



Atlanta Underwater Explorers

AUE Bubbles

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The Atlanta Underwater Explorers, P. O. Box 55048, Atlanta, GA 30308
www.diveaue.org

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“General fitness is important for diving. Divers don’t need to be great swimmers, but a general level of fitness is important so you can respond to situations underwater.”

“Fitness to dive is something you need to keep in mind daily for proper scuba diving safety. Even if you were once cleared to dive, you might not be truly fit on any given day.”

Lessons for Life: Lying to Dive

Eric Douglas



- **Don’t lie on your liability release.** Medical conditions are nothing to ignore.
- **Seek medical clearance before diving.** If you have a medical condition considered to be a contraindication to scuba diving (see www.wrstc.com/downloads/RSTCMedStatementGeneric.pdf for a list), you should consult a physician knowledgeable in diving medicine. Many physicians do not understand the unique nature of diving and the stresses placed on the body. Without a background or familiarity in diving medicine, physicians have given poor advice without meaning to do so.
- **Be fit enough to do the diving you plan to do.** General fitness is important for diving. Divers don’t need to be great swimmers, but a general level of fitness is important so you can respond to situations underwater. When you find yourself facing a strong, unexpected current or a long swim back to the boat, you shouldn’t be struggling to get where you want to be.

Eric Douglas co-authored the book *Scuba Diving Safety*, and has also written a series of dive adventure novels and short stories. Check out his website at www.booksbyeric.com.

See full article published in *Scuba Diving Magazine*:
<http://www.scubadiving.com/training/lessons-life/lessons-life-lying-dive>

AUE Member of the Month

Recently featured in the Atlanta Journal Constitution, Dr. Frank O. Richards is the Director of the river blindness, lymphatic filariasis, schistosomiasis and malaria programs at The Carter Center. He is an expert in parasitic and tropical diseases; he has worked extensively in Latin America and Africa. Franks makes a difference in the lives of millions of people around the world.



To learn more access links below.

https://www.cartercenter.org/news/experts/frank_richards.html

<http://www.myajc.com/news/news/eye-cure/ncrmt/>

Upcoming AUE Activities

- **Join AUE at Palomilla's Cuban Grill**
Enjoy an evening of good food, music, and dancing on Friday March 21, 2014 at 8:00 p.m. R.S.V.P. by March 17, 2014
Details can be found on our Facebook page.
Access link below:
The New Taste of Cuba
- **2014 NABS Presidents' Meeting**
Hosted by
Black Coral Divers
April 11-13, 2014
Hilton Anatole Dallas
2201 North Stemmons Freeway
Dallas, TX 75207 Phone: (214)748-1200
<http://www.blackcoraldivers.org/>
- **AUE General Meeting - Saturday 3:00 p.m.**
April 19, 2014, East Atlanta Public Library, 400 Flat Shoals Ave. SE, Atlanta, GA 30313
- **2014 AUE Annual Cookout**
Saturday June 21, 2014
Details - TBA
- **AUE & LABUE Dive Trip**
Long Beach CA (Catalina Island), CA
July 16th - 23, 2014 for details
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Recent AUE Activities

- **AUE General Meeting - Saturday 3:00 p.m. March 8, 2014, East Atlanta Public Library, 400 Flat Shoals Ave. SE, Atlanta, GA 30313**
- **Career Day at E. L. Miller Elementary School, March 14, 2014 - Members gave presentations to students related to careers in marine sciences and careers in scuba diving. Guest speaker was our own Elleen Yancey, President Atlanta Underwater Explorers**
- **22nd Annual Crystal River Manatee Snorkel/Dive hosted by DIVERSE Orlando in Crystal River Florida - February 21-23, 2014**
www.diverseorlando.org.



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Editor's Corner

Fellow AUE Members:

Welcome to the second 2014 edition of, *AUE Bubbles* now published bi-monthly. In addition to this communication vehicle, a new website is in development, and our Facebook page has been updated. (<https://www.facebook.com/groups/ATLANTAUNDERWATEREXPLORERS/>) Our new domain is www.diveaue.org. Your suggestions, comments and story ideas are welcomed.

Completed story submissions must be received two weeks prior to the publishing date (Bi-monthly on the 15th of the month). The next edition will be published May 15, 2014.

Please submit your story ideas and comments to my attention via email.

Get involved and stay active.

Dive safely,

Alex Adams, *Publisher & Editor*

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P.S. "May fortunes favor the foolish." Try this at your own peril. <http://vimeo.com/21536909>