
Air Bubbles

The Newsletter of the North Shore Frogmen's Club

Volume 42, Issue 1

January, 2000

President's Message

Hello everyone!

First, I want to thank Frank and Dodie for hosting our New Year's Day dive party. The warmth of your home took the chill off our toes.

Great pizza party, froggies!! Our attendance was, and continues to be, BIG!

Reminder, the first day of spring is March 20th. I can't wait to fill my mind with diving!

Sea rovers is march 4th & 5th. Anyone interested in helping out with our booth, let me know.

A seal dive via boat will be organized by bill Werner in the spring (music to my ears) for anyone interested.

I chose John Ferrier as our diver of the month and Rich Kincade as our member of the month. Congratulations to you both and thank you for your participation and support.

Sincerely,

Linda Marshall

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 me at 2830783@msn.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



Dues are Due

It's that time again! \$36 per person and \$54 per couple.

Please pay your dues to our Treasurer, Mary Howard.



Recipe Corner

Seafood Stew on Garlic Toast

8 small squid
 8 mussels
 13 oz (410 g) small clams
 2 teaspoons butter
 1 tablespoon olive oil
 1 tablespoon chopped shallot
 1 cup (8 fl oz/250 ml) dry white wine
 1/2 cup (4 fl oz/125 ml) heavy (double) cream
 2 cups (16 fl oz/500 ml) fish stock
 1/2 teaspoon saffron threads or 1/4 teaspoon ground saffron
 Salt and white pepper
 32 medium shrimp (prawns), shelled and deveined
 1 red bell pepper (capsium), cut into small dice
 1 tablespoon chopped flat-leafed parsley
 8 slices coarse-textured bread, each 1 x 3 in (2.5x7.5 cm), toasted and rubbed with garlic
 Additional olive oil, for the toast

Clean the squid and make a cross-shaped cut in the mantle of each one for three-quarters of its length. This has the effect of opening them up like flowers during cooking.

Steam the mussels until they open. Remove the meat, reserving their liquid and discarding the shells. Strain the reserved liquid. Prepare the clams in the same manner as the mussels.

In a large skillet, combine the butter and olive oil. Add the shallot and sauté until golden. Add the mussel liquid, wine, cream, fish stock, saffron, and salt and pepper to taste. Mix well and cook for a few minutes.

Add the squid, mussels, clams, shrimp, bell pepper and parsley to the skillet, and cook for 2 or 3 minutes on low heat, stirring a couple of times as it cooks.

Drizzle a thin stream of olive oil over the slices of toast. Place 2 slices on each plate, cover with the seafood stew, and serve.

**Don't Forget About
 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.

New Freddie the Frog Patches!

Freddie is on a Dive Flag with North Shore Frogmen on the Stripe. The size is perfect for hats, jackets and gearbags. The cost is \$4 each or 3 for \$10. Wear Freddie on your stuff and display your club spirit!

See Mike Denneker at the meetings.

Member of the Month

January

Rich Kincade**Diver of the Month**

January

John Ferrier**For Sale**

Two XL Akona Back Pack bags in new condition, never used to haul dive gear to dive sites. These were bags I used to carry samples. \$60 each or best offer.

Contact Al Morris at Mycaal@aol.com



**Proposed Meeting Time Change!!
Vote, February 3rd!!!**

A proposal has been made to change the time of the weekly meetings from 8:30 to 8:00PM. We will be taking a vote at the meeting on February 3rd.

Come and make your vote count.



**St Patrick's Day Party
March 18th**

This year's St Patrick's Day Party will be held on Saturday, March 18th, at Mary Howard's house. We can start about 7:30PM. Come, bring your brogue, wear green, and drink to the dead ancestors (and the live ones too!)

BYOB and a munchie. "I will make some kind of main course, maybe a boiled dinner?"

Contact Mary at 781-944-1292 for directions.

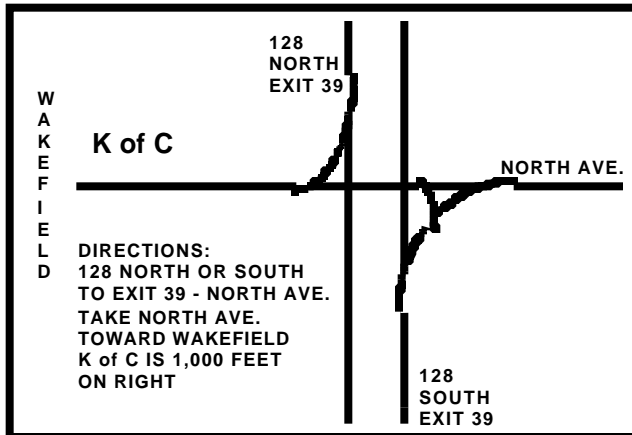
Club dives are held every Sunday morning at 9:30 AM – meet at the Burger King on Rt. 128.

Night dives are held on the 2nd and 4th Tuesdays of each month – meet at Back Beach at 7:30 pm.

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
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