person for park entry. (Three sites have been reserved for both Fri. & Sat. nights) RV hookups are also available. (Sorry, no cabins available)

Meals: Saturday dinner is provided, however you are responsible for all your special drinks and other meals. Scuba Point has a food concession and there are some restaurants nearby.

Activities: All the diving you care to do, the July meeting, eating and perhaps a few games.

NOTE: Please RSVP to Linda Magnuson, Activities Director either by phone (817-540-2950) or email activities@divingrebels.org

(Because we are not having a meeting we need a head count for food and dive planning.)

Directions to Scuba Point on PK Lake From Mineral Wells:

Going West on 80 / 180 - Turn Right on Hwy 337, Go 11 Miles, - Then Turn Left on Hwy 254 West, Go 7 Miles, Then Turn Left on 16 South, Go 2 Miles, - Turn Right on Park Road 36 West = 5 Miles to Scuba Point.

LAKE WHITNEY OUTING PICTURES



Pre Dive Briefing



Mark and DPV



Jim and Guest Rick



Steve and Keith

Dehydration and Scuba Diving

You could have a serious drinking problem if you're not drinking enough water before and after diving. It is remarkable that a diver can be floating in the middle of the ocean and still be dehydrated, but it does happen. This situation is risky for scuba divers because dehydration is thought to increase the risk of decompression sickness (DCS).

Dehydration is the loss of fluid from the body and it occurs when fluid loss is greater than fluid intake. Fluid can be lost through the skin, lungs, urination, diarrhea, or blood loss. Most importantly, when a person is dehydrated, there is a reduced measure of blood in the body, which means less blood flow to the tissues. Consequently, this affects the body's ability to off-gas nitrogen. The increased nitrogen in the body translates into a higher risk of DCS.

Since there is a reduced volume of blood circulating through the body, the heart has to work harder and pump faster, leading to decreased endurance and increased fatigue, which diminishes diving performance. The key to preventing dehydration is to drink water or, if you are very active, sports drinks each day. Drink more if it's very hot or if you're diving multiple tanks. The drinks should be consumed over the course of the day rather than ingested in a short period of time. Avoid caffeine beverages and bring a water bottle along on the boat.

Dehydration Symptoms

- Constant Thirst
- Nausea
- Headache
- Dark Urine
- Fatigue

Stupid Things Divers Do

- Deliberately not drink to avoid the pee factor.
- Drink caffeine beverages and alcohol for fluid replacement.
- Don't count sweat as fluid loss.
- Count on the dive boat to provide fluids.
- Forget that the air in scuba tanks is bone dry.

<http://scuba.about.com/od/divemedicine/a/dehydration.htm>

Member News Corner

(If you have news about a member, your family or friends that you would like to share, this is the place.
Send your tidbit to newsletter@divingrebels.org)

- Eric Hess, nephew of Mark Stonebridge, passed his instructors certification in June.
- Kelsi Bouska, daughter of Danny Bouska, graduated from High School as Salutatorian of her class
- Kyle Bouska, son of Danny Bouska, will deploy on the USS Enterprise to the Persian Gulf on July 7th, please keep him in your prayers.
- Tommy and Vicki are getting hitched! See more info on page 5.

HEAR YE, HEAR YE, HEAR YE All Rebel Members, Family and Friends

*The pleasure of your company is requested at
the marriage of
Vicki Albright and Tommy Engle
on Saturday, July 21st
at seven o'clock
at the residence of
Clyde Freeman
401 Baylor
Arlington, Texas*



Directions:

From Hwy 360: Go west on Park Row to Oak St. Turn left on Oak St, and proceed to Baylor Dr. Turn left on Baylor Dr. to 401 Baylor.

From I20: Go north on Cooper, past Pioneer Parkway. Turn right on Lynda Ln. Continue east on Lynda Ln which becomes Baylor Dr. to 401 Baylor Dr.



Birthdays

George Bartulevicz July 3
Jim Kirchhoff July 25

Anniversaries

None Known



Tanks Man

“Gentlemen, we can build him . . . we have the technology. We have the capability to make the world's first “Tanks Man”. “

What we need now are about 7 - 80 cubic foot Aluminum tanks. If you have one that has failed hydro, suspected of a cracked neck and would be willing to volunteer it to the cause, please call or email Jim Magnuson.



ACTIVITIES HEADS UP

7/14-7/15	PK Mid-year Outing
7/28-8/4	Bonaire Trip
8/1	Membership Meeting
8/31-9/3	Labor Day Outing – Lk Travis
9/5	Membership Meeting
9/TBD	Fun Activity TBA
10/3	Membership Meeting
10/19-10/21	Broken Bow Bonus Day Outing
11/7	Membership Meeting
11/10	Joe Pool Lake Chili Cook-Off
12/5	Membership Meeting
12/8 or 15	Christmas Party

*UPDATED 6/30/07

Rain Free Diving!

Believe it or not – the Diving Rebels' June outing was rain-free and a terrific weekend!

Attendees – Woody and Selena Woodward and their nephew Jonathan, Jim, Linda & Christine Magnuson, Keith Weber, Keith's girlfriend Robin and Robin's daughter Monica, Mark Estill, Mark Stonebridge, George Bartulevicz, Jon Richerson, and a guest, Rick Snoddy.

Outing Coordinators Steve Herman and Ellen Fourton were surprised by the conditions at Lofers Bend Park upon arrival Saturday morning. The parking area nearest the dam was partially flooded as was the picnic area. The park was closed except for boating and our dive outing.

Woody, Selena, George and Ellen quickly realized the limitations of poor visibility while implementing Steve's underwater plan and setting the dive floats. If you are 2 feet away from George and you can't see his bright green suit, you know it's bad. However, those are exactly the conditions for which many of us want to gain experience, don't we?

Steve Herman charted a course where divers could choose from multiple skill improvement opportunities. An underwater 100-ft line gave divers the opportunity to time their kick cycles and determine their kick pace. Divers were then able to test their accuracy by diving a compass heading and counting kick cycles for 50 ft to arrive at a series of bricks (A-G) spaced approximately 11/2 ft apart. Brick "C" was the brick closest to the 50 ft mark. Congratulations to the divers who were right on the money! Several divers also tested their kick cycle accuracy and navigation proficiency by navigating an underwater square. It might be important to note here that the visibility was probably no better than 18 inches!

In addition to the navigation exercises, a large, heavy object was placed at 20 ft depth and buddy teams used different search techniques to locate the object. Once located, the team used a lift bag to recover the object to the surface and then return the object to the location for other divers. Smaller objects were also placed for search practice.

For buoyancy exercises, two hula hoops were placed so divers could practice their buoyancy as they dived through the hoops. Additionally, the float set at 30 ft depth had rope markers indicating 25 ft, 20 ft and 15 ft depths for hovering opportunities. The poor visibility made this skill difficult to practice.

Lastly, Steve and Ellen brought 2 underwater dive propulsion vehicles (DPV) for use. Dive buddies were able to play around on the DPVs. Everyone had an opportunity to play on the DPVs before the batteries gave out.

We had a great day diving on Saturday at Lofers Bend. We packed up the diving around 4pm, had a grilled jalapeno snack and then headed over to the camping area by the marina and dive shop. Our campsites turned out to be very pleasant and the weather was amazing. We had a great breeze Saturday evening, a cool night for sleeping and no rain!

Sunday morning, Steve H., Selena, Jonathan, George, Rick, Jim, and Linda did several dives in the cove by the dive shop. They reported that the visibility was better than Saturday: George and Rick found fossils, and Jim and Linda found a tombstone (it's supposed to be there). There is also a platform for classes. The owner of the dive shop has not repaired the compressor yet but he does have plans to improve the diving area in the cove. After lunch Sunday, everyone headed home.

The meal coordinators (Keith & Robin, Jim & Linda, George) did a fabulous job and as usual we had wonderful, gourmet food. We appreciate those who volunteered to coordinate a meal as we know it is one more thing to plan in addition to the diving gear, camping gear, etc.

Thanks to Woody, Selena and George for helping with the underwater activities. Leonard Patterson loaned his floats and his lift bag and Danny Wilson (Arlington Scuba Center) entrusted us his DPV.

It was really neat to have a guest join us both Saturday and Sunday for diving. We hope to see you at a meeting Rick! We were happy for such a good turn out and participation in the activities.

See outing pictures on page 2 and 3.

1. A proper safety stop begins:

- A. As you approach the surface.
- B. As you leave the bottom.
- C. Midway between the surface and the bottom.
- D. None of the above.



2. Technical dives include dives:

- A. To great depths.
- B. Into overhead environments such as wrecks or caves.
- C. Using gas mixtures other than compressed air.
- D. One or all of the above.

3. Slowing an ascent by quickly leaning backward in a spread-eagle pose is called:

- A. A flare maneuver.
- B. The parachute.
- C. Free floating.
- D. The Archimedes arch.

4. Elements of a thorough lesson plan include:

- A. Objective or goal.
- B. Schedule.
- C. Equipment and materials.
- D. References and resources.
- E. All of the above.

5. A freshwater-filled limestone sinkhole is called a:

- A. Cavern.
- B. Well.
- C. Cenote.
- D. Chuckhole.

6. A place with dormitory-style rooms, a common area and kitchen is called a:

- A. Condo.
- B. Hostel.
- C. Timeshare.
- D. Dorm.

7. The self-proclaimed "scuba diving capital of Canada " is known for:

- A. Clear water.
- B. Readily accessible shore entry sites.
- C. A fleet of dive boats.
- D. 26 known wrecks.
- E. All of the above.

8. A diver's reaction to many marine injuries depends upon their:

- A. Sensitivity.
- B. Immune system.
- C. General health.
- D. All of the above.

9. The fish named for its resemblance to the brightly colored silk robes worn by mandarin-speaking Imperial Chinese bureaucrats is called the:

- A. Imperialfish.
- B. Mandarinfish.
- C. Silkfish.
- D. Bureaucratfish.

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ADDRESS CORRECTION REQUESTED

