
Air Bubbles

The Newsletter of the North Shore Frogmen's Club

Volume 43, Issue 5

May, 2001

Message from the President

Over the next few weeks, the bylaws committee will be taking a look at some current issues. The most important issue is how the club can give recognition to non-members who make a major contribution to the club. This year, we have had excellent presentations given by both members and non-members. To our presenting members, the recognition goes on each and every day of the year. We support our members who give in this way to the club and encourage more of this generous support from all of our members. Our program committee has been approaching a select list of non-members and asking for a donation of their time and experiences. These guests have responded without seeking any type of payment for their service. Many members feel that it would be an appropriate response to give a one-year membership to these outside guests. It is presently within the executive authority of the club to make such a gesture. As a bylaw change, it would become a policy for future administrations and an incentive to further promote these types of events.

Please support the club by contacting the bylaws committee members with your thoughts on this or other issues you would like considered. The committee members are: Rob Falk, John Ferrier, Dave Metrano, Ray Porter, Rich Kinkade and myself.

Peter Cassidy

Dive Times Effective May, 2001

Meeting times for both Sunday mornings and Wednesday night dives have been changed.

Sunday dives are now meeting at 8:30 and departing at 9:00 AM. This will be the schedule until October.

Night dives are at Back Beach on a Wednesday close to Full Moon. The June Full Moon Dive is on June 6. Sunset is at 8:16; Moonrise is at 9:02. Low Tide is at 6:14. We intend to enter the water at 9:30 PM. Please plan your arrival in order to make the scheduled entry time.

Holly Martel-Bourbon Presents Great White Sharks of South Africa

The club will host a slide presentation by Holly Martel-Bourbon, Senior Aquarist with the New England Aquarium, on Thursday May 24, 2001 at 8:30 PM, immediately following our regular business meeting. Her topic will be scuba diving with and observing Great White Sharks in South Africa. Admission is free and the public is invited.

South Africa's temperate waters and abundance of fur seals, the preferred food of the Great White Shark, makes it an ideal place to observe these misunderstood fish that grow up to 20 feet in length. Known as a 'man-eater' the Great White is certainly capable of inflicting grave damage when it mistakes human beings for seals. Don't miss what promises to be a fascinating evening, and be sure to bring a friend or two!

Member of the Month

May 2001

Dodie Carvalho

Website Adds Two Informative Features

There are two new improvements to the North Shore Frogmen's Club Web Site that might make you jump back on the web. First is customized SCUBA News. Right on the front page of the site, updated throughout the day, find headlines related to SCUBA diving from around the world. This service was the first place I learned of the recent BCD recall, the Florida cave diving deaths, and the success of the South African coelacanth expedition. Our second addition is a service of Epinions.com, and is a database of reviews of scuba equipment, dive destinations, and other SCUBA related materials that you can consult before making a purchase. You are also encouraged to write your own reviews, based on your experiences both good and bad. Another free service brought to you by the North Shore Frogmen's Club Interactive Services.

Rob Falk

Visit our website at www.northshorefrogmen.com

Minutes of the Meetings

Meeting called to order: 8:18 PM 4/26/2001

Attendance: Officers: 4 Members: 26

Total: 34

Guests/Visitors: 4 Jonathan & Christine Bird, John & Jeannie Rubin (from Danvers)

Announcements No Announcements.

Correspondence None.

Committees:

Membership: John Ferrier said application received for Jane White.

Program: Amy Maurer: The Easter Egg dive was extremely successful with great weather and turnout!

Upcoming Events & Presentations:

April 28th Club Night In at the Franco. 6PM "Tropical Paradise" theme. Moved to Bill & Nancy Gannett's!

June 16th Catch the Wave Benefit Banquet

Sept 1-3 Camp & Dive at Wells Beach, Maine

Extremis Boat trips coming up!

Calendar: Rob Falk reports no activity.

Air Bubbles: Next deadline for articles is May 18th.

Photo Contest: Rob Falk reports that the Photo Exhibit/Contest has been cancelled. A revamped form of the contest will be presented later this year.

Old Business: A question of whether the regulator overhaul special was still on at Undersea Divers.

New Business None.

Dive Talk: Several members had a great time at the Easter Egg dive. Dave Smith presented his dive in Ft. Lauderdale, FL. Wreck of the "Tracy" (70 fsw) dive waved off by Dave due to rough seas and equipment problems. Ft. Lauderdale Caves dive was great. 30 fsw for 45 minutes. Water temp 78 degrees; 50-60 ft vis.

General Discussion: None.

Raffles: Pete Chapman, Dollars Box

Mike Denneler, Fleece Booties

Mike Denneler, Dive book ("The Last Dive")

Mike Denneler, Regulator

Dawn Denneler, Mystery Prize (DUI Canvas Bag)

Adjourn: 8:49 PM

* * *

Meeting called to order: 8:11 PM 5/3/2001

Attendance: Officers: 4 Members: 15

Total: 19

Guests/Visitors: 0

Announcements Pete Cassidy: Kudos to Nancy Gannet for hosting the Easter Egg Dive Party. Special thanks to Jonathan Bird for the Truk Lagoon Presentation last week. A great effort.

Correspondence None.

Committees:

Membership: John Ferrier reported no activity. He has NEARS applications for all who wish to join.

Program: Mary Howard: Brief review of future Froggie events.

Upcoming Events & Presentations:

May 12th Bay State Council Seminar @ Boston Public Library.

May 26th Holly Martins Diving with Sharks Presentation.

June 16th Catch the Wave Benefit Banquet

Sept 1-3 Camp & Dive at Wells Beach, Maine

Extremis Boat trips coming up!

Calendar: Rob Falk reports no activity.

Air Bubbles: Next deadline for articles is May 18th.

Photo Contest: Rob Falk says the photo contest is going back to the original "Froggies Only" format starting Labor Day.

Old Business: Bill Gannet: Prizes for the Easter Egg Hunt winners are:

John Sears (21 eggs); Beefeaters Gin

Peter Cassidy (14 eggs); Merlot

Peter Donovan (13 eggs); White Zinfandel

Still taking names for the Blackbeard's cruise waiting list.

New Business: Bill Gannet: Thanks to everyone who contributed food to the Easter Egg Hunt Party!

Dive Talk: Amy Maurer, Roslyn Smith, & Rob Falk had another great dive at Pebble Beach (considering Rob's leaking dry suit zipper.) Mary Howard, Rob Falk, Amy Maurer, Dave Smith did the Back Beach Almost Full moon dive. Great vis. Water temp 41 degrees. Saw sculpin, mystery floaties, and juvenile flounder, crabs and bugs. Stephen Levy dove Back Beach before the meeting.

Great dive w/same vis as previous night. Rick Kinkade dove Nubble Light last weekend. Water temp less than 40 degrees.

General Discussion: Mary Howard: Amy Maurer's husband Doug (d.b.a. "The Redneck in the Woods") is having an Art Show this evening.

Raffles: Rich Kinkade, Dollars Box

Not enough \$\$\$, UK 400 Super Light

Not enough \$\$\$, Pelican Float

Not enough \$\$\$, Mystery Prize

Adjourn: 8:50 PM

BOAT DIVING

By Peter Cassidy

With boating season approaching, I thought it would be appropriate to reprint an article from the May 1987 Air Bubbles.

The following is a list of suggested do's and don'ts for guests on boat dives.

Before:

1. If the weather is questionable, sea conditions may be even poorer so call the boat operator to see if the trip is on. Call also if for any reason, you cannot go.
2. To avoid seasickness don't eat greasy, heavy foods beforehand. Do eat something because an empty stomach may also cause seasickness.
3. Double check to see that all diving gear is packed.
4. Bring only tanks with boots.
5. Boat diving takes longer, makes one hungrier, thirstier and colder than shore diving so bring food, drinks and extra clothing.
6. On the open sea, especially in open boats, exposure from the sun is greater because of reflection. Bring sunscreen, sunglasses and possibly a hat.
7. Space and weight are important considerations aboard boats. Bring only the gear you need to dive safely and comfortably. Bring your duplicate gear on shore dives but not on boat dives.
8. If you have to be back at a specific time, don't go!
9. Show up on time.

During:

1. Stow gear according to the captain's instructions. Don't bang tanks and weight belts around.
2. If seasick, stare at a point on the horizon, take motion sickness pills and eat something light if hungry.
3. Don't drink or smoke without the captain's permission.
4. Follow the captain's instruction before entering or exiting the water.

Before entering the water:

1. Check your gear.
2. Make sure your air is turned on
3. Inflate your BCD
4. Press mask and regulator against your face while entering
5. Lastly, look to see that no person or object is in your way

After:

1. Disembark with your gear and your trash.

South Shore Neptunes on George's Island

On June 24th the South Shore Neptunes will be making their annual pilgrimage to George's Island to participate in the ancient ritual that welcomes summer.

There are ferries that travel to and from the Island.

There is full run of the island, and they will be bringing food and grills over. They even hope to get a softball game going.

The Neptunes welcome all (individual and clubs) who wish to share in this Rite of Summer.

There will be a charge of \$7.00 to cover the food.

Please set this date aside on your calendar.



Photo: Dave Smith, Trumpet Fish, Ft. Lauderdale

Catch the Wave

Catch the Wave will be happening again this year on Saturday June 16th at the Crown Plaza in Natick. It is located on the eastbound side of Route 9, on the Natick - Framingham line. There will be Music, dancing, good food, great conversation, and a place to sleep if you are traveling a distance and want to stay. The price cannot be beat!

This is the fifth year the event will take place, and as always it serves the purpose of raising funds to help a diver or his family in need, while providing a lively party forum for divers in New England to network and exchange ideas and phone numbers. It's lots of fun! There will also be an impressive array of drawings ranging from the 25 lbs. of live lobsters, or equivalent, to a dive vacation somewhere warm, still to be decided. A coveted GOT (Giant Ocean Tank) dive in the New England, Aquarium will be given away. Those who have done this dive will tell you that it is magnificent! You can bring along the family to watch. There will also be some really good dive related paraphernalia kindly donated by some of the local dive shops that support us divers.

The first **Catch the Wave** was held in Charlestown on February of 1997. A small but enthusiastic group came together for the purpose of bringing the local diving community together. It was a surprising success, with nearly 160 people attending. The extra proceeds were donated to "The Wayne Ross Recovery Fund". Each year since then a gift has been made to someone in our diving community in need. It is now a non-profit organization. This year the proceeds will go to commercial diver Ed Redfield and his family. He has Leukemia and has undergone several bone marrow transplants. Your tickets will certainly help, and will promote camaraderie and good will within our diving community.

Welcome to every one, diver or not, to a great event. Please try to make it. We will miss you if you don't. Suggestions are always welcome. I urge you to come. It will be a good time! See your club representative, dive shop or call below. At least buy a raffle ticket (or six) for the lobsters!

For more information, contact: Mary Howard, CTW Committee Member, Member North Shore Frogmen's Club, mhoward@rational.com; or 781-944-1292
Al Bozza, Chairman 2001 & Wendy Bozza, co-chairman; awexprsinc@aol.com. 508-384-1377 Price:\$30/person
Lobster raffle tickets: \$1 each or 6 for \$5

~~Florida~~ Lobster Cassoulet with Saffron Rouille

As I have mentioned at a few club meetings, I have set my ReplayTV (like a Tivo, only better!) to record any cooking show that features lobster. I have tried many excellent recipes – some simple and some quite complicated. This one is one of my favorites. As you all know, Maine lobster is superior to Florida lobster, and works just fine in this dish. The Saffron Rouille is a nice addition, but not really necessary if you think it's too much work or mess, but be sure to not skip the crostini!
Rob Falk

Chef: Marty Blitz, Restaurant: Mise en Place, Tampa, Fla.
Serves 4

Cassoulet

1/4 cup olive oil
1 clove garlic, chopped
1 onion, finely diced
1 carrot, finely diced
1 stalk celery, finely diced
2 sprigs fresh thyme, chopped
1 bay leaf
2 tablespoons tomato paste
1/4 cup dry white wine
4 cups white beans, cooked
3 to 4 cups lobster stock
Salt and freshly ground black pepper to taste

Saffron Rouille

Pinch of saffron
1 tablespoon hot water
2 eggs
Pinch of cayenne
1 teaspoon Dijon mustard
1 tablespoon lemon juice
1 cup olive oil
Salt and freshly ground white pepper to taste

Crostini

1 loaf French or Italian bread
2 tablespoons olive oil
1 sprig parsley, stemmed and chopped

Lobster

7- to 8-ounces lobster meat
Salt and freshly ground black pepper to taste
1 tablespoon olive oil
1 clove garlic, minced
1/4 cup dry white wine

Garnish & Service

1 tomato, peeled, seeded and diced
2 sprigs parsley, stemmed and chopped

4 sprigs thyme

To make the cassoulet: Heat the olive oil in a medium pot over medium-high heat and sauté the garlic until golden brown and soft. Add the onion, celery, carrots, thyme and bay leaf and cook 5 minutes. Stir in the tomato paste and cook 5 minutes. Add the white wine and cook until the liquid has reduced by half. Add the lobster stock and beans and cook until the stock is almost all absorbed. Season to taste. Keep warm.

To make the rouille: Place the saffron in the tablespoon of hot water to dissolve. Place the eggs, cayenne, mustard and lemon juice in a blender and process on high speed. Slowly add the oil in a small stream, continuing to process. When the oil has been incorporated and the mixture has thickened, add the saffron and water. Adjust seasoning with salt and pepper.

To make the crostini: Preheat the broiler to high. Slice the bread diagonally into 8 thick slices. Place the bread slices on a baking sheet and drizzle with olive oil. Broil until crisp and brown. Remove and sprinkle with parsley.

To prepare the lobster: Cut the lobster meat into large chunks. Season with salt and pepper. Heat the tablespoon of olive oil in a large sauté pan over medium heat and add the lobster meat and garlic. Sauté until the garlic is translucent and the lobster has warmed. Add the wine and cook until the liquid has nearly all evaporated. Mix in 4 large spoonfuls of cassoulet and set aside.

To serve: Divide the cassoulet among 4 large serving bowls. Spoon the lobster mixture in the center of each. Sprinkle with chopped tomato. Lean two crostini against the inside rim of each bowl. Drizzle the cassoulet and crostini with rouille and sprinkle with chopped parsley. Garnish each with a sprig of thyme.

For Sale

DUI Dry Suit. Ideal for 5'4", no more than 125 lbs. New zipper. Less than 20 dives. Very good condition. \$500. Call Patty at (978) 373-9381.

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

CF 200 Men's XLshort in great condition front entry color Red and Black (no rock boots) asking \$1000 or best offer.

Women's CF200 rear entry medium (about a women's

size 8), black (no rock boots) asking \$1000 or best offer.

A pair of Genesis double100's oxygen clean need VIP used four times. Asking \$800 or best offer. Miscellaneous Regulators
Contact Rodney @ Rokfish2@aol.com

New FreddieWear Available Now

You saw it at DEMA and you saw it at Sea Rovers. Now its here for Froggies of all shapes and sizes. From the "Classic Bomber" seen at left and the "Lounge Pants" pictured below, these high style "Chammyz" garments are sure to please. Available for order now through Amy Maurer, Roslyn Smith or Rob Falk at any meeting, or by visiting the website, these perfect pre- and



après dive wear items allow you to show off your club affiliation with pride. Your choice of 9 styles, 2 logos, 13 colors, and sizes from Tadpole through Bull ensure that all frogs will be satisfied. Be sure to check out the newest garb on the dive scene, at any NSF meeting.



Wear Freddie With Pride

Patches (3/\$10), Baseball Caps (\$10), Polo Shirts (\$10), and Enamel Pins (\$10) are for sale at the FIRST meeting of each month. See Mike Denneler to purchase these goodies!



Photo: Dave Smith, Parrot Fish, Ft. Lauderdale

Diving in Ft. Lauderdale (or "How to Know When to Bag a Dive")

By Dave Smith

After doing much searching on the Internet and talking with other divers, I made Pro Dive my dive shop of choice. They have a nice dive shop right off A1A (Ocean Drive) in Ft. Lauderdale.

I was very impressed with the personnel. In all the dives I have done, they were the only ones who actually wanted to check my logbook. We were doing a dive to the wreck of the "Tracy" and they wanted to be sure that I had that kind of experience. Also, Pro Dive requires that you have blown bubbles within the last 18 months. If not, they will require you to take a refresher course before heading out on the boat.

After checking in, go around the corner to the equipment shed. They will set you up with anything you have requested when you checked in. Myself, I needed a wetsuit and a weight belt. I got a 3-mil farmer john for the day's dives. Now for the weight belt. At the equipment shed, they give you just the belt. The weights are added onboard. Doing some quick math, I know in full 7mm dress for Cape Ann, I use 34 pounds. In Mexico (2mil shorty) I needed only 12 pounds. So I figured I would need about 24 pounds for the farmer john. This is where I should have stuck to my convictions because the divemaster said I only needed 16 pounds. This would turn out to be a bad thing. I think that since the boat was full, they didn't have enough weights to go around. There were a couple of divers doing rebreathers and they said that some weights were borrowed off the boat.

Once everybody got onboard the Pro Dive II, we started heading out to the "Tracy" some 50 minutes away. When we were almost there, the captain gave the dive briefing and started buddying up divers. Once anchored, I had an uneasy feeling about the first dive. Waves were running four to six feet. Another problem was the dive master wanted us to go down as soon as we hit the water. That doesn't agree with me because I need time to equalize. To make things worse, I was to be the first one off the boat.

As soon as I hit the water, I headed over to the anchor line and started down. About 15 feet down, I noticed my air was quite moist. In fact, I was getting a lot of water with every breath. Also, it seemed that I had to work for every bit of air out of my regulator. Trying to hang onto the anchor line, I was being flapped around like a flag in the breeze. On top of it, the equalization aspect of the dive wasn't going very well. There I was; down at 25 feet with another 50 to go, having a hard time getting waterlogged air out of my tank, and literally trying to pull myself down the anchorline. Looking up, I could see a long line of black wetsuits wondering what was going on. So feeling waves of anxiety, I remembered that if it doesn't feel

right, don't do it. Incredibly disappointed, I gave the thumbs up and signaled that I would sit out the first dive. Better to be very disappointed than to be very dead. I figured if I was having this much trouble at 25 feet, no telling what was waiting for me at the bottom.

While on the boat, I managed to fix the problem with the air drag. I had the reg set to max resistance. Not good. When everybody was back on the boat talking about the big five-foot barracuda that I missed cruising the wreck, we pulled anchor and headed to dive spot 2, the Florida Caves. The Florida Caves aren't really caves at all. It is a big open reef with lots of nooks and crannies filled with fish. Thought I would have an easier time with this dive.

Over the side and dropped down to 30 feet. The regulator was still flooding so I switched to my backup. The thinking was that if I did have a problem at this depth, I could easily do a controlled emergency ascent to the surface. Once I switched regs, I had a very enjoyable second dive. Lots of different kinds of life. There were rods that looked like they were dancing up and down. Blue tangs and parrot fish would pass by. All around was the sound of the parrots munching on the coral. I saw a couple of puffers and an amazing cow fish. Looks just like a puffer except it has two spikes on the top of his forehead.

Around 1000 pounds of air, the weight belt became an issue again. With almost no air in my BCD, I had to literally fight to stay on the bottom. I managed to stay down for 45 minutes and then, no longer able to counteract Mr. Archimedes and his law, I drifted leisurely up to the surface.

Getting back on the boat with the seas the way they were was a real experience. I had to time it just right so my feet hit the bottom run on the "valley" of the wave. I thought I was going to be catapulted over the bow as the next wave rolled by.

So what did I come away with:

If it doesn't feel good, don't do it. Nobody is going to ridicule you for bagging a dive. If they do, just cross them off your short list of available divers.

If you have your reg serviced, go to a pool and check it out before that not-too-often-in-a-lifetime dive!

Personal experience is worth more than another's opinion. I wish I had been more determined in the weight belt issue.

My impression with Pro Dive? Excellent. The very fact that they looked at logbooks tells me they want divers on board; not just people who go diving. I would definitely hop on their boat next time I am in Ft. Lauderdale!

Activities Calendar

May 20 (Sunday)	Sunday dive 10am departure
May 20 (Sunday)	Bay State Council Underwater Treasure Hunt Stage Fort Park
May 24 (Thursday)	Presentation: Holly Martel-Bourbon on Diving with Sharks in South Africa
May 27 (Sunday)	Sunday dive 10am departure
June 2 (Saturday)	Bay State Council Used Equipment Sale Quincy
June 3 (Sunday)	Summer Kick-off Sunday dive 8:30am departure
June 6 (Wednesday)	Full moon night dive 9:30pm entry at Back Beach
June 9 (Saturday)	Extremis boat dive (must sign up) 1:30 Beverly
June 10 (Sunday)	Sunday dive 8:30am departure
June 16 (Saturday)	Catch the Wave 7:00pm in Natick
June 17 (Sunday)	Sunday dive 8:30am departure
June 23 (Saturday)	Canoe trip on Ipswich River
June 24 (Sunday)	Sunday dive 8:30am departure
June 28 (Thursday)	Presentation: Daryl Findlay New England diving
July 1 (Sunday)	Sunday dive 8:30am departure
July 4 (Wednesday)	Full moon night dive Back Beach
July 8 (Sunday)	Sunday dive 8:30am departure
July 8 (Sunday)	Extremis boat dive (must sign up) 8:00am Beverly
July 14 (Saturday)	Casino Cruise (Buy your own ticket 1-800-LUCKY32)
July 15 (Sunday)	Sunday dive 8:30am departure
July 22 (Sunday)	Sunday dive 8:30am departure
July 26 (Thursday)	Beach meeting
July 29 (Sunday)	Sunday dive 8:30am departure

Newest Activity Added: Saturday, July 14th

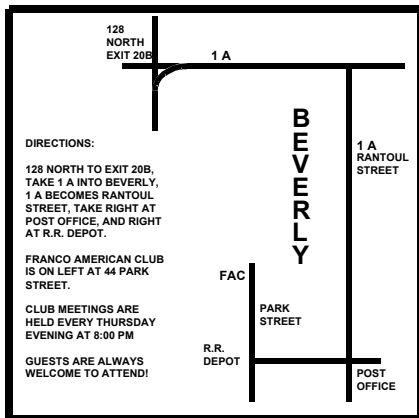
Horizon's Edge Casino Cruises

76 Marine Blvd (Route 1A, Lynnway) Lynn
1-800-lucky32 or 781-581-7733

Cost is 35.00 per person, includes boarding fee, \$3.00 federal tax (figures), 'gourmet' buffet, live entertainment, dancing, and of course.....casino!!! Ship departs at 7:00 pm, arrives back at 1:00 am. Please arrive at 6pm!! There have been no bulk reservations; anyone who wants to go must call the above number and make your own. Any questions call Dawn Denneler @ 978-777-2087

Club dives are held every Sunday morning– meet at the Burger King on Rt. 128 starting at 8:30. Depart at 9 AM. Night dives are held on the Wednesday before the Full Moon of each month. Meet at Back Beach. Times Vary – see inside.

Club meetings are held every Thursday evening at 8:00 PM at the Franco American Club in Beverly. Guests are invited to attend the meetings! Directions: 128 North to Exit 20B – take 1A into Beverly, 1A becomes Rantoul Street. Take a right at the Post Office and a Right at the Depot. F.A.C. is on the left at 44 Park Street.



UNDERSEA DIVERS

BOB BOYLE
42 WATER STREET
BEVERLY, MA 01915
978-927-9551

SEWING BY JEANNIE

Drysuits, wetsuits, Jeannie Boots/Undergarments,
Seals, Zippers, etc.
Sewing and alterations of **all types** - dive related and
non-dive related.

Contact Jeannie Rahilly at
978-664-6225 or jrjmdiver@aol.com
Private or group sewing lessons available

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

Holly Martel-Bourbon on
Great White Sharks of South Africa
Thursday May 24 at 8 PM

Catch The Wave: June 16th
See Page 4

Casino Cruise: July 14th
See Page 7