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# Air Bubbles

The Newsletter of the North Shore Frogmen's Club

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**Volume 41, Issue 1**

**January, 1999**

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## **PRESIDENT'S MESSAGE**

Greetings and Happy New Year to one and all! I wish to thank you for your confidence in me by electing me to serve as the 41st President of the NSF.

As I write this message, pieces of the up-coming year are falling into place and the program committee is being formed. Our first meeting is scheduled and by the time you read this, we will have a sound program to start off this New Year. I want to thank all of the members who have already offered many suggestions in hopes of creating an event calendar that will please the membership

As we start off this year, I have several goals that I think will fit right in with our future calendar. One of the goals is to research our club by-laws. I think it has been a long time since they have been examined and changed **if needed**. This should be done every so often to reflect the needs and changes that are required by our membership. I would like to see more varied club dive events. I think this will be a tool to recruit new members and activate those loyal members who may have drifted away from club activities.

While on the subject of loyal members, I would like to name our most recent past Prime Minister/President, Carmen Henriques, as the January **Diver of the Month**. I think we can all

agree that 1998 was a very stressful year for the club. Carmen demonstrated exceptional leadership during this tough year. She was always willing to ask for and accept the advice of her officers and members in general. It was a very good year, Carmen. Thank you for your leadership.

For January's **Member of the Month** I would like to name Bill Werner. Bill has been very active in helping to schedule events for the club.

Our next meeting will be January 28<sup>th</sup>, see you there!

*Dave Metrano*

## **1999 MEMBERSHIP DUES ARE DUE!!!**

Annual membership dues are now due! Please get your check to Mary Howard as soon as possible.

Dues are \$36.00 per person, or \$48.00 for a married couple.

Checks can be brought to a meeting or mailed to North Shore Frogman's Club, Inc.

P.O. Box 3604  
Peabody, MA 01961

## Deadline for next Air Bubbles

The deadline for submissions to next month's Air Bubbles is February 18th. Get those articles, recipes, and other items in early! E-mail to [meg.doyon@fmc-na.com](mailto:meg.doyon@fmc-na.com) preferably in Microsoft Word or simple text format. For those folks not on-line, please submit any handwritten material at one of the weekly meetings.

## Gear Swap '99

On March 4th from 6:00 PM to 8:30 PM, the North Shore Frogmen will be hosting a "Gear Swap." For those who have never participated in one, this is where you bring any excess gear that you have and swap it for cash or bring excess cash and swap it for someone else's gear (or a little of both). We expect to have BCDs, regs, tanks, fins, computers, drysuits, and more. Call Maria Maggio at 617-923-9360 to reserve your table space. There will be no entrance fee or charge for the table space, but please do reserve in advance so I have an idea of how many tables to setup.

## St. Patrick's Day Party

Dave Metrano will be hosting a St. Patrick's Day party at his house. The date will be Saturday, March 13 at 8 pm. Dress in your favorite shade of green, bring your favorite snack and, as always, bring your own green beer.

Take Route 128N to exit 15. Turn right off the exit. Take your 4<sup>th</sup> left onto Lincoln Street, then your 2<sup>nd</sup> right onto Norwood Ave. Dave's house is #48 on the right hand side. Phone # is 978-526-1454.

See you there!

## Letter from Paul Blanchette

Dear Frogmen,

It was a surprise and honor to be awarded diver of the year at the New Years Party Mary Howard held. I had been at a party for next years Doria trip during the X-mas party and was not at the NSF Annual Banquet to receive the award that evening. I plan to have an evening froggie party at my house in the spring and will get the details out in the next news letter. Again I wish to thank all of you for the award.

*Paul Blanchette*

**CONGRATULATIONS!**

**CARMEN HENRIQUES**

**DIVER OF THE  
MONTH  
JANUARY, 1999!!**

**CONGRATULATIONS!**

**BILL WERNER**

**MEMBER OF THE  
MONTH  
JANUARY, 1999!!**

## Letter from John McColley and Jeannie Rahilly

Dear Froggies,

Thank you for the warm reception we received at the last meeting. Many of you know we have been traveling around the beautiful U.S. of A and Canada since October of 1997. We traveled in a 30' Winnebago that served as our home and transportation. After fourteen months, we have suspended our travels, due to family obligations. After adjusting to the abrupt stop in travels, and now stationery lifestyle, John is managing Northeast Scuba in North Reading, and I will resume sewing and gluing repairs for drysuits and wetsuits.

We would love to share some of our travel experiences with you. We took some photos – poor quality compared to the wonders I've seen from other club members, but they provide memories for us. We borrowed a video camera for two of the five months while we were in British Columbia. Unfortunately, there was a problem with the tracking during recording. We intend to fix and salvage as much of the videos as possible. If they are recoverable, we would love to show the diving with hundreds of white sided dolphins; orcas doing the "wild thing;" a humpback whale's full breach; playing with the wolf eels; octopus; eagles catching fish in their talons; black bear strolling along the shore with their cub; totem poles; sunsets and the beautiful scenery of the inside passage after one of the club meetings.

Our travels across the U.S. included spelunking in Angels Showers, Carlsbad Caverns and Bonne Terre Mines; climbing to the heights of the Cliff Dwellings in New Mexico; jumping off the dunes in White Sands National Park; hiking to the upper falls through eight feet of snow in Yosemite; driving between giant redwood trees in Sequoia National Forest; watching "Old Faithful" blow in Yellowstone; seeing the most blossoms ever in the Anza Borrego Desert; watching a nail-biting high school rodeo in Yuma; the lights and extravagance of Las Vegas; diving in the California kelp; the awe of the turquoise water and rugged cliffs of Oregon; and I must not forget the ski slopes of the Rockies and Mammoth Mountain. The dips in the natural hot springs and all the wonderful people

were not captured on video, but provide lovely stories.

We would love to share some of these memories with you. Please feel free to come and talk to us after a meeting, or stop by the dive shop, and we will try not to bore you! Maybe we can share in similar experiences. As nice as our travels were, it is nice to be home among friends and family. We missed everybody and have a lot to catch up with you, so come and chat!

*The (non) traveling duo, John McColley Jeannie Rahilly*

## Seal Dive

**When:** April or May, 1999

**Where:** Boone Is., Isle of Shoals

**Leave from:** Newburyport (I will get the name of the marina later)

**Boat:** Salvage 1. Slow boat but large and stable with lots of deck space. Limit of six passengers. Large, heated cabin and hot shower.  
**Lunch** is provided.

**Cost:** \$50

**Time:** Boat leaves the dock at 7:30 AM and arrives back at 6 PM or later.

The water will be cold and sitting still to attract the seals can be a chilling experience. A dryuit is recommended.

The diving is shallow and advanced certification is not necessary. Patience is.

Contact Bill Werner at [bwerner@erols.com](mailto:bwerner@erols.com) or 781-245-2692 if interested.

## New Year's Day Dive

New Year's Day dawned bright and clear, with the air temperature a balmy 19<sup>0</sup> F. We all met at Pebble Beach, and watched as 30 knot winds

and heavy surf pounded the beach. The wind chill was way below zero, and spray from the surf was freezing on the shore. A unanimous decision was made to move the dive to Loblolly Cove. There, behind the point, we were in the lee of the wind and found a comfortable site from which to base our operations.

While the beach crew set up the propane stoves and folding tables, we got into our gear.

Marianne D'Aquila, Rob Falk, Rick Stemegna, Roz Smith, Mike Denneler, and myself all had to step over ice and ankle breaker boulders to enter the water. Since Mike only snorkeled, we counted 5-1/2 divers.

We found the water temperature was 38<sup>0</sup>, and visibility was around 20 to 25 feet. Marianne and I saw several large sculpins, and I actually caught my first lobster of the year, but it was so pathetic looking, missing some legs and both claws, I let it go. I counted at least two species of nudibranchs, and enjoyed watching as thousands of tiny shrimp darted among the seaweed and rocks of the bottom. The only real "downer" of the day was when the zipper on Roz's dry suit failed, flooding the suit, and making her a tad bit chilly.

After all divers were recovered, we feasted on grilled chicken and steak tips, toasting the New Year with the traditional libations, and enjoying a long story session. This was my first New Year's Day Dive with the Northshore Frogmen, and I plan on making it a longstanding tradition. A truly enjoyable way to start off the New Year!

Happy New Year to all,

*Mark Miller*

## Program Committee Meeting

The 1999 NSF Program Committee met on Tuesday, January 27, 1999.

Present were Dave Metrano, Rob Falk, Candi Souza, Roz Smith, Meg Doyon and Gary Doyon. Other members were unavailable for this meeting.

The first item on the agenda was club dives. The Committee decided to begin incorporating night dives into the schedule. These dives will take place on the full moon and new moon of everyone month. The night dives for this quarter of the year will be as follows:

Tuesday, February 16th, Back Beach, 7:00 PM

Tuesday, March 2nd, Back Beach, 7:00 PM

Wednesday, March 17th, meeting place TBD, 7:00 PM

Wednesday, March 31st, meeting place TBD, 7:00 PM

The Committee also decided to organize a quarterly evening event. For the first quarter of 1999, the evening event will be Nonsense on Saturday, March 20th. For details contact Meg Doyon at 978-658-3742. The date for the 2nd quarterly evening event for 1999 is Saturday, April 3rd and the event will be Shear Madness. Details on this will be available in the next Air Bubbles. If you have any suggestions for further evening events, please tell someone on the Program Committee.

The NSF will have a table at the Boston Sea Rovers on March 6th and 7th. We are looking for members to volunteer their time and work the table. There will be a sign up sheet during the meetings, so sign up if you can.

On Sunday, March 23rd we will have another Easter Egg hunt dive. Last year was a lot of fun and very successful. If you remember, we had company on that dive when a seal decided to join in on the search. More details will be available in the next Air Bubbles.

The Underwater Photo and Most Unusual Find contests will be voted on a bit earlier this year. The items should be available for display on November 4th and November 11th. Voting will take place on November 11th.

Our dive club is moving into the computer age! Rob Falk is going to work on the NSF webpage. If anyone has anything to add, or you would like to donate your talents for this project, please contact Rob either at a meeting or by email at [robalk@mediaone.com](mailto:robalk@mediaone.com).

The Committee decided that it would be beneficial to allow dive-related businesses to advertise in Air Bubbles. Dave Metrano is going to contact dive shop owners and dive charter operators to see if they are interested.

The Committee decided to designate the third Thursday of every month "Movie or Speaker Night." Members of the Knights of Columbus will be invited. If anyone has any suggestions for speakers, please let someone on the Committee know.

Dave Metrano is planning to schedule a second annual Bonaire trip. Details will be available in the next Air Bubbles.

The annual picnic was the last item on the agenda. The Committee discussed having an old-fashioned clam bake! More details will be available soon.

The next meeting of the 1999 NSF Program Committee will be held on Thursday, February 11th at 7:30 PM at the Knights of Columbus.

*Meg Doyon*

## RECIPE CORNER

Submitted by *Diane Anthony*

### *PROVENÇAL FISH SOUP*

2-pound cod or haddock filets, cut into 2 inch chunks  
 4 tbs olive oil  
 4 cloves garlic, minced  
 2 cups leeks, white part rinsed and sliced  
 1 tbs. dried basil  
 pinch saffron  
 2 tsp. fennel seed  
 1 bay leaf  
 \_ tsp. red pepper flakes, crushed  
 32 oz. can peeled tomatoes  
 8 cups fish or chicken stock  
 1 cup dry white wine  
 1 tbs. sugar  
 \_ tsp. salt  
 Juice or grated rind of \_ orange  
 2 tbs. tomato paste

Heat oil, add garlic, cook. Add leeks and cook about 4 minutes.

Add next 5 ingredients. Add tomatoes, broken up, stock, wine, sugar and salt.

Heat to simmer. In bowl, combine orange juice, rind and paste. Add to soup.

Simmer 15 minutes. Stir in fish. Cook 5 minutes. Remove bay leaf and enjoy!

## PDIC SCUBA SYMPOSIUM

Professional Diving Instructor Corp (PDIC) presents the SCUBA Symposium. February 20, 1999 from 10AM – 4PM at the Holiday Inn, Marlboro, Mass at the junction of Route 495 and 20.

Speaking at this symposium will be Dave Woodward, recently of the Underwater Explorers' Club. Capt. Fred Calhoun will explain basic tri-mix diving in easy to understand terms. Don Whitehead will share his photography techniques.

Tickets are \$10 each and will be available at the door or be writing to Cecile Christensen, Apple Ridge 2-6, Maynard, MA 01754. Make checks payable to UNDERWATER. Phone # is 978-897-0877

## DEMA '99

I recently attended DEMA '99 with fellow Froggies John McColley, Jeannie Rahilly, Faith Ortins, and Al Morris. DEMA (Diving Equipment and Marketing Association) holds an annual trade show where you can see all the newest dive gear, latest travel locations, and basically network with other folks in the dive industry. This year, it was held in New Orleans, which is always one of my favorite places.

In the new and interesting gear department, DUI was selling a new, low-end suit. It's made out of the same material as the TLS-350, but has very few bells and whistles and is at a much lower price. People continue to go nuts over the rock boots – it's amazing how such a simple idea works out so well. OMS is selling some new, smaller low pressure steel tanks. They used to sell 13 cubic foot and 46 cubic foot tanks. They've now added a 7.8 and a 19, both of which could be very useful. A lot of manufacturers were selling drysuits of some type. It looks like drysuits are finally mainstream even for locations that traditionally have been wetsuit areas.

There were more rebreathers at this show than I could count. The prices are coming down, but barriers like the availability of the training and a

host of other issues still prevent them from becoming totally mainstream.

DAN as usual had their new accident statistics book out. They're also selling a "rebreather" kit for their oxygen unit. It's supposed to extend the life of the oxygen cylinder from about an hour to over six hours. It sounds good for off-shore use, although I think most people just tend to take extra cylinders if they'll be out of range for very long. It's still disturbing how many oxygen instructors and providers have been trained, yet still only about 1/3<sup>rd</sup> of all accident victims get oxygen first aid quickly. Seeing how dramatically it can improve the eventual outcome in a dive accident, it's disappointing the number is still so low.

Consolidation in the dive industry continues. It was interesting to see that even though the company that owns ScubaPro also bought Uwaterc (the computer manufacturer), the two organizations still didn't seem very integrated. They did, however, have a very snazzy and expensive booth. PADI won the prize for the loudest shirts. Their booth was decorated like a circus with all balloons and popcorn machine, etc.

I did three seminars for DUI on how to train divers at all levels using drysuits. Unlike last year where a lot of people attended wondering if it were a good idea, this year they came knowing they wanted to do it, but just wanted to know how.

All in all, it was a great show. It's a great chance to see the latest products and visit with folks who you don't get to see very often. And New Orleans is always a great location!

*Maria Maggio*

### Gear Bag

Dacor Extreme BCD Men's ML  
Barely used, asking \$175

Call Diane  
978-927-7385

*Tentative Schedule of Events for 1999-North Shore Frogmen*

<u>DATE</u>	<u>ACTIVITY</u>	<u>LOCATION</u>	<u>TIME</u>	<u>Additional Info</u>
January 31	Club Dive	Burger King	9:30 am	
February 4	Club Meeting	K of C, Wakefield	8:30 pm	
February 7	Club Dive	Burger King	9:30 am	
February 11	Program Committee Meeting	K of C, Wakefield	7:30 pm	
February 11	Club Meeting	K of C, Wakefield	8:30 pm	
February 14	Club Dive	Burger King	9:30 am	
February 16	New Moon Night Dive	Back Beach	7:00 pm	
February 18	Club Meeting	K of C, Wakefield	8:30 pm	
February 20	PDIC Underwater Symposium	Holiday Inn, Marlboro	10:00 am	\$10 ticket charge
February 21	Club Dive	Burger King	9:30 am	
February 25	Club Meeting	K of C, Wakefield	8:30 pm	
February 28	Club Dive	Burger King	9:30 am	
March 2	Full Moon Night Dive	Back Beach	7:00 pm	
March 4	Gear Swap	K of C, Wakefield	6 - 8:30 pm	
March 4	Club Meeting	K of C, Wakefield	8:30 pm	
March 6 <sup>th</sup>	Boston Sea Rovers	Copley Plaza, Boston	8:30 am - 10:30 pm	
March 7	Boston Sea Rovers	Copley Plaza, Boston	9:30 am - 4:30 pm	
March 7	Club Dive	Burger King	9:30 am	
March 11	Club Meeting	K of C, Wakefield	8:30 pm	
March 13	St. Patrick Day Party	Dave Metrano's house	8:00 pm	
March 14	Club Dive	Burger King	9:30 am	
March 17	New Moon Night Dive	TBD	7:00 pm	
March 18	Club Meeting	K of C, Wakefield	8:30 pm	
March 20	Nonsense	Boston	TBD	Meg 978-658-3742
March 21	Easter Egg Club Dive	TBD	TBD	
March 25	Club Meeting	K of C, Wakefield	8:30 pm	
March 28	Club Dive	Burger King	9:30 am	
March 31	Full Moon Night Dive	TBD	7:00 pm	
April 3	Shear Madness	Boston	TBD	TBD

Club dives are held every Sunday morning at 9:30 AM – meet at the Burger King on Rt. 128.

Club meetings are held every Thursday evening at 8:30 PM at the Knights of Columbus in Wakefield. Guests are invited to attend the meetings! **Directions:** 128 North to Exit 39 – take a right onto North Ave or 128 South to Exit 39 – take a left onto North Ave. Follow North Ave. for about 1,000 feet. K of C is on the right, immediately before blinking light.