



# Air Bubbles



The Newsletter of the North Shore Frogmen's Club

Volume 48, Number 7

July 2006

## President's Message

### Greetings Fellow Froggies,

It's another beautiful, rainy, Sunday morning. I just came in off the "Chapter Two" after having a nice hot cup of java off of Kettle Island. I saw the "Cape Ann Divers" anchored off the island and wondered what they were diving for. No doubt in my mind John Ferrier or Dan Hering would have said "lobsters".

Then I got to thinking about the instructors who taught these hardy divers the sport we all love. Those men and woman are the real unsung heroes of the dive industry. They are the ones who give up at least four weekday nights, trying their sanity and patience, to teach the new divers a safe and enjoyable sport. Then there are the weekend dives at Back Beach. Every instructor will tell you the joys of getting up at 5 AM or so, on that fun filled morning. Getting your gear in the truck, heading down route 128 and praying that all the future neophytes are there. The last thing you want is to have a student or two late. That means not parking at the beach if you are.

You arrive at the beach, unpack your gear and have the students attempt to suit up at the break of dawn. Of course you always have the thrill of at least one student forgetting something back home in Reading or someplace south! But, you eventually get everybody in the water and hope they still remember their pool skills. Before you know it, it's 11 AM, all the students did everything right the first time and there were no problems at all. Just like PADI said to you in dive school! While you are driving home, thankful you came out of the water with the same number of students you went in with, you say to yourself "Gee, I get to do this tomorrow!"

So, the next time we hear an instructor tell us about the class from hell, have a little sympathy for them. All instructors have those classes. In fourteen years

of teaching, I have had my fair share of them. The good thing about those classes, they are learning sessions for the instructor. Every good instructor is constantly learning. It might be from that "class from Hell", our instructor updates, or just talking to divers. We as divers should also be constantly learning about our sport. I encourage all divers in the club; make this the year that you want to get that Advanced Open Water certification. Take the Rescue Course; your dive buddy might thank you someday. Go on and get that Dive Master certification, you've always wanted to, now be the time. Remember, a good diver is always learning.

*Capt. Dave* Metrano



VP Dan Hering caught this 5 pound lobster at Lanes Cove a few weeks ago.

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## Air Bubbles – July 2006



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## **Meeting Summaries**

### **25-May-2006**

Meeting called to order: 8:10 PM  
Attendance: 4 Officers, 15 Members  
Guest: 1

**Abbreviated meeting – Steve Johnson, Vice Consul and Deputy Director of Tourism for Dominica, gave an interesting presentation about the “Nature Island” of Dominica. Very interesting!**

**Secretary:** Mia Peluso - Minutes read and accepted.

**Treasurer:** Ray Porter – treasurer’s report read and accepted.

### **Committees:**

- **Program:** Daryl Findlay - See activities list.
- 6/3 – Biodiversity Day dive will be at Old Garden Beach due to sewage issues at Joppa Flats.
- 6/15 – Speaker, John Tulik of the Environmental Police
- 6/16 – Club Night In
- 6/17 – Canoe Trip
- 6/29 – Speaker, Roslyn Smith on Belize
- **Air Bubbles:** Mary Howard: next deadline June 22.

**Raffles:** Dollars Box: Graham Smith  
Mystery Prizes: Amy Maurer  
Bug Bag: wet/dry bag - ongoing

### **1-June-2006**

Meeting called to order: 8:15 PM  
Attendance: 3 Officers, 16 Members  
Guest: 1

**Secretary:** Mia Peluso - Minutes read and accepted.

**Treasurer:** Ray Porter – treasurer’s report read and accepted.

### **Committees:**

- **Program:** Daryl Findlay - See activities list.
- **Air Bubbles:** Mary Howard – newsletter is out. Enjoy!

### **Old Business:**

- Mia has a sample of the blanket she is proposing for club members; they are fleece on one side and water resistant on the other, when folded looks like a briefcase. You can have logo, name, or any combo. It also has pockets. W/ logo **or** name it will be \$44, w/ logo **and** name \$49. Mia is taking orders. Profit will go toward 50<sup>th</sup> Anniversary party.
- Website is an ongoing issue, progress being made. Committee meets alternate Tuesdays.

### **New Business:**

- **Captain Rob** is no longer in business, so the seal dive trip scheduled for 7/29 has been cancelled. Will try to plan another one.

### **Dive Talk:**

- **Jack Munro** dove in Rockport to finish the work that was interrupted when he found the car.
- **5/27, Daryl, Susan, Michael & Dan** helped clean the *FRIENDSHIP OF SALEM*. Water temp about 55°F.
- **5/27, Amy, Roslyn & Mia** dove at Old Garden Beach.
- **5/28, John, Daryl, Mia & Dan** dove at Lanes Cove. Water temp ~42°F.
- **5/29, Dave S, Daryl, Mia, John & Dan** at Old Garden Beach.

### **General Discussion:**

- Mike’s Moments: 8 new species found in cave in New Zealand.

**Raffles:** Dollars Box: Paul Sauvageau  
Mystery Prizes: Roslyn Smith  
Bug Bag: Ongoing

### **8-June-2006**

Meeting called to order: 8: PM

**Abbreviated meeting – Video presentation of “Uncharted Waters: Florida’s Aqua Caves”. Divers uncover a cave big enough to store a 747 passenger jet, as well as new creatures.**

**Secretary:** Mia Peluso - Minutes read and accepted.

**Treasurer:** Ray Porter – treasurer’s report read and accepted.

### **Committees:**

- **Program:** Daryl Findlay - See activities list.
- 6/15 – next week, John Tulik of Environmental Police will talk to the members about lobstering and fishing laws.

### **Old Business:**

- Mia has sample of blankets. She will be taking orders.
- It is possible that the canoe trip will be rescheduled due to heavy rains over the past month. More information to come on that.

**New Business:** Mia - United Divers of Central Mass will be having a “chicks’ dive” where the men schlep your gear, July 9 at Stage Fort Park.

**Raffles:** Dollars Box: Mia Peluso  
Mystery Prizes: Graham Smith  
Bug Bag: Ongoing

### **15-June-2006**

## Air Bubbles – July 2006

Meeting called to order: 8:10 PM  
Attendance: 3 Officers, 15 Members  
Guests: 2

**Abbreviated meeting format – Officer Scott Amanti and Officer Mike Lee of the Massachusetts Environmental Police came to cover for Lt. John Tulik who could not make the meeting. We had a very lively discussion!**

**Secretary:** Mia Peluso – no minutes read, secretary absent.

**Treasurer:** Ray Porter – treasurer's report read and accepted.

**Announcements:** Michael Medlock, member of Salem Sound Coastwatch, attended the meeting. He announced that Coastwatch would be having a "Swim 'n Fin Festival" on July 22 in Salem. See article elsewhere in this newsletter for more information.

### Committees:

- **Program:** Daryl Findlay - See activities list.
- 6/16 – tomorrow, Club Night In at the Franco. Does anyone want to take charge?
- 6/17 – the canoe trip will NOT be held on this date.
- **Membership:** John Ferrier: New member Bryan Entwistle, Jennifer Ferrier's new husband.
- **Air Bubbles:** Mary Howard – deadline for submission to AB is NEXT WEEK.

### Old Business:

Mia has samples of blanket, is taking orders.

The canoe trip has been postponed due to TOO MUCH WATER, and is rescheduled for July 29<sup>th</sup>.

**Raffles:** Dollars Box: Rick Holloran  
Mystery Prizes: John Ferrier  
Bug Bag: Rick Holloran

### 22-June-2006

Meeting called to order: 8:10 PM  
Attendance: 3 Officers, 12 Members  
Guest: 1

**Announcements:** Susan Copelas will have a night dive going out next Wednesday, 6/28, 7:15pm @ Back Beach. You are welcome to join them.

**Secretary:** Mia Peluso - Minutes read and accepted.

**Treasurer:** Ray Porter – treasurer absent, no report.

### Committees:

- **Program:** Daryl Findlay - See activities list.
- 6/27 – website committee meeting at Ray & Mary's.
- 6/29 – Roslyn Smith will give her slide and digital presentation on Belize.
- 7/6 – Beach meeting at White Beach in Manchester.
- Coming up sometime in the summer, Blue Man Group.
- **Membership:** John Ferrier – nothing to report.
- **Air Bubbles:** Mary Howard – deadline for submission to Air Bubbles is tonight. Nothing received yet!!

### Old Business:

Website meetings ongoing, alternate Tuesday nights.

Mia is taking orders for blankets. Proceeds to go to 50<sup>th</sup> Anniversary fund.

### New Business:

- **Mia Peluso:** Attended the United Divers of Central Mass meeting last week. She and their secretary Christine Duval talked about doing joint events. United Divers has a "chicks dive" scheduled for July 9. They are also planning a boat dive out of Kittery, ME. Several dates in July are available, esp. 7/23. Also thinking about going to the Mystic CT aquarium, which Mia hears is supposed to be fabulous. Mia has been talking to Christine and several other clubs about doing something together as one big get-together. She has discussed the possibility of doing a scavenger hunt in and out of water. The clubs all seem interested. They are probably thinking about the time of our club picnic since parking is free at Stage Fort Park at that time. If you can think of another location, let her know.
- **Name:** business

### Dive Talk:

- **Dan Hering** dove at Lanes Cove. Had equipment trouble but did get a lobster. Water temp on surface while tide going out was 72°F.
- **Damian Mangini** did some float cleaning dive and did a dive for someone's dropped keys and cell phone.
- **6/10 & 6/11, Susan** taught an open water class, Mia was helping out. Sunday's session was easier than Saturday.

### General Discussion:

- Mary: saw a picture of a manatee in a flooded front yard in Florida.

**Raffles:** Dollars Box: Rick Holloran  
Mystery Prizes: John Sears  
Bug Bag: Dry Bag, ongoing

## July Meeting Events

► The **July 6<sup>th</sup>** Club meeting will be a **SOCIAL MEETING** at White Beach in Manchester, beginning at 6PM. Bring your beach chair and sunglasses. (*Pray for clear skies!!*) This year there **WILL** be a grill, so bring your grillables and whatever else you'd like to eat. Also bug spray and sun lotion might good to have, depending on when you come and how long you plan to stay. Consider bringing your **dive gear**. This is a dive club after all! The dive may not be the most adventurous one you've been on, but why let that stop you?

► On **July 13<sup>th</sup>** Daryl will show two episodes of *Sea Hunt* for your viewing pleasure at the regular meeting.

► July 27<sup>th</sup> will be another **Video Night**, at which time Daryl will show us a video titled "**Paradise – Sharks of Palau**". "Cinematographer Jody Helzer leads divers to Palau in South Pacific to observe several species of sharks." Invite your friends! This should be fascinating.

## The Great Annual Fish Count



The 5th annual SBNMS celebration event is the largest fish count event in the USA (this will be the 5th year in a row) and will have over 100 divers conducting fish and invasive invertebrate surveys around Cape Ann, MA, at Folly Cove, Cathedral Rocks, Lanes Cove, Pebble Beach, Old Garden Beach, Magnolia Rocks, Halibut Shores, Back Beach and Nubble Light, York, Maine.

Legal Sea Foods will be there with their "Chowder Van" from 12:00-2:00pm with free chowder for all participants and their families!!! We will also provide a complete picnic with all the "fixins" for divers and their families!!

Our \$7400.00 free fish counters raffle will be drawn at 3:00pm. Prizes include regulators, fins, BCD, wetsuits, masks, dive lights, dive trip to Bonaire, etc., etc.

We have made arrangements with Gorton's of Gloucester (2 block walk to the Gloucester Maritime Heritage Center) to have all of our participants park in their secured/private parking lot with security guard to watch our vehicles at no cost.

Once you check-in with the registration table after you return to the Gloucester Maritime Heritage Center submit your forms and collect your ticket - help yourselves to the food offering at the picnic. The raffle will be drawn promptly at 3pm - if you are late you will miss the raffle. Where the event continues to grow, there is less flexibility to postpone the raffle to accommodate late-comers - hope you understand.

As with last year, the raffle will be run as follows: Each diver who submits data upon their return to the Heritage Center after your morning dives (fish, invertebrate or both) shall receive one raffle ticket per diver. I will have an ample supply of REEF scanforms with pencils to enable you to fill out forms upon your return. Each diver will then select which grand prize they wish to pursue and place their ticket

in the appropriate container. If you win a grand prize, then you are done with the raffle. All non-winning grand prize tickets will then be entered into the general raffle. Winners will then be called from the most valuable prize, down to least (cash value of prize).

**Divers need to select their preferred dive site and register with me no later than Wednesday, 7/12/06 in order to be eligible for the raffle. I need each diver's complete mailing address, telephone and e-mail info to complete their registration. Divers will check-in with our volunteer coordinators at the time called by that coordinator (between 7-8am typically).** As time gets closer, I will circulate a list of coordinators, cell numbers and meet times.

*Bob Michelson*  
SBNMS

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## Labor Day Camping Weekend

Beach Acres in Wells, Maine  
September 1-4

A bunch of Froggies will be camping over the Labor Day weekend at Beach Acres Campground in Wells, Maine. This is a tradition of many years for those who attend this weekend. Other members of the club are welcome to come along and camp.

Beach Acres Campground is located just off Route 1 between Wells and Ogunquit, only 3/4 mile from the ocean. There are spots for tents and campers, and there are full restrooms, as well as shower and laundry facilities.

Unfortunately, this year the Froggy group does not have their camp sites in the large field where they usually hang out, and therefore they are unable to invite non-camping club members to spend the day there after diving at Nubble Light.

Contact Dawn Denneler for questions about where the Froggy group is located this year.

For reservations or information call hosts Marc & Sandy Batchelder at 207-646-5612. The Campground is located at 563 Post Rd, Wells, ME. Website:

[www.beachacres.com](http://www.beachacres.com), email:  
[beachacres@beachacres.com](mailto:beachacres@beachacres.com).



## Swim 'n Fin Festival

for the benefit of

### Salem Sound Coastwatch

Saturday, July 22, 9AM to 1PM

Forest River Park, Salem, MA

(End of West Ave, off Lafayette St)

#### Harbor Swim Races

500 m withOUT fins

500 m WITH fins & snorkel

1500 m (0.9 mile) withOUT fins

1500 m WITH fins & snorkel

\$20 pre-registration

\$25 the day of race

Age group awards

#### Music

**Sea-life Touch Tank,**

**Face-Painting, Games**

**Raffle and more!!**

\$5 Donation per Person

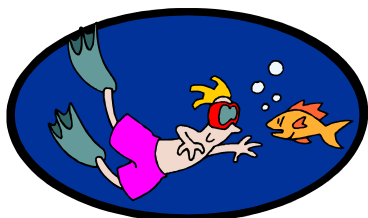
Maximum \$15 / family.

Free parking. Food and drink available.

Additional information and swim registration

at [www.salemsound.org](http://www.salemsound.org). Rain date: Sunday,

July 23



## Canoe Trip Rescheduled

In light of the heavy rains and resulting floodwaters, the Club Ipswich River Canoe Trip has been rescheduled to July 29<sup>th</sup>. Since Captain Rob has closed down his dive boat venture, there is no conflict with the previously scheduled seal dive.

The sign up sheet is still available and there are plenty of spaces for anyone else who would like to go and whose schedule may accommodate the new date. Contact Mary or Ray if you would like to go with us.



## Dominica Presentation, May 25



Steve Johnson, Vice Consul and Deputy Director of Tourism for Dominica, gave an interesting presentation about the "Nature Island" of Dominica at the meeting on May 25th. Then he gave me a pretty basket!

Air Bubbles – July 2006  
**Club Night In – June 16, 2006**

Photos courtesy of Paul Sauvageau



There were diners and partiers, ...



...dancers, ...



...music makers, ...



...revelers, ...



...and a little serious conversation. See, this is how it is....






Air Bubbles – July 2006  
Cruising on the *Friendship of Salem*  
Photos courtesy of Daryl Findlay



Working the rigging, left and below.  
Below left, close-up of the rigging. How much  
line is on this ship??  
Bottom: Constitution as viewed from the  
*Friendship of Salem*.



## Activities Calendar

<b>25</b> Sunday Dive	<b>June</b>	<b>27</b>	<b>28</b>	<b>29</b> 8PM Meeting Roslyn Smith Presentation	<b>30</b>	<b>1</b>
<b>2</b> Sunday Dive	<b>3</b>	 <b>4</b>	<b>5</b>	<b>6</b> 6PM Beach Meeting	<b>7</b>	<b>8</b>
<b>9</b> Sunday Dive	<b>10</b>	<b>11</b>	<b>12</b> BSC Mtg 7:30PM	<b>13</b> 8PM Meeting Video night - SH	<b>14</b>	<b>15</b> Great American Fish Count
<b>16</b> Sunday Dive	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> 8PM Meeting	<b>21</b>	<b>22</b> Swim n Fin Festival
<b>23</b> Sunday Dive	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> 8PM Meeting Video night	<b>28</b>	<b>29</b> Ipswich River Canoe Trip
<b>30</b> Sunday Dive	<b>31</b>	 <span style="font-size: 2em; font-weight: bold; margin: 0 20px;">July</span> 				
 <span style="font-size: 2em; font-weight: bold;">August</span>		<b>1</b>	<b>2</b>	<b>3</b> 8PM Meeting	<b>4</b>	<b>5</b>
<b>6</b> Sunday Dive	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> 8PM Meeting Presentation	<b>11</b>	<b>12</b>
<b>13</b> Sunday Dive	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> 8PM Meeting	<b>18</b>	<b>19</b>
<b>20</b> Sunday Dive	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b> 8PM Meeting Video night - SH	<b>25</b>	<b>26</b>
<b>27</b> Sunday Dive	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> 8PM Meeting		

**\*\*Deadline for submissions\*\***  
 to the August 2006 issue  
 of Air Bubbles is  
 Monday, July 24, 2006.

Please have all information and  
 articles to the Air Bubbles editor by  
 that date.



## Activities List

- Jun 29, Thurs      **Presentation night "Belize" by Roslyn Smith.** Roslyn will show us pictures of the trip she took in March.
- Jul 6, Thurs      **Beach Meeting** - 6PM, White Beach, Manchester. There will be a grill, plates and forks. Bring food, chairs and bug spray.
- Jul 9, Sun          **United Divers** will be hosting a "**Chick dive**" at Stage Fort Park, meeting at 10AM. Ladies, this is where the men schlep your gear, put it together and take it apart. Parking \$10 and \$5 for a BBQ afterwards.
- Jul 12, Wed        **Bay State Council meeting** rescheduled from June 21.
- Jul 13, Thurs     **Sea Hunt night (Two episodes).**
- Jul 15, Sat        **Great Annual Fish Count** - MANY PRIZES! - See letter from Bob Michelson on page 4.
- Jul 22, Sat        **Salem Sound Coastwatch Swim and Fin Festival**, 9AM to 1PM, Forest River Park, Salem. More information page
- Jul 27, Thurs     **Video night "Paradise - Sharks of Palau".** Cinematographer Jody Helzer leads divers to Palau in South Pacific to observe several species of sharks.
- Jul 29, Sat        **Canoe Trip on Ipswich River. RESCHEDULED!!** Meet at Foote Brothers Canoes by 8:30AM. Sign-up sheet at the meetings! Contact Mary or Ray for more information.
- Aug 3, Thurs     **Beach Meeting** - 6PM, White Beach, Manchester
- Aug 10, Thurs    **Presentation night "TBD".**
- Aug 24, Thurs    **Sea Hunt night (Two episodes).**
- Sep 7, Thurs     **Presentation night "TBD".**
- Sep 21, Thurs    **Video night**
- Sep 24, Sun       **NSF Club Picnic** (date subject to change)
- Oct 19, Thurs    **Presentation: Andy Martinez** slide show
- Dec 9, Sat        **NSF Annual Banquet**



An article was published in *The Gloucester Daily Times* titled “**The lobsterman and the diver: a hate-hate relationship**” in Peter K. Prybot’s column *Ebb & Flow*. Printed here with her permission is Dodie Carvalho’s rebuttal, which was published on June 12, 2006, in *The Gloucester Daily Times*.

### ‘Hate-hate’ relationship between divers, lobstermen not true

#### My View by Dodie Carvalho

I have so enjoyed Peter Prybot’s Ebb & Flow columns. He provides our fishing communities with a great service, explaining and recording the history of our industry, sharing with the public what these men go through in all kinds of weather and conditions, and also sharing his love of the ocean.

However, the May 6 Ebb & Flow upset me. My view is different. The title, “**The lobsterman and the diver: a hate-hate relationship**,” in no way improves the relationship existing within this industry between commercial lobstermen and divers.

I have been diving Cape Ann’s waters for the last 32 years. All of us have seen a dramatic decline in sea life (lobster, fish, crabs, sea anemones, scallops, etc.), and feel frustrated with diminished catches and greater restrictions.

Yet I never have had a “hate” relationship with a lobsterman and never would. Mr. Prybot mentions Jin Waddell’s reference to “the two percent factor in any group that gives the rest of the group a bad name.” Most divers and lobstermen recognize most problems are caused by the two percent of “rotten apples” from whichever group is being criticized. Recognizing this and keeping open communication in all situations are the ways to keep relationships positive.

Commercial lobstermen and divers/10 potters each pay for a license, providing a substantial financial source for the Division of Marine Fisheries. The relative catch of licensed divers is minuscule compared to that of commercial lobstermen. In fact many divers I know do not focus on lobstering, but instead on photography.

I’d like to share my few, from a diver’s perspective, about several things which Prybot discussed in his article:

1. Divers can hear that there is a boat in the area when diving, but are unable to tell if it is close or far off. We try to ascertain if we are deep enough to be out of harm’s way.

2. In late summer I see a wall of buoys I’ll have to circumvent and disentangle myself from while diving. We’re interested in the same area, but I’m looking under rocks and seaweed for my prey.

3. I don’t believe divers number more than 300 on warm summer days. In late spring a few college classes may on one of the safe learning beaches, number less than 60 divers total. Seldom do I dive at any beach with more than 15 divers present at any one time, and usually with only a few. Most boats have two or three divers.

4. He mentioned that Cape Ann has “its share of local recreational and even commercial divers.” I am pleased to be one of them who has dived regularly, sometimes year round, for 32 years. I, too, pay my \$40 per year to get only a few lobsters.

5. It is mentioned that “Lobstermen...(go) out of their way to help divers...” Divers, too, help lobstermen who become entangled in each other’s buoy ropes. I have cut ropes from three motors myself through the years. I’ll assure you I felt no “hate-hate relationship” between us and was pleased that I could help.

6. Mr. Prybot says “many divers have figured out pulling lobsters out of traps is much easier than yanking them out of rocky crevices.” Few divers steal from traps ... a few of the “rotten apples”! Don’t denigrate the majority of honest law-abiding divers with “many.”

Mr. Prybot referred to laws, saying divers’ need to stay 25 feet from lobster buoys and clear of boats working their traps. I found no reference to this in the Marine Fisheries Abstracts, so I called them. They researched it and called back stating there was no such rule.

The Abstracts talk about display of a dive flag and then states: “Divers shall remain in an area within 100 feet of such displayed diver’s flag while at or near the surface of the water. A boat operator within sight of a diver’s flag shall proceed with caution, and within a radius of 100 feet of such flag shall proceed at a speed not to exceed 3 miles per hour.”

This is written to allow safe progress through the water by boat operators when divers are present. It does not state that we cannot be in the same area. Divers appreciate law enforcement upon anyone breaking lobstering laws. Divers don’t rob lobsters out of traps “hundreds of times during busy summer weekends,” as Mr. Prybot states.

If his intention, through this article, was to inform as opposed to inflame our relationship, he might have said that there is evidence that some divers do so. He also could have said some lobstermen have been known to rob from others’ traps. Both scenarios are examples of those “rotten apples” in every group.

In summation I know all of us feel frustration and disappointment in reduced catches, recognizing dramatic decline in sea life. Many divers have given up on getting “dinner” and focus on the photography and pleasure of the dive.

However, I am primarily an ocean hunter and always will be, in spite of my lack of “catch” on many dives. It is the pure joy of the sport (or hunt) that keeps me diving.

In my view, a disservice has been done to the relationship between divers and lobstermen. Use of the term “many” instead of “a few” acts as would “a few rotten apples” in a barrel. “Hate” will spread as long as we as citizens voice gossip, exaggerations, or untruths about what is really going on.

**Recipe Corner**

**SMOKED SALMON  
STUFFED WITH LIME COUSCOUS**

Many years ago, my son Dan and I had a wonderful father and son trip to Grand Cayman. This was his celebration trip after graduating from St. Johns Prep and before going off to college that Fall. We had a favorite place to spend the nights after diving all day called the “Blue Moon” restaurant, right across from the condo we stayed at. They served the following Smoked Salmon. Enjoy, I make it once or twice a summer.

I use instant couscous; it’s easier than making the “real” couscous.

Ingredients will make enough for 4 hungry people or my son and I who love smoked salmon.

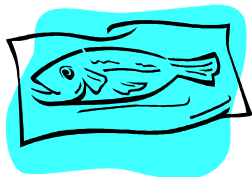
**Ingredients:**

- 2 cups instant couscous
- 1 qt of simmering chicken stock
- ¼ cup of seeded cucumber
- ¼ cup seeded and diced plum tomatoes
- 3 tablespoons chopped scallions
- 2 tablespoons parsley
- 3 Tablespoons lime juice
- 2 tablespoons olive oil (EVOO)
- 1 tablespoon of salt; ½ teaspoon of pepper
- 12 slices of smoked salmon

To make couscous: Put the pasta in a large bowl, pour the stock into it, cover with plastic wrap, and set aside for five minutes. Fluff with fork, add all ingredients except for salmon, cover and let rest for 5 minutes. After 5 minutes, fluff again.

To form Salmon Bundles: Place a large spoonful of couscous along the length of the smoked salmon. Wrap it up like a jellyroll. Enjoy!

*Capt. Dave* Metrano



**UNDERSEA DIVERS**  
SCUBA & SNORKELING  
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Beverly MA

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**Grand Turk**  
**October 21-28, 2006**  
**\$999**

Includes 7 nights lodging at Osprey Beach Resort, airfare from Provo to Grand Turk, all transfers, unlimited shore diving, one tank daily - Oasis Dive Center, welcome drink, free sunsets, fun and laughter.

Airfare from Boston to Provo \$549.

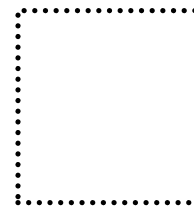
Monthly payment plan available.

Any questions, contact Susan Copelas

*Dive the World*

## Air Bubbles – July 2006

The North Shore Frogmen's Club Inc  
PO Box 3604  
Peabody, MA 01961-3604



## Upcoming Events!

- July 6: Beach Meeting - 6PM
- July 13: Video Night
- July 15: Great Annual Fish Count
- July 22: Salem Sound Swim n Fin Festival
- July 29: Ipswich River Canoe Trip



**Sunday Dives – Meet at Burger King on Rte 128 in Beverly.  
Be ready to leave for the selected dive site at 8:15AM.**

**The North Shore Frogmen's Club Meetings**  
are held every Thursday night at 8PM (except Thanksgiving) at:

The Franco-American Club  
44 Park Street  
Beverly, MA

Directions: From Rte 128, take the Rte 62 exit, #22E, towards Beverly. Turn RIGHT onto BRIDGE ST at the new light after Danversport Yacht Club. At the end of Bridge St, turn LEFT onto RIVER ST. Turn RIGHT onto FEDERAL ST, turn RIGHT onto PARK ST. Free parking in lot across from Franco-American Club.