

The Scuba Sports Club

Meeting Recap March, 10, 2021

Club Officers & Directors Updates

Melissa Lonquich, President

- Welcome message, welcome and introductions of the first-time guests attending this month's Zoom meeting.

Ed Van Dolsen, Vice President

- New BTS date March 2022 (As of now)

Sheri Buchman, Treasurer

- Any checks that need to be sent to Sheri for trips please contact her to get her personal address to send it to, not the PO Box
- 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

- Reminded us that the River Keepers are starting their clean ups May 1st (Keep an eye out)

Ken Salstrom, Executive Director

- Please "like" our Facebook page and give us a review! If you're not getting notifications about events posted there please follow us as well.

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.
- More info to come on Ossining Earth Day coming up.

Liza Handziak, Social Director

- Any ideas for socially distant/ Covid friendly events please contact Liza directly.

Gary Lehman, Newsletter (Sea Swells publisher/editor)

- Anyone going on upcoming trips or have other ideas for an article they'd like to see in the newsletter, please contact Gary (his email is on our website). If you need his help writing up something he will be glad to help you.

Gene Miceli, Director at Large

- No reports

Judy Dronzek, Environmental Director

- For more info or ideas to help with environmental or legislative events that support our oceans, wildlife or our planet at large please contact Judy directly (her email is on the website)
- Spoke to river keepers about possibly changing locations so we'd have more to help out with this time around. Keep an eye out for an email coming up on that.

Jack Ricotta, Dive Planner

- Update about Roatan trip coming, those that were scheduled for the second week that was cancelled you will now be getting a refund instead of a voucher.
- Upcoming trip: Bonaire at the Plaza Resort July 17-24 2021. Sold out trip!
- Pending wreck trek II this summer, more info to come, keep an eye out for emails. Will be August 21-28, 2021.
- Possibly live-aboard this coming October 2021.

Joe Rinaldi, Education & Safety Director

*Joe presented the "Safety Message of the Month"

Recap below:

Practice, Practice, Practice

I. Most everyone has heard the phrase "Practice Makes Perfect"

- A. I like to use the term "Practice Makes for Safer SCUBA Diving"

II. Many of us could benefit from refreshing our SCUBA diving skills

- A. In part due to the impact of COVID 19
 B. In part due to the normal "Surface Interval" over the winter months
 C. Because practice can make us better prepared SCUBA divers!

III. Every SCUBA training agency recognizes the need for SCUBA divers to strengthen their SCUBA skills after being away from diving for an extended period of time, or when SCUBA divers just want to "brush up" or improve on their SCUBA skills

- A. Some SCUBA agencies call this program "Re-Activate"
 B. Some SCUBA agencies use the term "SCUBA Review"
 C. Some SCUBA agencies refer to this training as "SCUBA Tune Up"
 D. While the names may be different, the focus is always on having the basic skills learned in the Open Water training reviewed in a pool or in a confined water environment by a SCUBA Instructor or a Dive Master
 E. If you are not sure you can remember or preform all of the Open Water skills that you were taught, I strongly encourage you to contact your local dive Shop or the SCUBA Instructor that certified you and take their version of the skills review. It can usually be done in just one pool session!

IV. If you are confident that you remember all of the basic SCUBA skills and you have access to a pool, you can do much of the same thing yourself.

- A. I would encourage you to first review your Open Water training materials to ensure you don't forget any skills (in particular pay close attention to any training videos demonstrating those skills)

B. It would also help if you had a “Buddy” for your pool practice session to give you some feedback (as you will not have the benefit of a Scuba Instructor or Dive Master as you would with a Scuba agency program)

C. I have used this method several times myself with my dive buddy. In addition, I like to bring an underwater camera to give me a clearer representation of how my buddy and I performed the skills

V. For those club members who have signed up for one of the upcoming TSSC club trips (and if you don't have time to take a review session), I encourage you to practice your basic SCUBA skills during your “Check out dive”

A. The first dive of a SCUBA trip is usually set aside as a “check out dive”

B. While many divers think of this as just another dive, or as a chance to make sure their dive equipment is in proper working order, it is also a great time to review your SCUBA skills

VI. A great mentor once told me that every opportunity can be a learning opportunity if you have an open mind. Following that concept, I try to think of every one of my dives as being an opportunity to practice my skills

A. At the very least, every Safety Stop is an opportunity to practice your buoyancy (which is one of the most critical skills in SCUBA diving!)

1. Think about it, you have 3 to 5 minutes to stay at between 15 -20 feet of the water column

2. Try to maintain that depth without kicking or sculling or holding onto anything

3. As you improve try to maintain a depth change of +/- 1 foot just by controlling your breathing

B. At the end of your dive (once you reach the surface) you can always practice orally inflating your BC, but in truth the possibilities for practicing your Scuba skills at the end of your dive are endless (ie: clear your mask; remove/replace BCD; disconnect drysuit low pressure inflator...)

C. I usually discuss which skills that I plan on working on with my dive buddy during the Pre-Dive Safety Check

1. This is helpful to keep my dive buddy from trying to come to my aid if he/she perceives that I am experiencing a problem/malfunction

2. It is also absolutely critical if the skill I am working on requires my buddy to participate (like with alternate air source or low visibility skills)

VII. Ultimately every diver is responsible for maintaining their own SCUBA skills, how each diver chooses to accomplish that is up to the individual diver. I encourage every diver to practice their SCUBA skills frequently so that they can be safer Scuba divers!

VII. Please send Joe your suggestions for topics that you would like him to address by using the link for Education/Safety email on the TSSC website

Amanda Slattery, Program Speakers

- Introduced Erik Petkovic, as always, thank you for securing sure a great speaker Amanda!
- If you have any ideas for new speakers, please contact Amanda directly (her email is on the website)
- Q & A after presentation

February's honored Guest: Erik Petkovic

Lost Tales of Death & Survival

Presentation Description:

Through Erik's unique storytelling, relive some of the most harrowing tales never told of shipwreck and rescue. These stories, which have been lost to history, are now brought out of the depths and being presented like only Erik can. Through a mixture of archival, historical, and underwater photographs, Erik pieces together these remarkable tales of death and survival.

Bio:

Erik Petkovic is an explorer, author, maritime historian, shipwreck researcher and technical wreck diver with over twenty years of diving experience. Erik is the author of multiple diving and maritime history books. Erik has been featured in dive publications worldwide and is a regular columnist and contributor to several magazines. Erik regularly presents at the largest dive shows and museums in the country and is a sought-after presenter due to his unique storytelling capabilities.



*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*