



# Richmond Dive Club

July, 2010

**RDC members; is it all fun and games? We hope not!!!!!!!!!!!!!!!**

We hope everyone had a happy and safe Independence Day. *Eternal vigilance is the price of liberty. Thomas Jefferson (1743-1826) ...*

In general, we all take our freedoms and liberty for granted. Countless people over the years have said one of the reasons they dive is the "Feeling of Being Free". I think we can all agree, "The feeling of diving", is a driving force behind why we do it. Let's face it. If the reason you go diving is to see beautiful fish; it would be a whole lot cheaper to visit an aquarium. There are a number of reasons our sport has not been regulated into extinction. One is we have available to us very competent and professional organizations to both train and educate us. But more importantly we self regulate. Most of us do not take for granted our freedom to dive. We take classes to learn more, we look at reports from [DAN](#) and read [Alert Diver](#), and we buy the newest computer. Many go to our [club meetings](#) not only to have fun but also to learn from more experienced people. Some, believe it or not, practice skills. For many the latter is the least done, but it is the most important. To be a better diver is to be a safe diver. To be a safe diver you must have good skills. To be a good, safe diver takes vigilance. Yes, I believe our Dive Club members are better divers because they stay engaged all year long.

I bring this up now because in July and August we have the most people diving. And now is the time the East Coast dive community has the most reported accidents. It's not too late to reread your advanced open water book and take advantage of quarry days to practice skills, get some extra exercise in, and eat better. Or, take that advanced class. Have a plan and dive your plan. No matter who you are or what level of training you have, one thing we all must be aware of is our hydration level. A lack of proper hydration can lead to DCS; even if you are diving well within guidelines. And dehydration helps cause heat exhaustion, or even worse, heat stroke. July 13th is our next club meeting. At that time we will have Paul Hope talk about his DCS hit. [Dave Mowrer and Kim](#) will have a hand-out on the Signs and Symptoms of DCS. We will also cover the Signs and Symptoms of heat related illness. Later on this year we will have an entire meeting regarding DCS.

RDC is committed to and promotes safe diving. Each dive shop in our area has a rescue diver course which we encourage you to take. For learning how to handle a dive emergency it is a must.

In this regard we are also working with [Mike Berry](#) on putting together a class just for RDC members. Mike is founder of [Underwater Criminal Investigators®](#) and a certified public safety diver instructor. We are hoping to offer something you can not get anywhere else in Virginia sometime this fall.

On July 13th we also have an exciting speaker. Bill Watson will talk about the wrecks off North Carolina. We are lucky to have some of the most historic ship wrecks so close to us. When we dive into history off North Carolina it enhances our enjoyment of those ships. Now would be a great time to sign up for some of our [dive trips](#) to North Carolina. See our [website](#) for more info. Click the [Dive Travel](#) link on the left side menu to see the trips and other dive activities we have planned for the remainder of the year. Don't forget we have a raffle for one of our dive trips to NC. \$10 could win you a trip valued over \$250.00

Please don't tell the BOSS, but it's almost time to take a day off. Our next [Quarry Day](#) is Wednesday, July 14th. Please [sign up](#) on line as soon as you can. Your eager chef's: Jim and Zane, await the final count. We have had record numbers of members enjoy this benefit this year. Good people, good food, cool water below 30', free air fills from our dive shops and [Dave Mowrer's](#) shelter. What more could you ask for? Yeah, we all know, but you will have to wait for that cold beer till you get home!

Membership: Our growth has been fantastic over the past year and a half. We have almost doubled our size. It is very heartening in these uncertain times to have the growth that we have had. Thanks to ALL our loyal members, we could not have done it without your referrals. It means so much and gives us the opportunity to be the type of club YOU WANT us to be. Based on new and returning members we have a club that people value, and we are always working hard to keep it that way. We are working on creating a survey to get your opinion on how to be even better. So if you have not been to a meeting in a while, come visit and see what you are missing.

We hope some of you are thinking about becoming a member of the Board of Directors. It's a great way to plot the club's future and give something back. It's very rewarding. We put together a nomination committee in September and vote in December. Ask one of the [BOD members](#) for more information.

On top of this month's fantastic speakers and timely educational topic we have a special give away. We will give away, while they last, "The Traveling' Diver's Chapbook" by Undercurrent. It's a compendium of unexpurgated opinion, criticism and commendation of the world's dive resorts and liveaboard boats.

We are wrapping things up on the [St Lawrence Trip](#). We have 10 divers and 4 non-divers going. However because the lodge has 3 boats we have room for a few more. If

you want to go now is the time to "*Just Do It*". We leave August 1st and will be back on the 7th. See our [website](#) for more information. We can't wait to get out of this heat and enjoy cool Canadian air, along with the fantastic intact ship-wrecks there.

Lastly, we want to keep you up to date with the marvelous exploits of our own [VP Dawn Sherwood](#). She is delving into the wondrous ocean world surrounding Australia. [Mike Kahn](#) has set up a blog for us so we can live vicariously through her. Check out her travel tales at "[Richmond Dive Club Blog](#)"

We look forward to posting some of Dawn's diving photos. And as always, if you have a photo of you diving you would like to share, please bring it to the dive meeting. We will post it on our board.

We look forward to seeing on Tuesday. Be safe and.....  
Enjoy the Depth.

[Jim](#)

