



THE MONTHLY NEWSLETTER OF THE SCUBA SPORTS CLUB ♦ SEPT 2005

THE ANCHOR LINE

By Gregg Macaulay

As some of you may already know, Karen and I will be moving to North Carolina in October. An opportunity became available and I jump on it. I thought this month I would reflect on my 18 years of diving in the northeast.. There has been good dives and not so good dives but as any avid diver will tell you, there is no such thing as a bad dive.

I'll start with the fresh water dives. My first diving experience was in Lake Minnewaska State Park, in the mountains of New York. The water was very clear but unfortunately not much else to see as this is a dead lake due to the water pH being too low. From there I think I have been diving in every lake, pond, or mud puddle that is close to my home. Karen would often ask why I wanted to dive in that site and my answer was always the same, to see what was there. The saying that ones persons trash is another mans treasure was defiantly true with some of the objects I brought up from these dives.

My salt water diving started like many others did, in Rhode Island at Ft. Wetherill, in Jamestown. This is just one of those great sites that you just want to visit at least once a year. The two coves have lots to offer the new and seasoned diver with their wide range of marine life. From there you can head north or south with each having their great sites. Whether it's a scallop dive in Cape Ann, playing with the seals in Maine or visiting a favorite wreck, it's all good diving.

Don't forget to take a trip up north and dive the St. Lawrence Seaway. If you have not had the opportunity to try it yet, don't let my leaving stop the annual trip north to dive this great site. I have only experienced a small portion of the wrecks this area has to offer and what I have visited has been exceptional.

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ANCHOR LINE, CONTINUED

I will take to the South with many memories with me of all the great dives and friends that I have joined on those dives. If you are a warm water diver, I encourage you to take the time to try some of these great dives. Remember that late in the season the water warms up so that it can be comfortable with minimal exposure protection by almost everyone.

Keep on Diving,
Gregg

FROM THE EDITOR

THANKS, GREGG

As we know from the above article, Gregg is going to be leaving us for an offer that's too good to refuse. During the time he's been with us, Gregg has been a mainstay in our club activities and a vital part of what makes the club happen.

As a PADI Instructor, Gregg has offered the membership several courses at his cost. He has also taken on progressively larger roles in the club's operation, up to where he's this year's President. His first task of leadership came early in the year, when he had to preside over the club's move to a new meeting location.

I'm sure that I speak for the entire club when I wish Gregg and Karen much happiness and success in their new venture to North Carolina. You'll be missed.

Rick D'Amico
Editor

BTS NEWS

To: BTS Trustees, BTS Key Directors & Members

Beneath The Sea's quarterly meeting will be held Saturday, Sept. 17th at the Westchester Medical Center, Children's Hospital. The schedule is:

10 am - 12 noon: Trustees & Members
12 noon - 2 pm: Key Staff, Trustees, Members

The primary purpose of the meeting is to close the 2005 BTS exposition and open the 2006 show, our 30th anniversary. This will, of course, be of special interest to our companion dive club, The Scuba Sports Club.

To our interested members, that include all Key Staff, the Children's Hospital is scheduled to have their aquarium in the lobby completed by this time. Then, if any of you have never been to the hospital this will present you with another exciting surprise: ***You've never seen any hospital such as this. So do it, attend***

UPCOMING SOCIAL EVENTS

September – Regatta/B-B-Q Saturday 9/3. Beach Cleanup 9/24. White Water Rafting. (Dates to be announced)

October – Social before the meeting 10/12. Bike trip Saturday 10/8

November – Brunch location to be announced Sunday 11/13.

December – Wine Tour (dates to be announced). Dec Social/Holiday Party Saturday 12/10

PROGRAM

**September Meeting
Wednesday, September 14th
Glenn Butler and Vreni Roduner**

**Topic: Behind The Numbers--How
Decompression Tables Are Developed**

Glenn Butler, Director of the NUMC Hyperbaric Chamber Facility will be one of the featured speakers. With the benefit of more than 30 years personal and professional experience in the treatment of Decompression Sickness, no one is more expert or entertaining in educating and informing in the physics and physiology of diving, compressed gas effects and the treatment of pressure related pathology. Those who have seen Glenn at various seminars, including those offered at Westchester County Medical Center and Beneath The Sea, are familiar with his expertise and the quality of his presentations. Those who have not, are in for a real treat.

UPCOMING DIVES

**Sat September 3--Dutch
Springs, PA**

**Fri-Sun September 9-11--St
Lawrence, Canada**

**Sat September 24-Ft.
Wetherill, RI**

**Sat,Sun October 15 & 16-Seal
Dive Rye, NH**

**Sat,Sun November 5 & 6-Cape
Anne, MA**

THE SCUBA SPORTS CLUB

**P.O. Box 644
Rye, NY 10580**

<http://TheScubaSportsClub.org>
TSSC@TheScubaSportsClub.org

OFFICERS

President	Gregg Macaulay
Vice President	Don Reynolds
Treasurer	Paul Dengler
Secretary	Gwyn Grant
Past President	Bob Bak

DIRECTORS

Executive	Vreni Roduner
Dive Planning	Bob Bak
Education/Safety	Lada Simek
Enviro/Legislative	Rick D'Amico
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Social	Pat Forgacs
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FOUNDER Armand Zigahn

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@TheScubaSportsClub.org

Submission of paper copy should be sent to

Rick D'Amico

P.O. Box 401
East Setauket, NY 11733

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 NY
(914) 381-1884
AquaVisions.biz
info@aquavisions.biz

Captain Mike's Dive Center
530 City Island Ave, Bronx NY
(718) 885-1588
CaptainMikesDiving.com

Captain Saam's Scuba School
863 East Main Street, Stamford, CT
(203) 327-2822
capt-saam.com
captsaam@optonline.net

The Dive Shop
265 Federal Rd, Brookfield CT
(203) 740-9166
TheDiveShopOnline.com
Sherri@TheDiveShopOnline.com

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

Marsh Scuba Supply
91 Lauer Rd, Poughkeepsie NY
(845) 452-8994
MarshScuba.com
Marsh_Scuba@worldnet.att.net

Orbit Marine Sports Center
3273 Fairfield Ave, Bridgeport CT
(800) 395-3483
OrbitMarine.com
OrbitDive@aol.com

Pan Aqua Diving
460 West 43rd St, New York NY
(800) 434-0884
PanAqua.com
NYstore@PanAqua.com

Pan Aqua Diving
461 Federal Rd, Brookfield CT
(888) 388-3483
PanAqua.com
CTstore@PanAqua.com

Rex Dive Center
144 Water St, Norwalk CT
(888) 260-DIVE (3483)
RexDiveCenter.com
DiveShop@RexDiveCenter.com

Scuba New York
2037 Central Park Ave, Yonkers NY
(914) 779-2966
ScubaNewYork.com
Info@ScubaNewYork.com

Westchester Dive Center
500 North Main St, Portchester NY
(914) 937-2685
WestchesterDiveCenter.com

SAFETY

BWRAF

Anybody remember this acronym? For those that don't you'll need to keep on reading.

It would appear, from my observations anyway, that most of us have forgotten what those five letters from scuba 101 stand for. In our haste to get in the water we quickly bypass the fundamentals we learned during our open water training. The adage "familiarity breeds contempt" can apply to divers as well at all different levels.

Think about the last time you stood face to face with your buddy and reviewed those five letters. Hopefully, you've already discussed your dive plan and what you would like to accomplish on this dive. I'll wager the majority of you

are still trying to remember what those letters stand for.

Our sport, though reasonably safe, still has an element of risk. Why push the envelope and ruin what could have been a great dive when a couple of extra minutes while suiting up might prevent an unwanted problem from developing underwater.

Hopefully, at this point, we no longer have problems getting our equipment together on the dive boat and we've grown comfortable as we've become more experienced. As a matter of fact we've become so comfortable we don't even have to think about preparation anymore, its second nature. Therein lies the problem. We don't think we just perform the steps necessary to get ready for our next dive.

So back to BWRAF. Before you hit the water remember this simple pre-dive safety check from your open water course and do it with your buddy:

Begin: B—BCD check.
With: W—Weights
Review: R—Releases, yours and your buddy's
And: A—Air
Friend: F—Final OK

How long has it been since you've used this simple pre-dive safety check? It may seem silly to all you experienced divers but how about setting a good example for the new divers on the boat.

Dive safe.

Don Reynolds, V.P.

FT. WETHERILL

Saturday, September 24th

Ft. Wetherill is the "Grand Daddy" of TSSC shore dives, as we've been doing it for well over 15 years. For those of you who have never been there, here's your chance to see why. Because it's September, we can expect relatively warm water—in fact this summer, water temps in the Northeast have been unseasonably warm.

Part of the Rhode Island State Park System, Ft. Wetherill offers some of the finest in northeastern shore diving, with its two rocky coves in the outer portion of Narragansett Bay. Around this time of year, the coves should be teeming with fish and other marine life, including young-of-the-year tropical fish. It's not unusual to see juvenile butterflyfish and damselfish in the shallows, especially around the eelgrass beds of the cove headwaters.

Of course, we couldn't have a Ft. Wetherill trip without a cookout/picnic after the first dive. Everyone is encouraged to bring their favorite food.

Generally, folks get there around 11 am and begin diving shortly after that. Ft. Wetherill is approximately 3 hours from southern Westchester County.

There are a few ground rules:

- Ft. Wetherill is a dry park—no alcoholic beverages are permitted.
- Ft. Wetherill is a "Pack it in/Pack it out" park, meaning that all guests are expected to leave nothing (like their garbage) in the park. This is done to discourage scavenger animals from ruining the habitat for regular species.
- Dive flags are required.

Questions? Contact **Rick D'Amico** at (631) 751-4912 or send an e-mail to: Usamarbiol@aol.com. See you there!!!

Rick D'Amico

Lisa and Russell Mocerin would like to announce the arrival of their new daughter **Angelièse Pamela**. **Angelièse**, arrived on July 21, 2005, weighing in at 5 pounds, 6 ounces. Mother and daughter are in excellent health! Lisa is already back behind the bar at Tino's. Let's all wish the new mother congratulations when you see her!!! I believe Lisa will have a few photo's to show off also!

FIRST DIVE OF THE SEASON

Something Different About This First Dive of the Season.

You know how it is, the first dive of the season, realizing you need to adjust your weights (all those great holiday parties). Shortly after you're in the water, your tank blows its seal, and you face the daunting task of replacing fin straps. It's enough to make sweat begin to appear on your forehead.

Well, this year my first dive went relatively smoothly and hassle-free and it was a great feeling! The difference was Lada's class in the pool.. He started out by advising us to look over our equipment; we know that but don't always do it. Sure enough, I found a small tear in my drysuit seal.

He gave us the opportunity to practice our trim. Between the five of us, we managed to drop 20 pounds of weights. After that, while we were neutrally buoyant, he handed us a two-pound weight. We were able to feel the effects of 2 extra pounds. Thus, he proved his point.

We practiced controlled emergency swimming ascents and breathing from a free flowing regulator. We also obtained tidbits of information that make a good dive even better, such as the most efficient way to dive head first while in the water, or surface dive; this comes from someone who has a wealth of experience to share.

Like any good teacher, when Lada was satisfied with our skills we were able to play. One game was underwater egg

racers. Bennie won. Last time I saw him he was walking away smiling with his erotic keychain prize!

The cost was ten dollars, which covered the cost of using the pool. It would be impossible to find a better deal.

Both teachers and experienced divers, Lada and Judy have and continue to promote safe diving in our club. Thank you guys!

Camille Platzek

LAST WORD...

Recently, the Space Shuttle Discovery, while on a mission, developed a tear in some of the material in a thermal blanket. This was a potentially serious problem, in that the exposed material put the shuttle at risk of overheating during its re-entry to Earth.

It was repaired during a space walk, where an astronaut left the shuttle and removed the material, know as gap filler. The operation was a complete and unqualified success.

It should be pointed out that the technology to perform this repair was in large part built on the technology that was developed to make an in-space repair on the Hubble Telescope. Our speaker for September, **Glenn Butler**, was part of the team that developed the technology on the Hubble repair.

Great job, Glenn!!!

Rick D'Amico
Editor

Rick D'Amico, Editor
P.O. Box 401
E. Setauket, NY 11733



Our Next Meeting Will be on
Wednesday, September 14th at:
Tino's Italian Steak House
101 Saw Mill River Rd.
(Rt 9A)
Hawthorne, NY