

# **The Scuba Sports Club**

## **Meeting Recap September 8<sup>th</sup>, 2021**

### **Club Officers & Directors Updates**

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

- Welcome message, welcome and introductions of the first-time guests attending this month's Zoom meeting.
- Share out from members on recent trips
- Anyone that would like to send Gary a write up/ pics about what Dutch Springs meant to you and pics you may have
- Save the date for the 2021 Holiday Party: December 4<sup>th</sup>, 2021 at 4 Brother Pizza Restaurant in Mahopac... more info to come
- Reminders to get Diver of the Year nominations and interest in joining the board to Ed Van Dolsen by 9/30/21

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

- Email Ed at [edvandolsen@gmail.com](mailto:edvandolsen@gmail.com) with any DOY nominations and board interest.

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

- No Report

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

- No Report

#### **Kenny 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.
- If there are pictures or things you feel we should put on our Facebook page please let Kenny know.

#### **Kevin Cushing, Membership Director**

- 2022 membership dues and waivers due before the new year.
- If you know of fellow divers that would like to check out one of our meetings and possibly join please let Kevin know.
- Any tech issues with getting the emails please let Kevin know.

#### **Liza Handziak, Social Director**

- Any ideas for social events please contact Liza directly.
- Please see email sent by Liza re: Club Bike Ride September 18<sup>th</sup>. Please email her to RSVP.

**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)

**Jack Ricotta, Dive Planner**

- If you have ideas for upcoming trips please let Jack know.
- Info given about Egypt trip in May 2022
- More info on future trips to be given at a later date

**Joe Rinaldi, Education & Safety Director**

\*Joe presented the "Safety Message of the Month"

Recap below:

## **Streamlining your SCUBA gear**

### **I. Benefits of having a streamlined SCUBA kit**

- A. Less drag in the water = easier swimming & less air (breathing gas) consumption during your dive
- B. Less chance of endangering the underwater environment
- C. Less chance of becoming entangled during a dive

### **II. Minimize your dive gear**

- A. SCUBA diving is a gear extensive activity, but we don't need to take all of our gear on every dive
- B. The gear you take on each dive should be items that you will potentially need on that dive
  1. For example, if you are not making a night dive or penetrating a wreck or cave, there is no need for multiple dive lights
  2. Surface use items (like mask defog or sunscreen) should be left in your dive bag and not in your BCD pockets

### **III. Shed the extra lead**

- A. Lead weight is important to help divers descend below the surface, but too much lead weight offsets a scuba divers trim
- B. Find out what is the best amount of weight for you by doing a buoyancy check at the beginning and end of every dive

### **IV. Clip your console/SPG**

- A. Your instrument console/SPG are of vital importance on every dive. They should never be dangling
- B. Use a blot snap or a retractor to secure them close to your BCD
- C. Consider using an air integrated computer to have less hoses

### **V. Secure your Alternate Air source**

- A. Like your console/SPG, your alternate air source should never be dangling from your regulator first stage
- B. Your alternate air source second stage should be secured in the triangle between your ribs and your chin
  - 1. Use a keeper to secure the alternate air source second stage to your BCD
  - 2. Run the alternate air source hose through a D-ring on the right shoulder of your BCD
  - 3. Use a bungee as a “necklace” to hold your alternate air source second stage around your neck

### **VI. Make sure your SCUBA gear fits & works properly**

- A. Take the time to ensure the proper fit of your gear before you dive with it
  - 1. Obtain your dive gear from your local dive center, they have staff that understand and can explain how to properly use your gear
- B. Know how to reach and or access every item of dive gear before you start your dive

### **VII. Consider taking a course from your instructor or local dive shop**

A. Peak Performance Buoyancy, Wreck & Cavern courses all include training on how to streamline your gear for maximum efficiency

**“It matters little how much equipment we use, it matters much that we be masters of all we do use” - Sam Abell**

**Featured Presenter: Rosemary Ciotti  
Therapeutic SCUBA Institute/ Camp Open Seas**

Rosemary Ciotti is currently the Vice President of Therapeutic SCUBA Institute, a non-profit headquartered in Miami, Florida. Therapeutic SCUBA Institute strives to work with recreational therapists and universities to establish adaptive SCUBA as a recognized therapy for individuals with physical and intellectual disabilities.

Therapeutic SCUBA Institute collaborates with the University of Miami Medical School and the school of rehabilitative medicine, known as the Miami Project. Their key mission is to educate people in the academic and SCUBA world about the myriad benefits of adaptive SCUBA.

The hallmark program within Therapeutic SCUBA Institute is Camp Open SEAS. Camp was founded by Rosemary Ciotti and Kay Pearson in 2018. In 2017, Rosemary and Kay started a free “try SCUBA” program for people with disabilities in the mid-Atlantic region. Several children became avid in-pool SCUBA divers and the idea of camp arose from wanting these kids to be able to dive in the open ocean. Camp Open SEAS is the first science and adaptive SCUBA camp in the Country for kids with disabilities. Camp Open SEAS is designed to focus on marine science education and adaptive SCUBA for kids with disabilities ages 10-16 and is held every summer in Key Largo, FL.

Rosemary has lectured widely on inclusive design in housing and healthcare and participated as a litigant in important ADA cases. She is currently Chair of the Arlington County Virginia Disability Advisory Commission and advises the Arlington County Board as well.

As a nurse practitioner Rosemary Ciotti cares for people with spinal cord injuries who live independently in the community. Rosemary has been a wheelchair user since 1990 from an auto immune disease that caused permanent neurological damage. At this time Rosemary, along with her husband, reside between Arlington, Virginia and Key Largo, FL.

