

Sea Swells LOG



The monthly
newsletter of
The Scuba
Sports Club

June 2003

the anchor line

How Much Can You See?



**President
Soliman Shenouda**

Everyone knows that in order to enjoy your scuba dives, you should be in good physical shape, primarily for safety reasons. I would like to add to this another dimension. Being fit will enable you to see more.

Surprised? Don't be.

It is a well-known phenomenon that when the human body is endangered or placed in uncomfortable surroundings, the involuntary defense mechanism will be activated. The body wants to protect sensitive organs from the perceived danger. Your eyes, your hearing, your touch and feel will be enclosed and temporarily disconnected from the outside threats and the outside world..

You experience this almost every day. If something is thrown at your face, your eyes are automatically closed. If your spouse yells at you, your hearing is temporarily blocked. (This is a subject for another article.)

As a corollary, when one becomes threatened, one's field of vision will be drastically narrowed and shortened. On the other hand, if one is relaxed and comfortable, one's field of vision will expand to its maximum. Such a diver will be able to notice smaller things and observe minute changes in the surroundings, and will be able to recognize, absorb, memorize more. Simply, one will be able to see more if s/he is comfortable.

You will be more comfortable if you physiologically feel relaxed and safe, and you will be safer if you are physically fit. My helpful hint is to get fit and stay fit to enjoy your dives and to see more of the creatures and critters of the sea.

TSSC members haven't let the gray May weather keep them ashore. Don Reynolds met this welcoming character while spending a week diving in Honduras. Read about his trip on page 5.



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- ◆ **TSSC June Meeting** **June 11**
Glenn Butler speaks on NASA and nitrox. See more on page 7.
- ◆ **Cape Ann Trip** **June 21–22**
Collect scallops or just enjoy great marine life. See page 7.
- ◆ **TSSC/BTS Party** **Sept 13**
- ◆ **Saint Lawrence Seaway Trip**
..... **Sept 20–21**
Enjoy warm, clear water and lots of wrecks. Details on page 7.
- ◆ **Ballroom Dancing** **Sept 26**
- ◆ **Salt Cay Trip** **Oct 25–Nov 2**
Enjoy "diving the way it used to be." Details in May's newsletter (available on our web site).
- ◆ **Halloween Party** **Oct 31**
- ◆ **Holiday Party** **Dec 13**



THE SCUBA SPORTS CLUB

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Rye, NY

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CO-FOUNDER Soliman Shenouda

Submissions to Sea Swells Log may be made in electronic or paper form by the 20th of the month. Electronic submissions (email) are preferred and should be sent to

SeaSwells@BeneathTheSea.org

Submission of paper copy should be sent to

Anne Judge
2 Pine Mountain Road
Danbury, CT 06810
Fax (208) 485-4641

Please call or email to confirm fax receipt. For information send email to SeaSwells or call Anne at (203) 778-3584.

TSSC Directors' Meeting Highlights

May 7, 2003

Beach Cleanup: Rick will investigate sites for this annual TSSC community service activity and report back to the directors. Possible sites include Rye Beach, Candlewood Lake, Windale (a private scuba training site), Almost Paradise (Rockaway, Queens).

Rescue Course: Rick contacted Andrea Zafares of Life Guard Systems about arranging a customized course for TSSC. The target date is during October.

Budget Update: Paul & Zsa presented the financial results of the Open House Party. The net cost to the club was about \$225.

Social Activities: The next TSSC social event will be a picnic in July or August. Possible sites include Pound Ridge Park, Kings Point Park in Tarrytown, an evening outdoor concert, or a Renaissance Festival. Zsa will investigate.

Public Relations: Judy presented a summary of the meeting of the PR team (Dorothy, Soliman, Ken, Judy, and Lada). Targeted clients are police and fire departments, ski clubs, colleges, and the BTS mailing list.

Dive Safety Seminar: The program, sponsored by BTS, was attended by 270 divers. 100 club flyers were distributed in the meeting room, and TSSC cards were placed on all parked cars. Glenn Butler spoke, introducing TSSC and encouraging attendees to come to a TSSC meeting.

Credit Cards: Bob Bak proposed the use of credit cards to enhance the sale of TSSC activities. Bob will investigate and execute if it is financially feasible.

Director for Internal Marketing: Soliman is looking for someone to serve as Internal Marketing Director, to develop a strategy to sell all seats available for our dives and social events.

Publicize Our Club

We're asking all TSSC members to take club flyers and post them in their local supermarkets, gyms, YMCAs, and ski clubs. Pick up some flyers at the next meeting, and help your club!

Judy Klotz-Simek

Bob Bak

Membership News

Two new members joined us during May—**Donald Wasko** of Carmel and **Scott Sheff** of White Plains. Both have expressed an interest in local diving, and in fact Scott has already used our mailing list to look for information and buddies for Dutch Springs and LI Sound dives. I like his initiative! Donald is also interested in joining us on trips to the southeastern US or the Caribbean.

So look for these new faces at our meetings and club events, and welcome them to our club! And I hope lots of you will get out diving with them this summer.

Anne Judge

Get TSSC Stuff!

Show your club spirit with TSSC decals, patches, hats, and shirts! Stick-on plastic decals are \$1, and sew-on cloth patches are \$3. T-shirts and hats are \$10, and polo shirts are \$25. You can pick any of these up at any club meeting from director-at-large Gregg Macaulay.

Know Your Logo

You are all familiar with the TSSC logo but you might not know the correct way to position it. I have seen a lot of people place it so that the white bar is horizontal, which is incorrect.

Since our red and white logo is modeled on the dive flag, the white bar should be at an angle. In the correct position the beginning and the end of "THE SCUBA SPORTS CLUB" (that is, the T of "THE" and the B of "CLUB") should be at the same level. The same goes for the phrase "FOR GREAT DIVING."

The correct orientation of the logo appears at the top left corner of this page.

Kenny Salstrom

TSSC Cooks!

As announced, TSSC will be putting together a cookbook this summer. I hope you have all contributed your best recipes! If you haven't, send them on to Pat Forgacs (Pat_Forgacs@abicon.com or 9 Fairway Drive, Danbury CT 06811).

Here are two of the recipes submitted. These may bring back memories to some of you; in April a number of our members (in the photo, below: Howard and Ann Schiller, Cindy Fisher, and Kenny Salstrom) enjoyed Whitecliff Vineyard's food and wine at the Pasta Primo Vino event. Our thanks to Lada Simek for sending the recipes in!

WHITECLIFF VINEYARD POTATO SOUP

2 cups carrots, cubed (2 medium)
10 cups Yukon gold potatoes,
peeled and cubed
12 cups water
3 Tbsp chicken soup base
1 Tbsp turmeric
1 Tbsp parsley (dried)
1 Tbsp chives (dried)
1/4 tsp seasoning salt
Salt and pepper to taste
2 Tbsp margarine
1 head garlic, chopped
1 medium onion, chopped
1 cup Whitecliff Vineyard Awosting
white wine
1/2 cup chopped kielbasa smoked
sausage

1. Place the carrots, 2 cups potatoes, and 2 cups water in a 3-quart pan. Bring to a boil, then simmer.

2. Place remaining 10 cups water and 8 cups diced potatoes in a soup pot. Bring to boil, then simmer. Add the soup base, parsley, chives, turmeric and seasoning salt to pot. Stir to blend and let simmer.

3. Simmer until potatoes are soft.

4. In a large frying pan, melt margarine. Add onions and cook over medium heat until onions become translucent. Add garlic and stir for a few more minutes

5. Pour the contents of the smaller pot into a food processor or blender. Add about 1/3 of the onions & garlic. Blend till smooth.

6. Remove about two cups of the potatoes from the soup pot with a slotted spoon and add them to the frying pan. Pour the remaining contents of the soup pot into the smaller pot.

7. Empty the blender into the soup pot. Purée the remaining water and potatoes and pour them into the soup pot. Keep frying the onion, garlic, and potatoes until done and then add to the soup pot.

8. Add the sausage and wine to the soup pot. Simmer for another half hour, stirring often. Add salt and pepper to taste & serve. Serves 15.

WHITECLIFF VINEYARD SPRING PEA PASTA

1/2 medium onion chopped
1/4 cup extra virgin olive oil
1 Tbsp butter
1/2 tsp anchovy paste
2 cloves garlic, chopped
2 cups fresh or frozen petite peas
1/2 cup Whitecliff Vineyard Awosting
white wine
1/2 Tbsp oregano
Salt & pepper to taste
2 lbs penne pasta
Pecorino grated cheese

1. Simmer the onion in olive oil and butter on low heat until translucent.

2. Add the garlic and anchovy paste and cook until garlic is just tan, not brown, and remove from heat.

3. Boil 4 quarts salted water in a large pot. Add penne and cook until *al dente*.

4. Return onion & garlic to medium heat after the pasta begins to cook. Add wine, peas, salt, pepper and oregano. Cook, stirring occasionally, until peas are just done. Do not overcook! Liquid should be reduced by half.

5. Drain pasta and transfer to a large serving bowl. Pour the peas over the pasta and serve with Pecorino cheese.



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TSSC's Dive Classification System

Every dive on TSSC's schedule (see the back page of this newsletter) has a "class" assigned to it. This class is an indication of the expected difficulty of this dive. Below are the descriptions of the three dive classes.

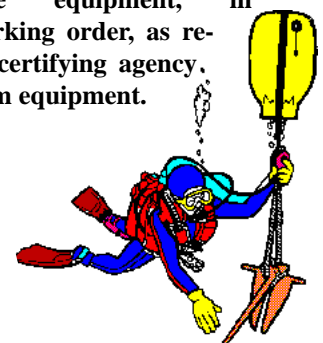
But remember, any dive can be more difficult than expected, depending on the conditions at the time of the dive! These classifications are only to be used as a guide when choosing which dives you will sign up for.

A: Be prepared for an advanced dive to depths of 130 feet. These are usually wreck dives in difficult conditions, including cold water, low visibility, significant currents, and wave heights over 3 feet. The diver should be self-sufficient and very experienced in these adverse conditions.

B: Be prepared for an open-water intermediate dive to depths of under 80 feet. Cold water and low visibility are to be expected. Currents and wave heights should be moderate. The diver should dive at least once per month and be mentally and physically at ease in the water.

C: Expect a shallow dive in a relatively protected area, but be prepared for cold water and low visibility. Some current and moderate wave heights are possible. Appropriate for beginning open-water divers, divers new to Northeast diving, and divers who love lots of relaxed bottom time.

All divers must come equipped with the appropriate equipment, in proper working order, as required by certifying agency, as minimum equipment.



Fun in the Sun at Fort Wetherill

TSSC's Atlantic Dive Season Begins As It Should — May 17, 2003

Trip Report

by Rick D'Amico

Although the weather in New York and western Connecticut appeared threatening in the early morning hours, the eleven adventurous individuals—eight divers and three bubble-watchers—who made the trip to Ft. Wetherill State Park in Jamestown, RI were rewarded with fantastic weather, sunny and warm with a slight, comfortable breeze. This was a particularly good turnout for the May Fort Wetherill trip.

We were pleasantly surprised during the dive by 52-degree water, which is a bit warmer than we'd expected. The ten-foot visibility allowed us to observe the marine life that's typical of this dive site during the late spring. While underwater, our divers saw flounders, skates, cunners, blackfish, juvenile sea robins, sea stars, blood stars, horseshoe crabs, spider crabs, hermit crabs, sponges, mussels, yellow-vase tunicates, and lush growths of algae.

Following the first dive, we had the customary picnic and barbecue. Folks brought hamburgers, veggie burgers, sausages, and hot dogs, with rolls and pita bread to put them on, and all sorts of condiments and snacks.

Most of us didn't make a second dive (after all, the water *was* 52 degrees). Still, it was a great outing. Thank you to all who came and made this dive an unqualified success! For those who couldn't make it this time, we'll be having another Fort Wetherill dive during the first week of October.

Rick D'Amico was trip coordinator.

Right: TSSC spirit was on display at Fort Wetherill last month, under gorgeous blue skies



Moon Dive

by Michael Prange

It was the second dive of the day. The warm afternoon sun and several tasty barbecue sandwiches were more conducive to a nap in the grass than to a second dive, but I shook it off. I was a man on a mission.

My first dive had been a "let them come to me" sort of event. In this Zen approach, I settle down in a quiet spot, empty my mind, and minimize movement. I watched hermit crabs scurrying over the back of a large fluke, and a big lobster touched its antennae to my mask as I did nothing. It was 75 minutes of critter watching at its best.

This dive, on the other hand, was focused on geography. My goal was to swim out of the cove to the steep rocky drop-off that skirts the outer edge of the island, cross the island, and then exit via Wetherill's other, eastern cove—a circle route around Wetherill.

Swimming steadily southwest across the sand, I passed the same fluke I had communed with on the first dive, but kept on swimming. Soon a two-foot striped bass crossed my path and stayed with me for several minutes as I proceeded toward the drop-off. Sand, sand, and more sand, then nothing. I had reached the wall. Down, down, down from 25 feet I

continued on next page

The Dive that Wasn't

by Camille Platzek

Since my previous cold-water dive, just a few weeks before, had been uneventful, I had not bothered to check my equipment before the club's May 17 Fort Wetherill dive. Just a couple of extra pounds of weight (since the previous dive was in fresh water) and I should be all set!

I struggled to don ill-fitting gloves and refused Michael's extra pair. No big deal, I thought.

My seals were old and had torn at the neck and wrist. No big deal. I'd get a little damp.

My regulator, serviced at the end of last season, was free-flowing slightly but not enough to cause a problem. No big deal, I thought.

And then, despite the additional weight and exhaling, I still couldn't descend, so I added rocks in my BC. Had my inflator hose developed a small leak?

Any one of these incidents in itself was no big deal. However, then I remembered Rick standing in the front of the club just a few days previous, and what he had said came back to me—little problems add up to big problems.

I then realized that what I had considered an annoying dive was actually a very valuable one. Had I tried this dive in water with limited visibility or at depth, the ending might have been very different!

So the moral of the story is *get your gear checked out* (a subsequent trip to Captain Mike's revealed that my BC inflator valve had corrosion in it), and then *check it out in a controlled, easy dive* where any problems won't kill you.

PADI Ocean Safari

Don Reynolds

May 10 through 17 brought a group of adventure-seeking divers to Anthony's Key Resort, Roatan, Honduras, for a week of camaraderie, education, and fun.

Departing from JFK at 3:45 am seems like a strange way to start a vacation. However, arriving in Roatan at 9:30 that Saturday morning made the early flight worthwhile. We were whisked through customs and were soon sitting in the reception area at Anthony's Key Resort for our orientation from both resort and PADI representatives.

At the orientation we received goodie bags from PADI and were assigned to a team for the week. We learned that each team would be competing during the week for a variety of prizes. We were also assigned to a dive boat and crew at that time. The competition began as we left the reception area—already the teams were plotting their strategies.

The diving at Roatan was world class. We were scheduled for three boat dives daily, two night dives and unlimited shore diving. Captain Rupert and Divemaster Alonso continually made sure we were seeing the best Roatan had to offer. Many of the dive sites were within a ten-minute boat ride from the dock. We dove some fantastic reefs as well as two wrecks, the *Aguila* and the *Odyssey*. There were rays,

turtles, eels and myriad fish waiting for us on every dive. Groupers followed us like puppies as we dove from one reef to the next. I know I'll never forget seeing my first large octopus as my new buddy Dave and I hovered over Gibson Bight on one of the night dives.

In addition to the limbo contest, treasure hunt, barbecue, picnic on Tabyana Beach, underwater poker run, kayak races, and more, there were also seminars available on fish identification, underwater photography and reef ecology. The Anthony's Key Resort Dive Shop was promoting a PADI Enriched Air Class—complete the class and dive on nitrox for free for the rest of the week. So Mike Rowley, a friend from California, and I took advantage of the class, received our enriched air certification and prepared our tanks every day for the scheduled dives.

You could measure the level of success of Ocean Safari by the smiles and greetings as you walked around the property or sat in the restaurant, bar, classroom or dive boat. It was a great opportunity to spend a week with fellow divers of varying skill levels and interests.

If you have the opportunity to attend a PADI sponsored event, I recommend you do so. You won't regret it!

Moon Dive, continued from previous page

dropped to 85 feet along a rocky wall covered with frilled anemones and soft coral, passing the occasional tautog and lobster along the way.

On the bottom I felt the tug of a strong current pulling me past the island. Then it struck me—the recent lunar eclipse meant the alignment of sun and moon would create monster tides and their corollary, monster currents. This was not part of the plan, but why abort now when the current was going my way?

After being sucked along the wall for an unknown distance I decided that maybe I should start thinking about making that left turn into the exit cove. Beginning the ascent, I discovered that the current was going down the wall as strongly as along it, making this my first rock-climbing ascent. I had lots of gas, so there was no need to worry. After much hand-over-hand action, I surfaced at the island and oriented myself. No problem—a northward course would take me to the exit cove. Without any further trouble I missed the exit beach and climbed ashore at the fort after 75 minutes underwater. A ten-minute walk brought me back to the parking lot where Camille and Kenny welcomed me back to the aeolian world.

The next time I plan for the sea I will also think of the moon and the stars. I will also think of the kaleidoscope of sea life on my deep wall drift dive off the shore of Wetherill.

True Dives

Only the facts have been changed to hide the truth

By Sy Turner

In discussions about wreck preservation at the Beneath the Sea show in March, I found it interesting that some divers are just interested in collecting anything that has gotten wet.

Not too long ago, I heard about some divers who wanted artifacts from a ship that was being sunk as an artificial reef. They waited *just* until this ship had been laid to rest beneath the waters before going after the ship's anchor. Shouldn't it have stayed underwater for a few years to make it a little more interesting before it was removed? It sounds a little crazy to me. Why not save the expense and

trouble and just remove it when it was on the surface?

As a concerned diver, I wonder if these divers are interested in future artifacts. This could be useful. If I want to get rid of something, all I would have to do is drop it over the side of a boat and tell them that this is my "secret dive site" with lots of "souvenirs"! If it's wet they will go after it. Just think of the service I would be providing, both to the preservationist and the environmentalist. For the one, my junk—er, artifacts—may become historical some day; for the other, I would be recycling.

Now here's my problem: How do I get the junk to the site and not be fined for littering? Where do I find things that divers will want? How can I make money doing this? Would I now want to jump over the side to retrieve it since it's wet? What if no one wants my junk today—will it become a real artifact for some future generation of divers to find, and will it then have some value?

If any of you have answers to my questions, please keep it to yourself, as my wife already thinks I'm crazy for coming up with this idea.

Area Dive Shops

This list is provided as a convenience. TSSC does not endorse any dive shop.

Aqua Visions Scuba Ltd.

126 Mamaroneck Ave, Mamaroneck
(914) 381-1884
<http://AquaVisions.biz>
info@aquavisions.biz

Captain Mike's Dive Center

530 City Island Ave, Bronx NY
(718) 885-1588
<http://CaptainMikesDiving.com>

Cougar Sports

917 Saw Mill River Rd, Ardsley NY
(914) 693-8877

The Dive Shop

265 Federal Rd, Brookfield CT
(203) 740-9166
<http://TheDiveShopOnline.com>
Sherri@TheDiveShopOnline.com

Marsh Scuba Supply

91 Lauer Rd, Poughkeepsie NY
(845) 452-8994
<http://MarshScuba.com>
Marsh_Scuba@worldnet.att.net

Westchester Dive Center

500 North Main St, Portchester NY
(914) 937-2685

Orbit Marine Sports Center

3273 Fairfield Ave, Bridgeport CT
(800) 395-3483
<http://OrbitMarine.com>
OrbitDive@aol.com

Pan Aqua Diving

460 West 43rd St, New York NY
(800) 434-0884
<http://PanAqua.com>
NYstore@PanAqua.com

Pan Aqua Diving

461 Federal Rd, Brookfield CT
(888) 388-3483
<http://PanAqua.com>
CTstore@PanAqua.com

Rex Dive Center

144 Water St, Norwalk CT
(888) 260-DIVE (3483)
<http://RexDiveCenter.com>
DiveShop@RexDiveCenter.com

Scuba New York

2037 Central Park Ave, Yonkers NY
(914) 779-2966
<http://ScubaNewYork.com>
Info@ScubaNewYork.com

AquaWomen Dive

The Tradition Continues

August 3, 2003

Northeast women divers are invited to join the Long Island Divers Association for their annual AquaWomen dive.

The AquaWomen tradition dates back to the beginning of the 80s when a popular local boat captain put forth a challenge to a couple of female divers: to find enough women wreck divers capable of diving the famous *USS San Diego* to fill an entire boat. The response was so overwhelming that some had to be turned away, proving that women are active participants in Northeast wreck diving.

Now it's your turn. On August 3rd, 2003, LIDA will once again proudly sponsor the AquaWomen dive. This year's dive will revisit the site of the first AquaWomen dive, the *USS San Diego*, aboard the charter boat *Seahawk* out of Freeport, LI. The cost is \$75. Bring a dish for the potluck lunch.

To sign up, or for more information, call Liz Milby at (63 1) 723-0616.

education and safety

Flying and Diving

- 1) According to DAN, the minimum time before flying following a no-decompression, multi-day dive profile is
 - a) the time necessary to get repetitive group "D"
 - b) 12 hours
 - c) 24 hours
 - d) 48 hours
- 2) Beverages that are recommended while flying include (choose all that are appropriate)
 - a) diet soda
 - b) coffee or tea
 - c) water
 - d) unsweetened apple juice
 - e) beer
- 3) A person is more likely to develop an

- upper respiratory infection after flying in a commercial aircraft than after eating in a restaurant. True or false?
- 4) Humidity in the cabin of a commercial aircraft at altitude is approximately
 - a) 30%
 - b) 25%
 - c) 15%
 - d) 8%
- 5) Nausea, headaches, and irritability while flying are symptoms of
 - a) hypoxia (oxygen deprivation)
 - b) dehydration
 - c) bad food
 - d) cigarette smoke

Rick D'Amico
usamarbiol@aol.com

Answers to Flying & Diving Quiz

1) c.

2) c and d. Caffeine, salt, and sugar can cause dehydration.

3) True. On a commercial flight, a large number of people are breathing recirculated air in a confined space.

4) d. This poses a dehydration problem for divers (and passengers in general), hence the importance of heeding the advice in question 2.

5) a. These are symptoms of altitude sickness from reduced partial pressure in the plane's cabin.

Dive The Saint Lawrence Seaway

September 20–21, 2003

Join your club buddies this September as we inaugurate a new club trip destination! Enjoy great fresh-water diving with ABUCS Scuba of Brockville, Canada.

Late summer brings water temperatures up to 75° with no thermoclines and good visibility to the Saint Lawrence.

What makes the water so clear? Currents and zebra mussels—so gloves are always a must. Descent lines provide direct access to the wrecks, and many of the wrecks have lines on them for easy navigation even in a moderate current. The depth of most wrecks we will dive works well for nitrox/enriched air profiles. Don't forget to bring a light!

To learn more about St. Lawrence diving, and about the wrecks there, visit divebrockville.com. We will dive the *Keystorm*, the *Daryaw*, the *Lillie Parsons*, and one other wreck to be determined.

Here are the schedule and pricing:

Sept. 20

12–1:30 PM Lunch on docks
1:30 PM Load boat for 2-tank dive

Sept. 21

7 AM Breakfast
8 AM Load boat for 2-tank dive
12 PM Return to docks and prepare for trip home.

Price	(USD, per person)
Diving (based on 10 divers)	\$93.40
Saturday night lodging	\$43.34
Total	\$136.74

This trip price does not include accommodations for Friday night, tips for the dive boat crew, nor air fills. Nitrox is available for an additional charge.

Please feel free to contact me with any questions at GMacaula@juno.com or (203) 746-4983. We can take up to 16 divers. A \$50 deposit is required to hold your spot and the balance is due by the August 13th TSSC meeting. Please make checks payable to TSSC.

Gregg Macaulay
Trip Coordinator

Scallops and Lobsters and Fish, Oh My!

Gloucester, Massachusetts
June 21–22, 2003

The Scuba Sports Club will host two days of two-tank boat dives beginning at noon on Saturday, June 21st.

Saturday's mission: scallops from the beautiful waters north of Boston. Find scallops the size of hockey pucks! (Well, maybe slightly smaller.) Average depth will be 55 to 70 feet. It should be a fun dive if you like seafood.

On Sunday we will leave at about 7:45 am for a two-tank boat dive at sites to be determined, and be back by noon.

Water temperatures should be 45 to 55 degrees. Expect to see beautiful sea life, possibly seals at some sites, and of course, lotsa lobstas! If you like Jersey or the Sound you will think you have died and gone to heaven with the 20- to 50-foot visibility in Cape Ann.

Camping is available, or you can stay at one of the many motor inns or bed and breakfast accommodations on Cape Ann. We plan to go out on Saturday night for dinner.

Diving will be \$65 per day. Please note that you do not have to sign up for both days. Just let us know which day you want to dive.

Only a couple of spots are left, so reserve today! To sign up, or if you have any questions, please contact me at (845) 878-9604 or Rbakdive@aol.com.

Bob Bak
Trip Coordinator

June Meeting

8:00 pm, Wed, June 11

Whitby Castle Restaurant
at the Rye Golf Club
330 Boston Post Road, Rye NY
(914) 777-2053

Glenn Butler
presents
Nitrox and NASA

Enriched air or nitrox played a pivotal role in the NASA space program and actually made the repair of the Hubbell Space Telescope possible. Before the Hubbell repair, astronauts had only made 2-hour space walks. Then this repair required that the astronaut team spend 8 to 10 hours working in space. Spacewalks are simulated on Earth underwater to reproduce microgravity. Eight to ten hours underwater was not possible due to decompression limitations. To extend their underwater simulations, NASA turned to nitrox.

Glenn Butler, our June speaker, has been involved in safer human performance in extreme environments for over 30 years, including the development of operational nitrox techniques and oxygen safety standards for the NASA Hubbell repair mission, and the study of medical uses of oxygen under hyperbaric conditions.

Glenn's company, Life Support Technologies, Inc., is a NASA and DOD contractor, and also provides specialized wound care and hyperbaric medical services in hospitals for patients with non-healing wounds, carbon monoxide poisoning and diver decompression illness.

Directions to Whitby Castle Restaurant

at the Rye Golf Club, 330 Boston Post Road, Rye NY • (914) 777-2053

From I-287: Get off at exit 11. Stay in the right lane and at the end of the ramp, turn right onto Route 1 south (Boston Post Road). Stay on Route 1 for approximately 2.7 miles, going through 8 sets of lights. The Rye Golf Club and Whitby Castle are on your left. Turn into the Golf Club driveway and Whitby Castle is straight ahead.

From I-95: Get off at exit 19, Rye/Playland. Immediately take the first exit to the right, signed Rye/Mamaroneck/Harrison. At the first stop sign go left

toward Rye/Mamaroneck. At the next stop sign turn right on North Street, following signs for Mamaroneck and Route 1 south. After .3 mile you will merge onto Route 1. Follow it for .7 mile. Turn left into the entrance of the Rye Golf Club. Whitby Castle is straight ahead.

From the Hutchinson River Parkway: Take exit 23 onto Mamaroneck Avenue in the direction of Mamaroneck. Just after the slow-down lights (approx. 1 mile), go straight onto the on ramp for Route I-95. Stay left for I-95 North. Follow as above.



Anne Judge, Membership Director
 The Scuba Sports Club
 2 Pine Mountain Road
 DANBURY CT 06810

June Meeting

8:00 pm, Wed, June 11

Glen Butler
presents
Nitrox and NASA

at

Whitby Castle Restaurant
 at the Rye Golf Club
 330 Boston Post Road
 Rye, NY

See page 7 for more details.

2003 Dive Schedule

Date	Day	Boat & Port	Dive Description	Class [†]	Cost	Coordinator
Jun 8	Sun	Max, Rye, NY	Local Dives*	C	\$35	Lada Simek
Jun 14	Sat	Sea Hawk, Freeport, LI	Lizzy D	B	\$60	TBA
Jun 21–22		Cape Ann, Mass.	Two-Tank Scallop Dive	C/B/A	\$65	R. Bak
Jun 29	Sun	Max, Rye, NY	Local Dives*	C	\$35	Lada Simek
Jul 12	Sat	Sea Hawk, Freeport, LI	G&D	A	\$60	TBA
Jul 19–20		Cape Ann, Mass.	Scallop & Wreck Dives	C/B/A	\$65	R. Bak
Jul 21–26		North Carolina	Wreck Diving w/Olympus Divers	C/B/A	\$360**	Dick Smith
Aug 2	Sat	Max, Rye, NY	Local Dives*	C	\$35	Lada Simek
Aug 9	Sat	Sea Hawk, Freeport, LI	San Diego	A	\$60	TBA
Aug 16–17		Rye, New Hampshire	Seal Dive	C/B/A	TBA	R. Bak
Aug 24	Sun	Max, Rye, NY	Local Dives*	C	\$35	Lada Simek
Aug 31	Sun	Regatta, Long Island Sound	Boat Dive & Raft-up Party	C	TBA	TBA
Sept 7	Sun	Sea Hawk, Freeport, LI	Algol	A	\$60	TBA
Sept 20–21		St. Lawrence Seaway	Wreck Diving Weekend	A	TBA	Gregg Macaulay
Oct 4	Sat	Fort Wetherill, RI	Beach Dive & Picnic	C	Free	Rick D'Amico
Oct 11–18		Key Largo, Florida	Land-Based Florida Dive Trip	C/B/A	TBA	TBA
Oct 25–26		Cape Ann, Mass.	Scallop & Wreck Dives	C/B/A	\$65	R. Bak
Oct 25–Nov 2		Salt Cay, Turks & Caicos	Caribbean Diving	C/B/A	\$375**	Lada Simek

*Local dives are in Long Island Sound and may be to Parsonage Point (4'–20'), the *Maine* (25'), *Glen Island* (20'), *Gwendoline Steers* (65'), *Celtic* (60'), *Condor* (70'), or *Poling Brothers #2* (50'), or may be to another site the captain knows.

**North Carolina dives are \$90 per day, with four days of diving planned. Salt Cay Divers will provide 15 dives for \$375. For both trips, food, lodging, and transportation are additional. See past newsletters or contact coordinator for details.

[†]TSSC's dive classification system may be found on page 3.

FOR SALE: Sea & Sea Motormarine II EX camera with YS-60 TTL strobe and wide-angle lens. \$500 or best offer. Call Pat Hart at (914) 238-1242.

FOR SALE: 40 gallon fish tank and stand. 2' high x 3' wide. Good condition. \$40. Call Dick Smith at (914) 769-9394.