
Air Bubbles

The Newsletter of the North Shore Frogmen's Club

Volume 41, Issue 5

May, 1999

President's Message

Greetings to all my fellow Frogmen.

It is hard to believe that it has been 5 months since we started our new year and we have accomplished so much. BUT, with all that we have done, more still remains. As I mentioned at the last several meetings, the By-Law Committee has been working very hard to bring the clubs Laws into the realm of the next millennium. During these meetings, we have had some very serious conversations. Many ideas have been brought up and just as many rejected. I can't say enough for the committee. The time they have devoted and effort put forth has made me very proud to serve with them. When the time comes, they will all be recognized for all their efforts. We will present the final draft before the membership in a few weeks. I ask all the members to give the proposed changes serious consideration and accept our recommendations.

Don't forget to keep June 5th open for our Canoe Trip, Ric Stamegna will be leading the way. Just remember, I served 6 years in the Submarines and presently teach SCUBA diving. It has been said that I'd rather be under the water than on top, so if you plan to canoe with me, bring your SCUBA gear!!

I would like to appoint Mary Howard as Diver of the Month. Mary is always there at just about every activity. She has the responsibility to manage our finances and does so with the clubs interest in mind. Whenever she asks me to sign a check as the President, I know she has looked into where the money is going and the club is first.

I want to appoint Ros Smith as Member of the Month. Ros keeps the records of the Membership Committee up to date and recently has chaired the By Laws Committee. That in itself is worth Member of the Month.

In September we have a White Water rafting trip planned for September 10th and 11th. Originally it was the 11th & 12th. I will explain at the next meeting.

The Bonaire Trip is still on, although I have only two people who have signed up. I have reserved 16 spots. If your interested, just let me know. I have made the deposit to hold the reservations. We have a great time last year, so plan on the trip to relax with some of the best diving in the world!

Dave Metrano

Annual NSF Picnic

We need volunteers to help plan the Annual NSF picnic, which will be held on Sunday, September 19th.

If you are interested in being on the planning committee, please contact Mary Howard

Club Trip to Bonaire

Join us for our 2nd trip to the beautiful island of Bonaire.

We will leave on October 20th and return on the 27th. The package includes: 7 nights at the Flamingo Beach Resort, breakfast buffet daily, casino coupon, \$50.00 food/beverage credit, tax and service charge, 6 days of 1 tank boat diving and unlimited shore diving.

We will be using the Peter Hughes diving center right at the resort. There will be a limit of 16 spots available for this trip. The price is \$1,115.00 per person double divers. For non-divers, subtract \$198.00.

I will need a deposit of \$200.00 per person. This should be paid as soon as possible to reserve our spots. I have requested upgrades to timeshare units and it looks good, but no guarantees at this time. Brochures are on their way and I will give them out when I get them.

Anybody who is interested in going or wants more information, see me.

Dave Metrano

CONGRATULATIONS!

ROS SMITH

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

CONGRATULATIONS!

MARY HOWARD

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

Recipe Corner Scallop-Saffron Soup

Thanks to *Diane Anthony* for submitting this month's recipe.

- 1 Pound Scallops
- 4 T. unsalted butter
- 1 c. finely minced onion
- 2 cloves garlic, pressed
- _ c. finely minced carrots
- _ t. dried thyme
- _ t. salt
- _ t. white pepper
- 1.5 pounds tomatoes, peeled, seeded, chopped
- _ t. saffron
- 4 c. fish stock
- _ c. heavy cream or evaporated skim milk

Melt butter over low heat. Add onion, garlic and carrots.

Cook until soft, about 5 minutes. Stir in thyme, salt and pepper.

Cover and cook slowly for about 20 minutes. Add tomatoes and saffron.

Cover and cook about 20 minutes more over low heat.

Boil scallops in 2 c. water. Add fish stock and scallop juice to veggies.

Increase heat to simmer and cook 10 minutes. Stir in cream and scallops.

Diane Anthony

Reminder - dues Were due March 1st

If you haven't already, please pay your 1999 dues to Mary Howard. Dues are \$36/person or \$48/couple. Checks can be brought to a meeting or mailed to:

North Shore Frogman's Club, Inc.
P.O. Box 3604
Peabody, MA 01961

Associate membership is available to those who request it and who live too far away to take part in regular club activities. Members who have not paid their 1999 dues have been removed from the Buddy List and will no longer receive Air Bubbles.

Canoe Trip

We have a few spots left for our Annual Ipswich river Canoe Trip on Saturday, June 5th. The canoe trip starts at 8:30 AM, in Ipswich, at Foote Brothers Canoe rental.

They will shuttle you to a drop off point in Topsfield. You paddle back downstream to Willowdale Dam through the wildlife sanctuary, State Park and Wenhem Wetlands.

Along the way, the Froggies will provide a cookout. Cost for the trip is \$28 / Canoe (Max 3 Adults) which includes the canoe rental for the day, paddles, PFD's, instructions and shuttle service. You can also bring your own canoe and pay a small shuttle fee to Foote Brothers (No cost NSF reservation required for cookout planning).

If interested or want to make a reservation, contact Ric at rstamegna@hologic.com or signup at the froggie meeting.

4th of July Parade

The Froggies are planning to be involved in the Town of Wakefield's 4th of July Parade this year.

Please contact Dale Findlay at findlay@osi.sylvania.com if you are interested in helping him plan our share of this event.

GEAR BAG

UK Sunlight D8 Rechargeable Light - Brand new, never in the water, still in the box UK Sunlight D-8 Rechargeable Dive Light. This is the new dual light having two bulbs in the same light - the 14 watt which has a burn rate of 3.5 hours or the ultra bright 30 watt which has a burn rate of 1.5 hours. It comes with pistol grip, recharger, lanyard, battery, and light. Light retails for \$280. Asking \$195. Call Maria at mdm@zk3.dec.com

Program Committee Meeting

The NSF Program Committee met on Thursday, May 13th. Three members were present: Mary Howard, Ric Stamegna and Meg Doyon.

Mary Howard has volunteered to head up the Picnic Committee. She is looking for volunteers to give her a hand. If you are interested in helping plan this event, please see Mary at a meeting. The picnic will be held on Sunday, September 19th at Stage Fort Park in Gloucester and promises to be a great time!

Preliminary survey results indicate a serious interest in Canobie Lake Park, Water Country, the Gloucester Casino boat, and a Whale Watch. I have added these activities to the calendar, and further details are forthcoming. If you are interested in going, you can sign up at a meeting or contact me at meg.doyon@fmc-na.com.

I have also added two movie nights - one for Wednesday, June 16th and one for Tuesday, July 13th. A suggestion for the first night is the movie "The Love Letter" starring Ellen DeGeneres. This movie takes place in a small New England town called Loblolly-by-the-Sea and was filmed in Rockport!

A suggestion for the second movie night is the famous "Star Wars". Hopefully by July we won't have to camp out to get tickets for this movie! Again, if you are interested in going, you may sign up at a meeting or contact me.

Since we have enough activities scheduled for the summer, the next program committee meeting will not be until Thursday, September 9th.

Meg Doyon

Whale Watch/Water Country

Preliminary results of the survey indicate a great interest in having a NSF day at Water Country, and going on a whale watch.

The date for Water Country is Saturday, July 31
rain date Sat., August 7

The whale watch will be held on Saturday, July 17th (rain date Saturday, July 24th).

I will try to get discounts tickets for both events, and I will publish prices and details in the next Air Bubbles. Please contact me at meg.doyon@fmc-na.com if you are interested in going to any of these.

Meg Doyon

Member Survey

Please remember to fill out your member survey that you received in last month's Air Bubbles. If you need another one, I'll be happy to give you one. Your comments are greatly appreciated.

Meg Doyon

Deadline for next Air Bubbles

The deadline for submissions to next month's Air Bubbles is June 17th. Get those articles, recipes, and other items in early!

E-mail to 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.

Meg Doyon



Freddie's Secret Spot www.northshorefrogmen.com

NSF members can visit Freddie's Secret Spot on our website. This message board can be reached from the main page of the website, by choosing 'message board'. When prompted for 'Group Registration Code' enter 1958.

This forum is a great place for general dive discussion or to post photos, stories, for sale and want to buy messages.

Enjoy!
Rob Falk

White Water Rafting Weekend

Dave Metrano is organizing a trip to Maine for the Froggies to go White Water Rafting. We will be staying and rafting with Northern Outdoors and will raft the Kennebec River.

Arrival date is Friday, September 10th, rafting on Saturday, September 11th returning home on Sunday, the 12th.

Contact Dave Metrano for more information.

Meg Doyon

Speaker Night

On June 10th, Larry Blowdish from NEDA will be the guest speaker. He will be talking on rebreathers. Larry has a tremendous amount of experience and should be very interesting.

Dave Metrano

Movie Nights

There will be 2 nights out to the movies with the NSF. The first will be on Wednesday, June 16th and the second will be on Tuesday, July 12th.

Both will be held at the new Loews Cinema in the Liberty Tree Mall in Danvers.

I get discount passes at work for a cost of \$5.00 per ticket. Please see me if you are interested in going.

Meg Doyon

Gloucester Casino Boat

I am planning a night to go on the Casino boat out of Gloucester, MA. The date will be Sunday, August 8th.

This should be a lot of fun for experienced and novice gamblers alike.

Cost is \$39.00/pp and includes parking, tax, entertainment, and dinner fabulous buffet.

I have "Buy One, Get One Free" tickets for the first six people who sign up.

Please contact me at meg.doyon@fmc-na.com if you are interested in attending.

Meg Doyon

Canobie Lake Park

NSF members and guest are invited to Canobie Lake Park on Saturday, June 19th (rain date is Saturday, June 26th).

Details will be available at meetings.

Meg Doyon

Omni Theater Museum of Science

On Tuesday, May 4th 10 froggies attended "Alaska" at the Omni Theater in the Museum of Science. This film was entertaining as well as educational.

Thank you, Mary Howard for scheduling this activity for us.

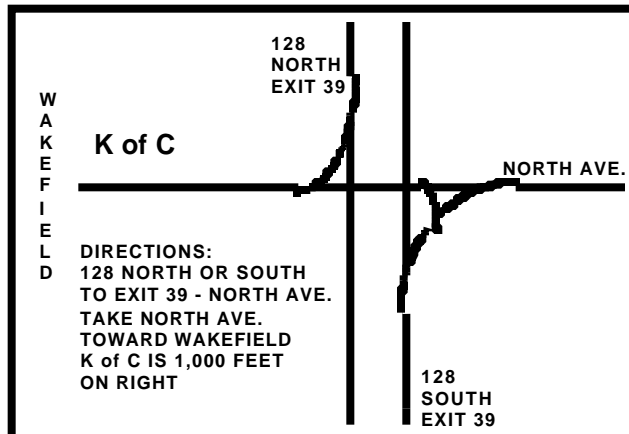
Tentative Schedule of Events for 1999-North Shore Frogmen

DATE	ACTIVITY	LOCATION	TIME	ADD'L INFO
Sunday, May 30	Full Moon Night Dive	Burger King	7:00 pm	
Saturday, June 5	Canoe Trip	Ipswich	8:30 am	Ric Stamegna
Thursday, June 10	Speaker night Larry Blowdish	K of C, Wakefield	9:30 pm	Dave Metrano
Sunday, June 13	New Moon Night Dive	Burger King	7:00 pm	
Wednesday, June 16	Night out to the Movies	Loews Theater, Danvers	TBD	Meg Doyon
Saturday, June 19 th	Canobie Lake Park	Salem, NH	TBD	Meg Doyon
Rain date Sat, June 26 th				
Monday, June 28	Full Moon Night Dive	Burger King	7:00 pm	
Sunday, July 4	4 th of July Parade	Wakefield	TBD	Dale Findlay
Monday, July 12	New Moon Night Dive	Burger King	7:00 pm	
Tuesday, July 13	Night out to the Movies	Loews Theater, Danvers	TBD	Meg Doyon
Thursday, July 15	Speaker night – TBD	K of C, Wakefield	9:30 pm	TBD
Saturday, July 17	Whale Watch	Gloucester, MA	TBD	Meg Doyon
Rain date Sat., July 24		Yankee Fleet		
Wednesday, July 28	Full Moon Night Dive	Burger King	7:00 pm	
Saturday, July 31	Water Country	Portsmouth, NH	TBD	Meg Doyon
rain date Sat., August 7				
Wednesday, August 11	New Moon Night Dive	Burger King	7:00 pm	
Thursday, August 19	Speaker night – TBD	K of C, Wakefield	9:30 pm	TBD
Aug 20 -27 th	Sea of Cortez Trip	Sea of Cortez		Dale Findlay
Thursday, August 26	Full Moon Night Dive	Burger King	7:00 pm	
Labor Day Weekend	Camping/Diving weekend	Wells Beach, ME		Dawn Denneler
Thursday, September 9	New Moon Night Dive	Burger King	7:00 pm	
Thursday, September 9	Program Committee Meeting	K of C, Wakefield	7:30 pm	Meg Doyon
Fri, Sat & Sun. 9/10, 11 & 12	White Water Rafting Trip	Northern Outdoors The Forks, Maine		Dave Metrano
Thurs, September 16	Speaker night – TBD	K of C, Wakefield	9:30 pm	TBD
Sunday, September 19	Annual Picnic	Stage Fort Park, Gloucester	11:00 am	
End of Summer	Trip to see Tropical Fish	Rhode Island		Jeannie Rahilly
Saturday, September 25	Full Moon Night Dive	Burger King	7:00 pm	
Sunday, September 26	Apple Picking/Winery tour	Nashoba Valley Winery	TBD	Meg Doyon
Saturday, October 9	New Moon Night Dive	Burger King	7:00 pm	
Thursday, October 14	Program Committee Meeting	K of C, Wakefield	7:30 pm	Meg Doyon
Thursday, October 21	Speaker night – TBD	K of C, Wakefield	9:30 pm	TBD
Sunday, October 24	Full Moon Night Dive	Burger King	7:00 pm	
October 20-27 th	Bonaire Trip	Bonaire		Dave Metrano
Thursday, November 4	Photo/Most Unusual Find Contest Viewing	K of C, Wakefield	9:30 pm	TBD
Thursday, November 11	Program Committee Meeting	K of C, Wakefield	7:30 pm	Meg Doyon
Thursday, November 11	Photo/Most Unusual Find Contest Viewing & Voting	K of C, Wakefield	9:30 pm	TBD
Thursday, November 18	Speaker night – TBD	K of C, Wakefield	9:30 pm	TBD
Thursday, December 9	Program Committee Meeting	K of C, Wakefield	7:30 pm	Meg Doyon
Saturday, December 11	Annual Club Banquet	K of C, Wakefield	TBD	TBD
Thursday, December 16	Speaker night – TBD	K of C, Wakefield	9:30 pm	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.



***North Shore Frogmen's Club
P.O. Box 3604
Peabody, MA 01960***