

# **The Scuba Sports Club**

## **Meeting Recap February 9, 2022**

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

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

- Welcome message, welcome and introductions of the first-time guests attending this month's Zoom meeting.
- Member's feedback requested re: how they feel about a March return to in person meetings
- Members feedback on LIDA for those who went
- Congratulations to Corey Joyner on his award for "Dive Warrior" through his other club! Very cool!

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

- Nothing to report

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

- Anyone that needs to pay for this year's membership please contact Sheri (Payments can be made using credit card, Paypal, Venmo, checks, cash) Sheri went over ways to pay and how to find it on the website.

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

- Nothing to 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.

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

- Reminder: 2022 Waivers need to be filled out and submitted online through our website in the join/ renew tab. All members need to fill this out yearly.
- Any updates on contact or training please contact Kevin to adjust our records.

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

- Review on Lida Happy hour

#### **Gary Lehman, Newsletter (Sea Swells publisher)**

#### **Ken Andreu, Newsletter (Sea Swells Editor)**

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

have pictures to contribute to the newsletter to attach with an article please see them for that as well.

**Gene Miceli, Director at Large**

- Nothing to report

**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)
- Discussion on how bills become laws

**Jack Ricotta, Dive Planner**

- Updates on upcoming trips: Egypt trip sold out... Zoom call to come to have questions answered, Kona trip coming up March 2023- info to come, Roatan sold out, Dominica Sold out!

**Joe Rinaldi, Education & Safety Director**

\*Joe presented the “Safety Message of the Month”

**Improving your Buoyancy  
while SCUBA Diving**

**I. Good buoyancy is the one skill which applies to every type of scuba diving**

- A. Benefits of good buoyancy include: less effort while diving; reduction of gas consumption; Helps preserve sensitive aquatic environment & helps protect your gear

**II. Good buoyancy begins with proper weighting**

- A. Divers need to preform multiple weight checks to determine the correct amount of weight they need for scuba diving
1. In water deep enough for you to float in, with a full cylinder(s) of breathing gas, let all the air out of your BC and (with your regulator 2nd stage in your mouth) hold a normal breath. Add enough weight so that you float at eye level in the water. As a final check, you should slowly sink when you exhale.
  2. You should repeat the above weight check procedure with your cylinder(s) at your planned end of dive reserve pressure.
  3. You should conduct a new buoyancy check every time you: Change your gear (ie change exposure suit); Change your diving environment (ie salt vs fresh water); Been away from diving for an extended period of time; or Gain/lose a substantial amount of weight
- B. Divers also need to properly distribute the weight they use, to maintain a good horizontal trim position in the water column
1. Too much weight above the divers’ center line will result in the diver pointed down, resulting in more drag and more difficulty fin kicking

2. Too much weight below the divers' center line will result in the diver pointing up, resulting in more drag and fin kicking that often disturbs the environment
3. BCDs with integrated weight and/or trim pockets are very helpful to adjust your trim.

### **III. Proper breathing while diving is another important element to buoyancy control**

- A. Your BCD/drysuit should be set (inflated) for the depth you are diving, then only minimally adjusted to allow for ascents, descents or as you consume the breathing gas in your cylinder(s)
  1. Use your low pressure inflator (in small amounts) until you have the right volume in your BCD
  2. If you are diving in a drysuit, use your drysuit inflator (in small amounts) to compensate for the added squeeze created by the increased water pressure and make sure to vent your excess gas as you ascend.
  3. Too much air in your BCD or drysuit makes it more difficult to maintain your trim as the air inside of each tends to move to the highest point inside your BCD and/or drysuit.
- B. A normal breath will add approximately 2 pounds of lift to a scuba diver
  1. By taking a larger or smaller than "normal" breath, open circuit scuba divers can move up or down in the water column.
- C. While you should **NEVER** hold your breath while scuba diving, by modifying your breathing inhalation or exhalation you can fine tune your buoyancy at any depth you are diving at.

### **IV. Learn to relax while diving**

- A. A tense diver involuntarily constricts their muscles.
  1. Constricted muscles inhibit a divers' balance
  2. Tense muscles require more breathing gas.
  3. Tense or nervous divers tend to breath faster further upsetting the diver's balance/buoyancy.
- B. Visualization of the dive (before making the dive) often helps to relax and prepare the diver for the dive.
- C. Divers who focus their eyes on a fixed point will be able to hover more easily.

### **V. Practice with an instructor/ buddy and a camera**

- A. A buddy or instructor really helps with preforming your weight check.
- B. Good feedback helps divers better understand where they need to make adjustments.

C. Cameras and/or video provide the best feedback.

**VI. For more assistance go to your local dive shop or SCUBA instructor for classes**

- A. PADI Peak Performance Buoyancy
- B. SDI Buoyancy Diver
- C. SSI Advanced Buoyancy
- D. GUE Fundamentals of DIR
- E. NAUI Does not have a dedicated buoyancy class, but does include elements of buoyancy in every class

***“Balance is not something that you find, It’s something that you create”***

- Jana Kingsford

**Amanda Slattery, Program Speakers**

- Introduced Mike Boring, 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

**"Exploring the shipwrecks of the Atomic Graveyard, Bikini Atoll"**

**Presenter: Mike Boring**

In 1946 the United States wanted to study the effects an atomic bomb would have against various types of warships. Known as "Operation Crossroads", a fleet of target ships was assembled at Bikini Atoll, a remote outcrop in the Marshall Islands. Two bombs were detonated; the first was an aerial burst and the second an underwater burst. Vice Admiral William Blandy, Commander of the Joint Taskforce, described the events as follows - "The explosions in the air and underwater were very different spectacles, but the end result mean the same: death and destruction on an enormous scale." When it is was over, one aircraft carrier, two battleships, a light cruiser, two destroyers, two submarines, and several transport ships lay on bottom of the lagoon. Today, the wrecks are teeming with marine life and fascinating to explore.

About Mike Boring:

Mike Boring's fascination with shipwrecks began after his first wreck dive off the New Jersey coast in 1971. Since then, he has been fortunate to explore shipwrecks from the cold waters of the Arctic Circle to the warm waters of the South Pacific. In 1985, Mike was a member of the team that recovered the ship's bell from the Italian luxury liner Andrea Doria, sunk off the coast of Nantucket, Massachusetts. While living in Europe Mike participated in three expeditions to the North Sea to locate and explore the wrecks from the Battle of Jutland. In 2003 he organized and led a team of British and

American divers to dive the German liner, Wilhelm Gustloff, the deadliest shipwreck in history, off the coast of Poland. Currently living in Okinawa, Japan, Mike is focusing his efforts on shipwrecks in the Pacific.



*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*