



Four Lakes Scuba Club Newsletter

Volume 39

Issue 4

May 2017

This Month's Meeting

Wednesday, May 10th
7:30 PM

Babe's - 5614 Schroeder Road

Speaker

Club members Brad and Nikki Acker will be presenting on their 2016 trip to Taiwan, Palau, and Micronesia. They both received their open water certification with Hoofers in Madison in 2010.

Since then, they have dived in



many interesting places, including Australia, Indonesia, Hawaii, California, Bonaire, Roatán, Turks and Caicos, and Thailand. Brad enjoys local diving as well and is the Vice President of Murky Waters with Hoofers. Nikki prefers to see tropical coral and fish while diving and does not spend much time in murky waters. They are both looking forward to sharing their trip with you all!

Membership Dues

We will be collecting annual membership dues at this month's meeting. A single membership is \$24 and a family membership is \$36. Please remember to bring a check or cash! Membership forms are attached at the end of the newsletter.

Take A Stake In Our Waters 2017

The dates for this year's Take A Stake In Our Waters dives have been set! They are:

- May 7 at 9:00 am, Lake Kegonsa - 3097 Sunny Side St., Stoughton
- May 13 at 9:00 am, Lake Waubesa - 2951 Camp Leonard Rd., McFarland
- May 20 at 9:00 am, Lake Monona - Morrison Park, Madison
- May 21 at 9:00am, Yahara River - Tenney Park, Madison
- June 4 at 10:00am, Lake Mendota - Mendota County Park, Madison



Everyone is invited to join! Non-divers can help with shore support and shore clean up. If you will be diving, please remember your dive flag! Diversions SCUBA will provide free air fills for all five of these dives. (Contact Diversions for more information on air fills.)

We will have a picnic after the dive on June 4. Brats and burgers will be provided by the club. Please bring a dish to pass if you would like to join!

Trip Report: Dominica (not the Dominican Republic)

By Ellen Evans

Dominica is a small island in the Eastern Caribbean near Martinique. It is the most mountainous island there. It was known for small "critters" such as sea horses and frog fish. In August 2015 tropical storm Erika dumped over 12.5 inches of rain in 24 hours and had winds of 50 mph. Catastrophic mudslides wiped out villages killing 30 people. The mud flowed into the water causing substantial damage to the reef. This is not something that the dive shops are talking about, but I did have a private conversation with one dive master who admitted there has been little improvement in the dive sites since then. I have reasons for some optimism as you'll see later.

Dominica is not as easy to get to as some of the other islands. It involves at least two transfers and often an overnight stay in San Juan. We thought we had avoided that but a flash flood at our destination's airport delayed us. We enjoyed a walk on the beach and some margaritas in Puerto Rico. We arrived in Dominica the next day and had a beautiful 2 hour bus trip through the mountains to our hotel in Roseau. In a few places there are landslides and cave ins along the road. They are prepared with their special equipment just like we have our snow plows up here.

We stayed at Fort Young Hotel. The hotel is very nice. It has a wonderful infinity pool with water fall. We had an ocean view room. There is a cruise ship dock about a football field from shore and often our view, including sun sets, was partially blocked. The bar and restaurant are convenient and have good food. But meals in town are better and cheaper. Walking at night is an adventure as there are no real sidewalks and the roads are in poor repair. Watch your step. Our favorite restaurant was the Loft.

We dove with Buddy Dive Shop which is located in the hotel. They are a little disorganized so be sure your things are on your boat before the other boats leave. Get there early in case you are not on the list. We weren't most days. If you want to shore dive, especially at night, be sure to let them know as sometimes they store the weights on the boats and they are not assessable. There are some limitations on where you can shore dive when a cruise ship is docked. and you don't want to be in the water when it sails away. Over all we were disappointed in the diving given the reputation it has and the relative difficulty getting there. But it sure was better than Lake Mendota. Even with the damage from the storm we did see one frog fish and two sea horses. We enjoyed the dive site called Champagne. This is where bubbles percolate

(Continued on page 2)

up from the bottom due to volcanic activity. We also saw a gold spotted eel (looks a lot like a sharp tail eel), a couple of electric rays, and the biggest barrel sponges we have ever seen. On our check out dive from shore we saw a common octopus out during the day. He was walking across the sand on tentacles. He had two tentacles up in front of him with then ends balled up. He seemed to be itching for a fight.

Dominica has beautiful rain forests that are almost free of mosquitos and other pests. There are no poisonous snakes. They have an extensive trail system. Some trails are easy. But some are very rugged, muddy, steep, long and challenging.

Recap of Decompression Research Presentation

On April 24, about 30 dive enthusiasts from both the Four Lakes SCUBA Club and Hoofers listened to Dr. Peter Buzzacott present on decompression research. Dr. Buzzacott is the Director of Injury Monitoring and Prevention for Divers Alert Network (DAN) in North Carolina.



Prior to his work in decompression research, he participated in a variety of diving related experiments, including work with NASA. His participation in these studies spurred his interest in the field of decompression sickness. As he describes it, this field is in its early days and we still have much to learn. Many interesting factors have been studied, including the effects of eating dark chocolate prior to diving (it increased blood flow and may lead to fewer cases of decompression sickness), lying on a vibrating mattress before diving (not as effective as chocolate), breathing a variety of gases while diving (nitrox is generally better than air), and intestinal flora in pigs that converts hydrogen to methane (may have led to the smelliest results!).

There is evidence that both acclimation to diving and genetics impact the frequency of decompression sickness. For example, Navy divers who dive very often and are in peak physical condition have fewer cases of the bends than recreational divers. As for possible genetic components, Dr. Buzzacott recently bred rats that show resistance to decompression sickness. He is hopeful that further research in this field could lead to the development of a genetic test for predisposed susceptibility to decompression sickness.

He also shared tips for recreational divers to minimize their risk:

- Perfect buoyancy and trim to reduce exertion during the dive
- Avoid “yo yo” diving to different depths throughout a dive
- Do your deepest dive first
- Improve navigation to avoid long swims back to the boat

The views are worth it. But be sure you are in shape. We did a couple hikes listed as “intermediate” and our legs were sore for a couple days. We saw waterfalls, lakes, gorges, mountains covered in clouds, birds, lizards and more.

I feel optimistic about the future of this reef. Urchins were everywhere cleaning up algae. There were many juveniles. We saw very few lion fish and none were very large. We did see a couple of sea horses and a frog fish, so there are animals there to repopulate. If you plan to go, wait awhile. I would recommend looking somewhere other than the Dominica official web site or local dive shop for information about the condition of the reef before you go. Plan to spend some time top side doing some of the stunning hikes.

- Maintain a base fitness level with general exercise
- Know emergency procedures and always have oxygen available if treatment is necessary
- Minimize repetitive daily dives
- Avoid heat exposure after diving, including hot showers, sunbathing, and saunas/hot tubs
- Avoid exertion for 2 hours after diving
- Try to get 4 hours of surface interval between dives
- Limit dives to 2 per day
- For dives of 100 feet or deeper, do two safety stops (one at 30’ and one at 15’)
- Ascend very slowly

More information on decompression illness can be found on [DAN’s website](#). Their [incident report database](#) and [annual diving report](#) are available for free.

Thank you to everyone who attended the presentation!

For Sale: Ellen has an Ocean Images housing and lights and a Sony video camera for sale. A great starter camera! They are older and have some issues. She will take the best offer. Someone will likely get a deal! Contact Ellen at the meeting for details.

Four Lakes Scuba Club Officers

President:	Bill Hoernke president@fourlakesscubaclub.org
Vice President:	Ed Sorensen vp@fourlakesscubaclub.org
Treasurer:	Mary Stroud treasurer@fourlakesscubaclub.org
Dive Safety Officer:	Gayle Orner safety@fourlakesscubaclub.org
Social Media Editor:	Lisa Vorburger media@fourlakesscubaclub.org
Webmaster:	Brad Acker webmaster@fourlakesscubaclub.org
Newsletter Editor:	Nikki Acker news@fourlakesscubaclub.org



FOUR LAKES SCUBA CLUB

APPLICATION FOR MEMBERSHIP

www.FourLakesSCUBAClub.org

info@FourLakesSCUBAClub.org

Name _____ Date of Birth _____

Address _____ Email Address _____

City _____ State _____ Zip _____

Occupation _____

Telephone Home _____ Work _____

CLUB FEES:

Annual Memberships (May Anniversary): Single – \$24, Family – \$36 (check or click one)

EMERGENCY CONTACT (recommended)

Name _____ Phone Home _____ Work _____

Address _____ Email Address _____

City _____ State _____ Zip _____

TRAINING

Dive Certification Agency (YMCA, NAUI, PADI, SSI, Etc.) _____

Date and Location of Certification _____

Advanced SCUBA Training (Rescue Diver, Divemaster, Specialties, Etc) _____

Advanced Life Saving _____ First Aid _____ CPR _____

Other Related Training (WSI, Boating, Specialties, Etc) _____

Areas of Interest (check all that apply)

SCUBA: Quarry Lake River Cave Ice Wreck Ocean Photo / Video

Other SCUBA _____

Other Interests, Hobbies, or Experiences _____

I, the undersigned, hereby certify that all the information given in this application is true and correct to the best of my knowledge and that I have no physical or mental impairments which would limit my participation in diving activities. I hereby apply for membership in Four Lakes SCUBA, Inc. and agree to abide by the constitution and the by-laws of the club. I, the undersigned, hereby release Four Lakes SCUBA, Inc. and its officers, members, and agents from any liability for damage, injury, or death to any person or property resulting from my participation in any Four Lakes SCUBA, Inc. activity.

Signature _____ Date _____



FOUR LAKES SCUBA CLUB

www.FourLakesSCUBAClub.org

info@FourLakesSCUBAClub.org

Membership Renewal or Information Update

NAME _____ DATE OF RENEWAL _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE (Home) _____ (Work) _____

E-MAIL _____

THIS IS A MEMBER INFORMATION UPDATE.

CLUB FEES

ANNUAL MEMBERSHIPS (MAY ANNIVERSARY): SINGLE - \$24.⁰⁰ FAMILY - \$36.⁰⁰ (check or click one)

EMERGENCY CONTACT (Recommended)

NAME _____ E-mail _____

TELEPHONE (Home) _____ (Work) _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

THIS IS AN EMERGENCY CONTACT INFORMATION UPDATE.

ADDITIONAL "FAMILY MEMBERS" OR INFO / 200 CHARACTERS: _____
