

The Scuba Sports Club

Meeting Recap January 12th, 2022

Club Officers & Directors Updates

Melissa Lonquich, President

- Welcome message and share out from members that went on recent trips (Amanda-Antarctica, Gene & Melissa- Cozumel)
- Update on going back to having in person meetings: Decision to have the February meeting in person still has not been made, waiting to see what happens with Covid at that time. Stay tuned for an email in early February with a link to a google form to express your comfort level with having the next meeting in person or on Zoom. Once we begin to hold meetings in person will will start our 3-month trial of the new restaurant at that time.

Ed Van Dolsen, Vice President

- No Reports

Sheri Buchman, Treasurer

- No Reports

Michelle Memoli, Secretary

- No Report

Kenny Salstrom, Executive Director

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

Kevin Cushing, Membership Director

- 2022 membership dues and waivers due.

- 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

- No January Deco stop due to Covid
- Keep an eye out for an email from Liza Re: LIDA Film Festival

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.
- Newest issue of Seaswells will be out soon.

Gene Miceli, Director at Large

- No Report

Judy Dronzek, Environmental Director

- Spoke about helping LIDA to continue to promote artificial reefs in NYS. More info to come.
- Will be emailing members about free, online DAN classes

Jack Ricotta, Dive Planner

- If you have ideas for upcoming trips please let Jack know.
- Upcoming trips: January 20-24 Cozumel, April 23-30 Dominica, May 13-29 Egypt, Newest trip (he'll be emailing with details soon) July-Roatan

Joe Rinaldi, Education & Safety Director

January Safety Message:

Diving With Nitrox

I. Nitrox (also known as Enriched Air, Oxygen enriched air, EAN & EANx) refers to a breathing gas mixture with an oxygen content higher than 21%

A. Air contains: 78.08% Nitrogen, 20.95% Oxygen, 0.93% Argon, 0.043% Trace gasses (Carbon dioxide, Neon, Helium, etc)

B. Recreational Nitrox is any gas blend that is between 22% & 40% oxygen and containing no additional gasses (above trace levels)

For example: EANx32 is made up of 32% oxygen & 68% nitrogen

II. Advantages of diving with Nitrox

A. Longer no decompression (no stop) dive times

1. A dive to 50 FSW on air would have a no stop limit of 80 minutes, A dive to 50 FSW on EANx32 would have a no stop limit of 155 minutes
2. A dive to 80 FSW on air would have a no stop limit of 30 minutes, A dive to 80 FSW on EANx 32 would have a no stop limit of 45 minutes

B. Less narcotic

1. Diving EANx32 to 112 FSW (the maximum operating depth for that blend of Nitrox) has an equivalent air depth of 81 FSW

III. Disadvantages/ Concerns of diving Nitrox

A. Higher risk of oxygen toxicity

1. Recreational scuba diving with Nitrox has a very good safety record, provided you stay within accepted limits (PPO₂ of 1.4%). Exceeding accepted oxygen limits can be extremely hazardous!

A. PPO₂ is calculated by multiplying the % of oxygen in the blend by the increased pressure of the depth of your dive

Air at the surface has a PPO₂ of .21%

Air at 33 FSW has a PPO₂ of .42%

Air at 112 FSW has a PPO₂ of .92%

EANx32 at the surface has a PPO₂ of .32%

EANx32 at 33 FSW has a PPO₂ of .64%

EANx 32 at 112 FSW has a PPO₂ of 1.4%

2. Remember the acronym “ConVENTID”

Convulsions

Visual disturbances

Ringing in **E**ars

Nausea

Twitching (especially in face muscles)

Irritability

Dizziness

B. Some special equipment is also required to safely dive Nitrox

1. Dedicated Nitrox cylinders

a. Nitrox dedicated cylinders need to be oxygen cleaned

b. Nitrox dedicated cylinders need to be properly marked with a Nitrox sticker, as well as the analyzed gas mixture within the cylinder

2. Nitrox capable dive computers or Nitrox dive tables

C. Limited Nitrox availability

1. Not all dive shops carry Nitrox

2. Some dive shops that do carry Nitrox only carry one blend of Nitrox

D. You need to ensure that you are diving with the blend of Nitrox that you intend to use

1. When diving Nitrox **ALWAYS ANALYZE THE BREATHING GAS IN YOUR CYLINDER!!!**

E. More complex dive planning

1. You need to keep track of your oxygen exposure limits

a. There are limits to how much oxygen your lungs can breathe without affecting your central nervous system

2. More potential for errors

IV. For more information on scuba diving with Nitrox see your local dive shop or contact your scuba instructor

“Technology is always a two-edged sword. It will bring many benefits but also many disasters” - Alan Moore

Amanda Slattery, Program Director

- Introduce January's speaker... organize Q and A session

Speaker: Charles Mazel, PhD

Topic: Fluorescence

There is an unexpected world of vibrant color in the underwater world that cannot be seen in sunlight or with the white lights we normally carry on night dives. This is the world of fluorescence, a completely natural effect that holds beauty and surprise, but that is almost always hidden beneath 'normal' light. Organisms that appear brightly colored in daylight may not fluoresce at all, while others that you would pass by – or can't even see – come alive in a startling saturated display. This presentation will be an introduction to the phenomenon of fluorescence, the variety of fluorescence in the underwater world, how you can see and photograph it, and what it might mean for science and for the fluorescing organisms themselves.

Charles Mazel, PhD, is the pioneer of the modern era of night diving to explore fluorescence, including development of the equipment to see and record the phenomenon. He is the founder of NIGHTSEA, the first company to provide lights and camera accessories for underwater fluorescence, and an Associate Member of the Boston Sea Rovers. He has conducted extensive scientific research on fluorescence and the optics of the underwater world, including the first fluorescence exploration dives to as deep as 3,000' in a manned submersible. Prior to founding NIGHTSEA Mazel had extensive experience in deep and shallow water marine survey, marine archaeology, and scientific R&D. His extensive time on boats provided the experience that motivated him to write that classic work, 'Heave Ho! My Little Green Book of Seasickness'.

