

The Scuba Sports Club

Meeting Recap May 12, 2021

Club Officers & Directors Updates

Melissa Lonquich, President

- Welcome message, welcome and introductions of the first-time guests attending this month's Zoom meeting.
- Info for people signed up for the refresher workshop on May 24th

Ed Van Dolsen, Vice President

- No report

Sheri Buchman, Treasurer

- No Report

Michelle Memoli, Secretary

- No Report

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.
- People from the Roatan trip, if you'd like pictures posted to the Facebook page please email Kenny

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 even if your membership was free this year.

Liza Handziak, Social Director

- Any ideas for socially distant/ Covid friendly events please contact Liza directly.
- River Keeper clean-up day recap
- Upcoming: TSSC summer BBQ July 17th

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

- Please email Gene to let him know what your feelings are towards possibly starting to meet back in person in the near future (with a Zoom option)

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)

Jack Ricotta, Dive Planner

- Still looking for additional members to join on the aggressor trip to Belize. Please contact Jack if interested.

Joe Rinaldi, Education & Safety Director

*Joe presented the “Safety Message of the Month”

Recap below:

**Recommendations for returning to diving after a prolonged absence
(Physical fitness)
Sources DAN/PADI**

I. How long how you been away from diving?

A. Up to 12 months from your last dive

1. Use the new RSTC medical form as a guide
2. Conduct an honest self-assessment of your physical condition
3. Make a Refresher dive (Preferably with a DM or a buddy who has not been away from diving)

B. Between 1 to 3 years away from diving?

1. Get an annual medical exam from your doctor before conducting any diving activities
2. Undergo a swimming pool test (can you swim 200 yards without stopping? Can you float for 10 minutes?)
3. Take a pool refresher or skills update

C. Between 3 & 10 years away from diving?

1. Get an annual medical exam from your doctor before conducting any diving activities
2. Undergo a supervised fitness test (treadmill stress test)
3. Take a comprehensive refresher scuba course

D. Between 10 or more years?

1. Get a complete entry level fitness-to-dive evaluation from your doctor
2. Take a full Open Water SCUBA course

II. Motivational quote

“We don’t stop playing because we grow old, We grow old because we stop playing” - George Bernard Shaw

New PADI Medical Form:

<https://www2.padi.com/mypadi/privateAssets/0/3206/3212/3222/3306/23f735f0-ffff-4859-abf9-b55fb3e0f0fb.pdf>

May's Member Meeting Presenter:

JENNIFER V. SCHMIDT, PH.D., DIRECTOR OF SCIENCE AND RESEARCH

Jennifer is a geneticist and molecular biologist, with an interest in conservation genetics and the use of genetic tools to characterize wild populations.

In 2001 she partnered with the SRI to use genetics to understand the migration and reproduction of whale sharks. Her global whale shark genetic study includes animals from 20 different countries, has more than 50 international collaborators, and has taken her to field sites in places like Mexico, Djibouti and the Philippines. A 2009 publication describing this work is available (on our website at: <https://www.sharks.org/shark-news/scientific-publications>)

In 2009, Jennifer collaborated with Dr. Shoou-Jeng Joung of the National Taiwan Ocean University to determine paternity of 29 embryonic pups of different gestational ages which were taken from the only pregnant whale shark ever scientifically examined. Their paper describing this work, with predictions for whale shark mating strategies, is available on their [website](#).

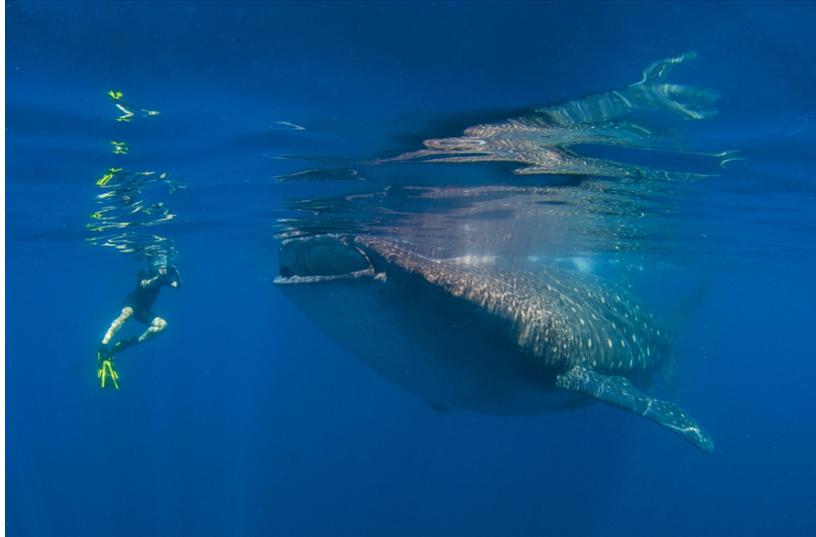
She has presented her work at International Whale Shark Conferences since 2005, and at Sharks International, and in 2016 she served as chair of the Scientific Program Committee for the 4th International Whale Shark conference in Doha, Qatar. She is on the Gujarat (India) Whale Shark Advisory Committee and advises on the genetic analysis of the Gujarati whale sharks. She is a member of the Explorer's Club, and with Marie Levine she participated in a 2008 Explorer's Club flag expedition to document the whale sharks of Donsol, Philippines. Jennifer recently led an Explorer's Club flag expedition to study the juvenile whale sharks of the Gulf of Tadjoura.

In 2005 Jennifer became Director of Genetic Studies for the Shark Research Institute, and since 2016 has served as our Director of Science & Research. She received her Ph.D. from Northwestern University in Chicago, and did postdoctoral work at Princeton University.



Title: Whale sharks: Mysteries of an ocean giant

Blurb: The whale shark, *Rhincodon typus*, is the largest living shark, reaching lengths of 18 meters or more. Whale sharks are sharks, not whales, and their name derives from their massive size and a filter-feeding lifestyle similar to the baleen whales. Whale sharks are long lived and slow to reproduce. They do not reach maturity until 20-25 years of age, and may have lifespans of more than 100 years. Whale sharks are a wide-ranging species, found in all tropical waters, and are believed to undertake long-distance migrations. Despite their large size and charismatic nature, our understanding of the biology of this species is limited. We do not know how or when whale sharks undertake their long migrations, where male and female sharks meet to breed, or the length of their gestation. No female whale shark has ever been observed giving birth, and new born animals are only rarely seen. Whale sharks are largely solitary animals, but groups of 500 or more animals can occur during periods of abundant food. These aggregations provide an opportunity to study a species that is otherwise difficult to find, and are the site of most whale shark research. Whale sharks are listed as Endangered by the International Union for the Conservation of Nature (IUCN), their survival threatened by fisheries, shipping activities, habitat loss and the shark fin trade. Her research uses both field work and genetic analysis to study the ecology, reproduction and migratory behavior of these enigmatic animals.



*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*