

The Scuba Sports Club

Meeting Recap September 14th, 2022

Club Officers & Directors Updates/ Reminders

President: Melissa Lonquich

- Welcome new members/ guests to their first meeting
- Save the Date: Holiday Party December 10th... more info to come
- Any ideas for new social events please let Liza know
- Thank you to Ken, Gary and all contributors for the new Seaswells issue
- Recap on BBQ, thanks again to Liza, Kevin and Dennis for setting it up.
- Congratulations to our member/ Michelle's son Mikhayl for his recent college graduation. Welcome home!
- Reminder board nominations and nominations for diver of the year due no later than 9/30/2022 to Gene.
- Venue survey results/ updates: The survey showed that by a small margin, members wanted to go back to Sir Johns for our future meetings. Sir Johns told us before we sent out the survey that they are willing and able to take us back. After the survey results we reached out to them multiple times and they have been stating they are not able to house us do to the lack of staffing at the moment. They suggested we reach out again next year, which we will. If we hear anything different we will let you know, in the mean time we will be staying at our current location, San Martino in Yonkers, NY.

Michelle Memoli, Secretary

- Save the date October 1, 2022 movie night at Michelle's house in New Rochelle. 6pm arrival time, 7PM movie start. The club will be providing pizza, popcorn and soda but please BYOB. If you plan on attending please RSVP to Liza.

Ken Andreu, Newsletter (Sea Swells Editor)

- Anyone going on upcoming trips or have other ideas for an article they'd like to see in the newsletter, please contact Ken (his email is on our website). If you need Ken's help writing up something he will be glad to help you. If you have pictures to contribute to the newsletter to attach with an article please see them for that as well.
- New member/ existing member spotlight... please contact Ken or Gary if you'd like to be featured in this new section.

Joe Rinaldi, Safety Director

Presentation Recap Below:

SCUBA Diving and The Aging Diver

I There is no age limit to scuba diving

- A Your ability to continue to dive is affected by your general health, not your age

- B Consult with your doctor before making any decisions regarding scuba diving or exercising

II There are factors that can improve your health and your ability to scuba dive

- A Anaerobic exercises: Calisthenics; Weightlifting; Resistance exercises
- B Aerobic exercises: Running, Swimming; Bike riding; etc.
- C Flexibility exercises: Stretching; Yoga; Pilates
- D Good nutrition: Eating a balanced healthy diet
- E Adequate rest: Seven to eight hours per night

III Consider diving more conservatively

- A Increase the conservative settings on your dive computer (if you don't know how to increase the conservative settings on your computer, go to your dive center or ask your instructor)
- B If using dive tables plan for a deeper depth than you dive to, or longer time than you actually dove to
- C If doing multiple dives, plan on longer surface intervals

IV “It’s not the years honey, it’s the mileage” – Indiana Jones

Amanda Slattery, Program Director

- Introduced the speaker of the night

SCUBA and Lower Extremity Prostheses: Protocol, Observational Analysis, and Case Studies Presented by Duffy Felmlee

Description: Although prosthetic research technology has improved immensely over the years, most research tools and devices are not waterproof thus posing a challenge for underwater experimentation and analysis. In order to employ underwater research, the team at the University of Hartford has developed innovative solutions for their annual research with combat-wounded veterans to improve performance outcomes across various tactical skills. Join Duffy Felmlee, MSPO, CPO, FAAOP to discuss the teams' research on prostheses performance in various conditions underwater in partnership with The Combat Wounded Veteran Challenge.

Duffy Felmlee, MSPO, CPO, FAAOP is an Associate Professor for the Prosthetics and Orthotics Program within the College of ENHP at the University of Hartford. Duffy maintains a practice as a clinical and educational consultant for Hanger Clinic. Duffy has received his Masters of Science in Prosthetics and Orthotics from the University of Hartford in 2010, Fellow of the American Academy of Orthotists and Prosthetists in 2019, and is continuing with his Ph.D. in Kinesiology at the University of Connecticut. At the University of Hartford, Duffy is an orthotic and research instructor, Director of the Adult Balance Lab, Technical Director of the Cromwell MSPO Lab, and Associate Program Director for the MSPO program. Duffy's research focuses on functional rehabilitation interventions for the veteran populations, which includes an investigation into submerged swimming prostheses and the use of microprocessor knees

to reduce falls. Duffy serves on the board and onsite teams with international humanitarian organizations, Dreaming and Working Together (Lima, Peru) and Limb Kind (various). Additionally, the American Academy of Orthotists and Prosthetists provides Duffy the opportunity to serve in various roles and was recognized as Educator of the Year (2020) by the Academy.

Thank you all for attending, save the date for our next meeting October 12, 2022 at San Martino Restaurant in Yonkers, NY.

As always, thank you all for being the best part of TSSC, without each and every one of you we would not be the great club we are today!

*Very Truly Yours,
Melissa Lonquich
President, TSSC*