

**The Scuba Sports Club
Meeting Recap October 12th,2022**

Club Officers & Directors Updates/ Reminders

President: Melissa Lonquich

- Welcome new members/ guests to their first meeting
- Any ideas for new social events please let Liza know
- Reminder board elections to be held electronically starting 11/1 and will end in person with paper ballots for who didn't vote at the November meeting

Newsletter: Ken Andreu (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.

Trip Planner: Jack Ricotta

- Info on upcoming trips... specific info to come via email.

Social Director: Liza Handziak: Save the Date: Holiday Party December 10th... Punch bowl invite was sent out. Prices for member : \$45 by 10/31 \$55 after Non-Members \$65 no matter the date paid. No payments made after 12/2/22. Please see Sheri for payment and RSVP to the punchbowl so we know who's coming.

Director at Large: Gene Miceli

- Collecting final paper ballots for diver of the year 2022
- Funny "gag" gift ideas from this year's trips please email Gene with details

Membership Director: Kevin Cushing

- Info on membership for the upcoming year
- Presenting this month's speaker

Joe Rinaldi, Safety Director

Presentation Recap Below:

**What is a "Deep Stop" &
Should you be using them?**

I Origin of Deep Stops or Pyle Stops

- A. Dr. Pyle is a marine biologist who made many scuba dives

- B. Dr. Pyle found that “felt better” after dives where he collected marine specimens
- C. Dr. Pyle theorized that the reason he “felt better” was due to his practice of stopping halfway to the surface to allow the specimens time to adjust to the shallower depth
- D. A Deep Stop (originally called Pyle stops) is a stop $\frac{1}{2}$ way between the deepest point of your dive and the surface for 1 to 2 minutes. This would be in addition to any decompression or safety stops
- E. NOTE, Deep stops are NOT Multi-level dives!

II Rational for Deep Stops

- A. Deep stops are NOT consistent with Haldane’s theories on decompression (which many dive tables & computers are based on)
- B. Deep stops fit into the “Bubble model” of decompression
- C. Haldane’s theory contends that once you have completed the deep portion of your dive, a diver should ascend at a safe rate (30 feet per minute or slower) until the diver reaches the point where they do a safety (or if necessary, decompression) stop to prevent the formation of Nitrogen bubbles in the diver’s blood stream
- D. The Bubble model contends that bubbles are always forming when a scuba diver is diving, but the bubbles are extremely small in the form of Venous Gas Emboli (VGE)
- E. By delaying a diver’s ascent to include a deep stop, the bubble model contends that the VGE remain small enough to be of no threat to scuba divers

III Which theory is better or safer for divers to use?

- A. At this time, despite decades of practical use, decompression from compressed gas diving is still not completely understood
- B. There have been a few studies that made a direct comparison with divers tested comparing neo-Haldane theory vs. Bubble model
- C. The results of those studies showed a lower level of DCS incidents for divers who followed a neo-Haldane theory. However, the studies were all too small a sample size to offer conclusive proof

IV Should you be making deep stops

- A. If your dive computer has a “deep stop” setting, then there is no reason to not make a deep stop, as that computer is factoring in some form of Bubble model into its decompression algorithm
- B. If your computer does not provide a deep stop setting, then you would be advised to include a deep stop
- C. For more information on Deep stops, decompression theory or on the decompression algorithm used in your dive computer visit your local dive center or speak with your scuba instructor

V *“Anecdotal thinking comes naturally; Science requires training- Michel Shermer*

Presentation from Dan Lieb

Dan Lieb is the current president of the New Jersey Historical Divers Association, Inc., a non-profit dedicated to the preservation of New Jersey shipwreck and maritime history. Dan has participated in dozens of archaeological investigations on wreck sites in and out of the state of New Jersey. Most of these investigations were under the direction of professional contract archaeologists. As a founding member and trustee of NJHDA, he has given dozens of presentations throughout New Jersey, New York, Pennsylvania, Massachusetts and Delaware on the topic of New Jersey shipwreck history. He has identified fourteen wrecks off the New Jersey coast. Lieb appeared on the History Channel's program "Deep Sea Detectives" in September of 2004. The program featured two old, sunken locomotives investigated by NJHDA. The locomotives are amongst the oldest known to exist. In August 2014, he and Steve Nagiewicz led an expedition to map the Robert J. Walker, a historic wreck off Atlantic City.



Thank you all for attending, save the date for our next meeting November 9th 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