

# The Scuba Sports Club

## Meeting Recap January 13, 2021

### Club Officers & Directors Updates

#### **Melissa Lonquich, President**

- After many technical issues (2021 is evidently just as bad as 2020 so far for certain things!), we were finally able to start!! Welcome to our first meeting of 2021.
- Welcome to the first-time guests attending this month's Zoom meeting. Many new guests and members have joined us and it was great to hear where they all came from! We hope they will join us as members soon!
- Welcome new members! We hope you have a great year with us!
- **Our January Meeting had the most attendees thus far since we went virtual with 58 people! What a great way to start the new year! Thank you to all that attended and made this meeting such a success!**

#### **Ed Van Dolsen, Vice President**

- No reports

#### **Sheri Buchman, Treasurer**

- No reports
- Anyone that needs to pay for this year's membership please contact Sheri (Payments can be made using credit card, Paypal, Venmo, checks, cash)

#### **Michelle Memoli, Secretary**

- No reports

#### **Past President: Al Miller**

- No reports

#### **Ken Salstrom, Executive Director**

- Please "like" our Facebook page and give us a review!

#### **Jack Ricotta, Dive Planner**

- New rules for travel due to Covid reviewed.
- Update about Roatan trip coming up (people going will be contacted)
- Upcoming trip pending: Bonaire at the Plaza Resort All Inclusive July 10-17 2021, more info to come, keep an eye out for emails.
- Pending wreck trek II this summer, more info to come, keep an eye out for emails.

**Kevin Cushing, Membership Director**

- Reminder: 2021 Waivers need to be filled out and submitted online through our website in the join/ renew tab. All members need to fill this out.

**Liza Handziak, Social Director**

- No reports
- Any ideas for socially distant/ covid friendly events please contact Liza directly.

**Gary Lehman, Newsletter (Sea Swells publisher/editor)**

- Anyone going on upcoming club trips please contact Gary to add it to the next newsletter. If you need his help writing up something he will be glad to help you.

**Gene Miceli, Director at Large**

- Recognition of past board members/ welcoming new board members

**Amanda Slattery, Program Speakers**

- Introduced Glenn
- Any ideas for new speakers please contact Amanda

**Judy Dronzek, Environmental Director**

- Update on Hudson River Foundation Zoom Calls
- Update on helping with anti-shark finning
- For more info please contact Judy directly

**Joe Rinaldi, Education & Safety Director**

\*Joe presented the "Safety Message of the Month" Joe discussed "**How to avoid DCS and DCI**".

**Things to take away**

- A. Every diver is different
- B. Even the same diver is different on different days
- C. Pay attention to your body - You know yourself better than anyone
  - 1. For example I have frequent knee issues (old sports injuries that required surgery)
    - a. If I feel some knee soreness climbing out of the water, DCS will not be my first thought
    - b. However tingling sensation or numbness in my arms, legs or face is a definite Red Flag!

**Steps that you can take**

- A. Dive computer or dive tables
  - 1. Use one!
  - 2. Get to know how your dive computer works or review how to plan your dive on a recreational dive table
    - a. Read the computer manual or speak to the dive shop/instructor you purchased it from or taught you how to use the table

- b. Consider setting the dive computer to a higher conservative setting or factoring in a longer Surface Interval if using tables
  - 1. A more conservative setting or a longer Surface Interval will result in less dive time, but will be safer
- c. Consider taking a Nitrox course
  - 1. Nitrox breathing gas costs a little more but will usually allow for a longer dive at a shorter depth as less Nitrogen is taken up with each breath

### **Another Important point about DCI**

- A. Question: How long should you take to ascend from your Safety Stop?
  - 1. Remember the greatest difference in water pressure is from 33 fsw to the surface
    - a. A rapid ascent from even 15 fsw has been known to damage a diver's lungs
    - 2. Joe personally uses the formula 3-2-1
      - a. Three (3) minute stop at 20 fsw
      - b. Two (2) minute stop at 15 fsw
      - c. One-minute travel time from 15 fsw to the surface

## **January's honored Guest: Glenn Butler**

Glenn Butler is the author of a new book entitled "Bending Atmospheres." Glenn's presentation will cover his real-life experience of the Russian / American "Underwater" Cold War and how it influenced advances in mixed gas, NOAA NITROX 32-36% tables, underwater habitats, Technical/Scientific Diving and the use of NITROX to help repair the Hubble Space Telescope. Glenn will also cover the National Geographic sponsored "Six-Gill Shark/Giant Squid" Beebe anniversary expedition to Bermuda and the documentation of the US Navy warships HAMILTON and SCOURGE sunk in 1812 in Lake Ontario.

Glenn is an Explorers Club Resident Fellow with 40+ years of experience in Commercial, Military, and Scientific Diving operations and Expeditions. Today, Glenn's core business is hospital-based wound care and hyperbaric medicine services in both elective and emergency treatment for decompression illness and Carbon Monoxide poisoning. His company, Life Support Technologies, also provides Life Safety Engineering and Hyperbaric Services to major construction projects such as the East Side Access Train Tunnels and marine safety for the new Tappan Zee Bridge Project. He currently holds 12 Patents and 48 related scientific publications.

**\*\*You can purchase your own copy of Glenn's Book by using the link below! (Once we're back to being in person again Glenn would be glad to stop by a meeting and sign your book for you.)**

<https://bendingatmospheres.com/>

*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*