
Air Bubbles

The Newsletter of the North Shore Frogmen's Club

Volume 43, Issue 8

July 2001

Guest Editor's Message

Peter has taken the month off. In his place, I've decided to remind the club of a couple of important dates ahead: September 15th and 16th. On September 16th, we'll have our annual picnic at Stage Fort Park. This event is always fun, well stocked with food and drink, and well attended. It's a great opportunity to bring friends and family together through our club - many times they get left above or behind on the beaches while we blow bubbles.

Saturday September 15th is another important day for our club; the Froggies will have their 3rd annual beach cleanup as part of Massachusetts Coast Zone Management's Coastsweep 2001. Please read Dave Smith's article on page 6, and see if you can set aside some part of that Saturday to help clean up the ocean and to help promote our club.

There has been no small amount of controversy this year, as to what this club is, and what this club stands for. Here, in one weekend in September we have an opportunity to do some good for the environment and for the club, and to set the record straight. Thus, here is my challenge to the club:

Can the North Shore Frogmen have as many members present at Niles Beach on Saturday, as we do at Stage Fort Park on Sunday?

Rob Falk

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Labor Day Weekend -Nubble Light Dive

Be at the dive site at 10:00 a.m on Saturday September 1st. Everyone is welcome, not just those who are camping for the weekend. After the dive, you are welcome to join us back at the campground for afternoon relaxation at no fee. Make sure you bring a CHAIR, and any refreshments you might like to have. Families are welcome....see you there!!

Dawn Denneler

Member of the Month

August 2001

Dave Smith

Lobster Catch at All Time Low

It's not just the Froggies who are finding fewer lobsters at the old secret spots this year. Some people blame it on water that has been slow to warm up this season, and others think it has to do with the upsurge in the lobster's natural predators like striped bass and Asian Red Crab. But, whatever the reason, many Massachusetts lobstermen are reporting their worst season in as long as they can remember. WCVB TV Channel 5 reported the story on their August 13, 2001 newscast, with reporter Janet Wu noting that prices this year were up over one dollar per pound more than this time last year, due to the record small catch.

By this time last year [July 4th] my buddy and I had caught a seventy five lobsters between us. This year: 12. Last year on 4th of July we bagged 32. Today, nothing.

Following last year's abundant catch, some saying it to be one of the best ever, this year's dearth of lobsters is

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Visit our website at www.northshorefrogmen.com

The North Shore Frogmen's Club Inc. 2001



Executive Board

President: Peter Cassidy
 Vice President: Bill Gannett
 Treasurer: Rich Kinkade
 Secretary: Dave Smith

Consulting Directors

Linda Marshall
 Dale Findlay
 Dave Metrano
 Paul Farrey

Committees

Membership: John Ferrier
 Activities: Amy Maurer
 Webmaster: Rob Falk
 Shore Dive: Roslyn Smith

Air Bubbles

The Newsletter of the North Shore Frogmen's Club

Editor: Meg Doyon

Contributors: Rob Falk, Dave Smith, Daryl Findlay

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Submission by email is the preferred method:
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Minutes of the Meetings

12-Jul-01

Meeting called to order: 8:05 PM

Attendance: Officers: 4 Members: 27 Total: 33

Guests/Visitors: 2 Dennis Nichols, Jack Munro

Announcements None.

Correspondence None.

Committees:

Membership:

John Ferrier reports no candidates this week..

Finance:

Rich Kinkade reviewed the numbers. Mike Denneler: What ever happened to the "Quarters Fund?" Mary Howard is to report back on the status of the Quarters Fund before August 12th.

MOTION: Shall the club pay the website bill?

COMMENT: This bill represents the physical web server and not the domain name which was paid earlier this year.

Discussion on the motion:

Don't go looking for new servers. "If it ain't broke, don't mess with it." Moving the website is a HUGE effort. Savings in AB Postage? About \$20/month (\$120/year).

Vote: Motion passes unanimously.

Program:

Amy Maurer: Brief review of future Froggie events. Upcoming Events & Presentations: See Calendar

Air Bubbles:

Next deadline for articles is July 18th.

Bylaws Committee:

Rob Falk (chr), John Ferrier, Dave Metrano, Pete Cassidy, Ray Porter, Rich Kinkade. Vote this week. See new business.

Old Business:

Bill Gannett: Everybody had a great time on the annual Froggie canoe trip. We managed to make some new international friends. Some people went "diving" either intentionally or unintentionally. Linda Peihl: has not received Air Bubbles; either electronically or hardcopy. Please correct.

New Business

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Tony & Diane Anthony: The Dane Street Congregational Church has offered to host an "under legal drinking age" division of the club. John Ferrier: Motion to vote on the membership of Jack Munro, NAUI Certified, 420 hours U/W. Motion PASSES. Welcome to the club Jack!

MOTION TO VOTE ON PROPOSED AMENDMENTS TO THE CLUB BYLAWS

MOTION #1: Shall the following change to the bylaws be made: Shall article 7 of the bylaws be amended by striking "Honorary member" wherever it appears, and substituting "Life member?" Committee

Recommendation: Unanimous approval.

Discussion: None

Vote: Motion passes by more than 2/3 majority vote.

MOTION #2: Shall the following change to the bylaws be made: Shall articles 5 and 6 of the bylaws be amended as follows? Article 5: By adding line 5.6, as follows: An applicant shall become a member upon an affirmative vote of a majority of members present and voting at a regularly scheduled meeting.

Article 6: By striking all after "diving" in the line 1; and By adding line 6.9, as follows: The President may, without a vote of the membership, award an associate membership for that calendar year, without cost, to a nonmember who performs a significant service to the club. If the person submits an application for membership and a copy of his or her certification card, the person may, upon vote of the members, become a regular member, with his or her dues waived for the calendar year.

Committee Recommendation: Unanimous approval.

Discussion:

Joe Terra: Is "free" membership granted after year 1. (Yes, but has to pay fee). Pete Chapman: Can the club outvote the president (Not specifically addressed). Ray Porter: Presentors afford a tremendous asset to the club. We get much more than we give up. Dave Lund: Most people affected by this change would want to join the club anyway. Rob Falk: This is a more valid gesture than a gift. No cash out of the club. Terry Jacobs: Presentors understand coming in that their services are free. A warm thank you should be sufficient. Joe Donovan: What about previous guests? What if they want the same thing?

Vote: Motion passed by more than 2/3 majority vote w/4 NEAS.

MOTION #3: Shall the following change to the bylaws be made: Shall article 5, line 5 of the bylaws be amended by striking "the legal drinking age as established by the existing Laws of the Commonwealth of Massachusetts" and substituting "18 years of age?"

Committee Recommendation: No recommendation either for or against.

Discussion:

Since there was quite a lengthy discussion on this issue, a separate record is available from the club secretary.

Vote: Motion does not pass. 11 YEAS 13 NEAS 7 ABSTENTIONS

Dive Talk:

Mike Denneler: Loblolly Cove. Lost wedding ring. If your ever diving this location, check around in the sand as you exit. Dave Smith: Extremis Dives.

Awesome first dive on the Poling. Checked out all the stairs, portholes, catwalk. Great vis 34-40 ft. Temp 41F. Depth 91 ft. Dive #2: (Bugless) Norman's Woe. Not many critters but interesting dive. Came across weightbelt. Vis 20ft+. Temp: 43F. Depth 43ft. Faith Ortins: "Bone Wreck." Skeleton of a whale on a wreck. Depth 175 feet Paul Stamegna: Magnolia Rocks (in a new wetsuit!). Pete Cassidy: Smittie's Cove in Prince William Sound, ALASKA! Sunshine Sport Dive Shop. Had to drive through 2 1/2 mile tunnel to dive site. Giant kelp. Surface temp 50F. Bottom Temp 39 F @ 57Ft. Lots of glacial silt reduced vis to 10 ft. Split fins worked great.

General Discussion: None.

Raffles:

Amy Maurer, Dollars Box.

Nancy Gannett, Catch Bag.

Mike Denneler, Mystery Prize, Mermaid bug buoy.

Notes for next meeting: None

Adjourn: 10:10 PM

2-Aug-01

Meeting called to order: 8:12 PM

Attendance: Officers: 4 Members: 25 Total: 30

Guests/Visitors: 1 Eric from Malden

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Announcements Dave Smith: Thanks to Mike Donovan for filling in on July 19th. Great job!

Correspondence None.

Committees:

Membership:

John Ferrier reports no candidates this week..

Finance:

Rich Kinkade reviewed the numbers.

Program:

Amy Maurer: Brief review of future Froggie events.

Upcoming Events & Presentations:

See Calendar

Air Bubbles

Next deadline for articles is August 18th. Rob Falk: Someone please write something. Peter Cassidy: remember the goal I set; one article from every member this year!

Old Business:

Pete Cassidy: Under the authority of his new presidential power, Pete has made certificates for those who will be granted membership for contributions to the club. Please review and comment!. Rob Falk: Should we open Air Bubbles for member and/or non member advertisements? Member ads (business card size). OK for a non-member to go through a member for ads. Further discussion needed.

Rob Falk: Sign up for Topica.com dive email list! Emails available in real time or "digest" formats.

New Business

Dawn Dennele: Can club meet on Wednesday before Thanksgiving? No, Franco has functions on Wednesday evenings.

Dive Talk:

Rob Falk & Amy Maurer: Kayak diving PADI specialty @ Lane's. Saw brittle star, and northern red anemone. AFTER they got separated Rob swears he saw a four foot shark. (Ed note: Narc'd @ 30ft?). Ticked him off w/his poker. Found tiny lumpfish in tank well of kayak Sidebar: Mike Turner is working on clearing out the parking lot @ Lane's. Way to go, Mike! Dave Smith: Old Garden Beach w/Joe Terra. Low vis & still cold. No bugs worth mentioning. One skate. Wind from the north pushed seaweed in close

to the beach. A dive is a dive is a dive! Roslyn Smith: A couple of nice dives at Pebble beach with Joe Terra. Got 4lb bugs.

John Ferrier: San Diego DUI trip. Lots of bugs. Saw huge (size of a Jeep Cherokee) sea bass. Est weight 350 lbs. Flying fish picked-off by sea lions. 40 ft vis. Lots of interesting sea life. Dove on Yukon and Ruby E. Great food! Rob Falk: AFM Night Dive. "Muck" dive. 3-4 ft surf. Huge bottom current. Very low vis. Joe Donovan: No vis and huge bottom current at the latest secret spot. Bill Gannet: Sunrise dive with Almena Smith who dove in a 2mm wetsuit!

General Discussion:

Dale Findlay: Trying to line up a boat for the NEARS survey dive. John Ferrier: Rodale's has articles on Dick Long and artificial reefs. Al Morris: Pan Mass Challenge Fundraiser is this weekend. Anybody want a kitten? Amy Maurer: Need to pursue equipment for presentations.

Raffles:

?? Dollars Box.

?? Mouse pad.

Daryl Findlay, Mystery Prize, Imported lighthouse TicTacToe set..

Notes for next meeting: None

Adjourn: 9:28 PM

9-Aug-01

Meeting called to order: 8:16 PM

Attendance: Officers: 4 Members: 11 Total: 15 (Ed Note: VERY warm muggy night!) **Guests/Visitors:** 0 **Announcements** None.

Correspondence None.

Committees:

Membership:

John Ferrier reports no candidates this week..

Finance:

Rich Kinkade reviewed the numbers. Bill Gannett would like a report of the calendar account. Mary Howard needs to provide financial information to Rich Kinkade to complete the report. Dave Smith will search meeting minutes for any information from past meetings.

Program:

Mary Howard provided a brief review of future

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not only disappointing, but alarming. Rapid fluctuations in population are often the sign of an imminent crash.

Even with new maximum size restrictions imposed in recent years, and with the minimum size due to be raised again for next year, the future of the Maine lobster is as murky as Boston harbor water.

Scientists are divided as to what the cause of the decline is, and equally divided on what may help. Some advocate imposing further restrictions on commercial lobstermen, limiting the number of traps they might fish. Others seek new limits on the recreational "10 pot" licenses. And then there's the question of whether or not scuba divers should have a daily bag limit.

One thing is certain: short of imposing these drastic measures, which will restrict the freedoms of various groups, the creation of more habitat for lobsters can do no harm.

Research is not yet clear on whether the addition of artificial reefs to otherwise barren ocean floor helps to create and sustain new life, or merely attracts it from other areas. No one argues that it does harm.

The New England Artificial Reef Society advocates a program of developing artificial reefs as a means to attempt to stem the decline of the New England lobster population, and to monitor these projects for signs of success or failure. For more information on how you can make a difference, contact Dale Findlay, NEARS President, by email to dfindlay@rcn.com or phone 781-246-1868

Rob Falk

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Meet A Froggie



Name: Peter Cassidy

Hometown: Georgetown

Birthplace: Salem, MA

Occupation: Small Business Owner / Manager

Date Certified: August 83

Certification Level: Basic Open Water

Number of Dives: I stopped counting after my first few log books.

Joined Froggies In: spring 1984

Dive Interests: observing marine life

Favorite Local Site: Eastern Point, Gloucester

Favorite Destination: Bloody Bay Reef, Little Cayman

Fantasy Dive: Red Sea

Most Memorable Dive: Blue Corner, Palau in 20' seas. I dove off a 35' boat that travelled across 50 miles of the pacific ocean to a remote spot off the main island. The exit and entry were from a pitching boat with both props in full rotation. The captain throttled the boat in an attempt to keep it as stable as possible just outside a 20' breaking surf zone. The dive was under the surf on the wall below. We were warned not to surface above the wall as we couldn't be rescued. We saw beautiful marine life along the wall including hammerhead sharks. This was my most memorable dive.

Factoids: 24 years ago I worked in the marine research laboratory at the New England Aquarium.

Hobbies: Obviously diving as well as swimming, boating, ice skating, gardening and playing my guitar.

Favorite Food: Stuffed Shrimp Savannah.

Fish I like Best: No one favorite in particular.

Favorite Club Memory: A club boat dive and cookout on Misery Island.

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Froggie events. Upcoming Events & Presentations:
See Calendar

Air Bubbles:

Next deadline for articles is August 18th. Rob Falk: Somebody please write something. Peter Cassidy: Remember the goal I set: everyone write one article this year!

Old Business: None

New Business: None

Dive Talk:

Al Morris: Dove with Bill Gannett at Old Garden Beach (Tuesday AM Club). Dave Smith: Two dive off extremis with John Ferrier, Amy Maurer, Roslyn Smith, Rob Falk, and Dave Lund. Burnham's Ledge. Great dive in UW canyon. Cookout before Dive 2. Halfway Rock night dive. Fantastic wall with lots of life. Two ft. ocean pout. John Ferrier: Sunday club dive @ Lane's Cove. Big lobster controversy. Diver with huge bug. Says he is exempt from 5" restriction. Sticker says so but law says sticker is invalid for our area. More to follow. Dove Back Beach w/Dave Smith before AFM dive. Mary Howard: AFM Night dive with Dave Smith at Back Beach. Saw tiny and large ravens, mysterious eel, lots of bugs. Jack Munro and Mike Donovan had to bag the dive due to equipment problems.

General Discussion:

Joe Donovan: DNA from winter flounders are being used to make a better tomato! Mary Howard: "Fantastic Caves" presentation at Omni. Will get a sign up list going for those interested. Pete Cassidy: Discussion of tanks that fail VIP being sent back to manufacturer and passing there.

Raffles:

Mike Donovan, Dollars Box.

Rob Falk, Dive Light.

Joe Donovan, Dive Flag Mouse pad

Mary Howard, Mystery Prize, Lobster Plate Set.

Notes for next meeting: None

Adjourn: 9:09 PM

Crack by Day / Rock By Night

by Rob Falk Photos by Dave Smith

The party was just getting under way. The woman in black, Roslyn, asked for me to pass the precious white powder, and I looked furtively at my stash. It was going to be a long evening, and I wanted to make sure that I had enough. Carefully, I passed it to her, and she promptly spilled it – on her neck and wrist seals – and passed the talc back to me (With a title like "Crack By Day / Rock By Night isn't that how this story should start?")

Saturday, August 4 was a date I had been looking forward to since last year, when I got closed out of the famous Extremis Halfway Rock Barbecue and Night Dive Extravaganza. So, when it was announced this year, I signed up immediately, and circled the date on my calendar. (OK, bolded it on my palm pilot, but that's basically the same thing.) As the day drew nearer, the weather forecast grew less and less inviting. We had a week of evening thunderstorms, and they were to continue right on through the weekend. It was raining Saturday morning when I got up. All six divers, Roslyn Smith, Amy Maurer, Dave Lund, Dave Smith, John Ferrier and me, had decided to bring various dishes and treats for all to share on the trip. Despite the weather, I dutifully prepared my mini eclairs, figuring that "someone" would eat them when the dive was cancelled. But, not hearing from the captain, I dutifully packed my gear and headed out for the dock. At the pier, I learned that we were indeed going, and that it might not be so bad. The plan had already been made to go to "The



Crack” for the first dive instead of Halfway Rock. I certainly had no objection to that. Once at the spot, it did not look promising. The surface current was raging.

First in, as I was about to melt in my drysuit, I hung on to a surface line like laundry in the wind – there was no staying upright, I just stuck in my snorkel and flapped in the



breeze. Once we were all in the water, we followed Faith, hand over hand down the mooring line to the crack at Burnham’s ledge. Just as Jeff had promised, as we got near the bottom the current subsided and the visibility improved dramatically, as did the scenery. There are things you can see at Burnham’s Ledge that just don’t show up in a lot of other local dive spots.

Awesome varieties of starfish and anemones, and some pretty good sized wolffish and lobsters as well. The water was chilly (46) and thankfully, Amy ran a line from the mooring, so that we all had a good frame of reference for the return trip. With depths that can exceed 120 feet, some of us needed more reference than usual! After a pleasant 30 minutes or so, we all lazily ascended and got ready for the feast, as Jeff steamed over to the Rock. Once there, we were all amazed by how calm it had become. Jeff turned the boat stern to the rock and about 10 feet from it, and killed the engines. No anchor, no mooring, no drift. A little guff from Faith. All the while we sat there before and during the cookout, Jeff had to fire the engine only once, as we just sat there in the glass flat water.

Although the clouds never cleared enough for us to enjoy the full moon, it also didn’t rain on us as much as expected! Steak tips, chicken, sausages, salad, fruit salad, some amazing tabouli something or other were in plentiful supply, along with all kinds of soft drinks, fruit drinks, sports drinks and water. It was a good thing my mom wasn’t on the trip: we wouldn’t have

been allowed in the water for at least another three and a half hours! But, darkness was on us, so it was time to jump in and see Halfway Rock by night.

I decided to head right for the bottom. With a 30% Nitrox fill, I figured to hang out in the sand and then work my way up with a leisurely set of switchbacks over the underwater mount. On the sand were large flounders and cod, and some good size hake. I’d only seen baby hake (in scallops) before, so this was a real treat. And, at night, if you’re quiet, you can swim up pretty close to things - so this was way cool. The lobsters were out on parade; ever since they found out we can’t take them at night they seem to march around more boldly than ever... On the way back up I was treated to see some soft coral, sea cucumbers and a variety of colorful little critters that I’m sure Amy or Maria would have a better name for. Once back on deck we were treated to Faith’s Nitrogen Absorbing Brownies. Rumour has it she will be publishing the recipe in the October Air Bubbles, due out just after she and Jeff head for San Diego. After short ride back to the dock, it was time to head home for a well-earned good night’s sleep.

Coast Sweep 2001

by Dave Smith

This certainly has been an interesting year. It's back! The shark is once again back in the limelight terrorizing beaches up and down the country's seaboards. Every sunfish, every mysterious fin sighted on the ocean is instantly labelled a terror. Headlines flash the story; "Man-eating shark spotted; Thousands flee". Unable to face our own fears and anxieties, we project them onto a living being that has called the ocean it's home for millions of years.

While I DO have a healthy respect for the life that is in the sea, I do not fear what I might encounter. There is a very big difference. I do have a very real fear of something in the water. Something that is not of nature but of man. What gives me the creeps is called pollution; in all it's many forms. Sometimes, I'm filled with anxiety wondering when I'm going to be snagged by a fish-

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ing line, scraped by an old, discarded piece of metal, or have a beautiful under water scene, ripe for a picture, spoiled by what once was floating trash. Do you realize that heavy pollutants washed from streets can "puddle" on the bottom, waiting to be kicked up by finning?

Fortunately, we can do something about this. On September 15th, the Froggies will have their 3rd annual beach cleanup as part of Massachusetts Coast Zone Management's Coastsweep. I am asking everyone to help ease my fear of what's in the water and come join us. Last year, we cleared Niles Beach of 1,324 pounds of trash; from paper to huge planks, it was gone. The locals treated us as gods, for spending the day clearing the trash. We had a great time.

Let's promote our club! It would be great to have divers in the water. I am going to invite the Ecology Club from Our Lady of Nazareth Academy again. If we could have a scuba presentation, we can turn these kids onto diving. The beach cleanup is a wonderful way to spend the day and meet new people. You don't even have to stay the whole day. An hour, two hours, whatever fits your morning or afternoon. All you have to do is pick up trash you find and record it on a sheet. Everything is provided, gloves, pencils, bags. You even get neat coupons for your effort.

DUI CF200X DRYSUIT

Excellent condition! Very little use. Like NEW! less than 40 dives on it. Does not leak. Size Medium/long, blue and black Neoprene seals. self-donning diagonal front zipper with zipper guard. Oversized CF200 knee pads for durability. Inside suspenders. This suit retails for \$2250 Will sell for \$1150

DUI CF200X DRYSUIT

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UNDERSEA DIVERS

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Won't you please consider joining us at 10AM on Saturday, September 15th? I don't want to be afraid of the water anymore.



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No Seamark for 2001

Dear Seamark Friends,

We are writing to inform our hundreds of Seamark friends concerning current planning for the future of Seamark events.

Recent programs have been particularly enjoyable and the Committee has been very much pleased with the participation of enthusiastic crowds and great presentations. Nevertheless, unavoidable increasing expenses in organizing these yearly events have sharply diminished funds available to assist the school in the operation of the Seamark Vision Clinic.

We have reluctantly decided that a Seamark event will not be scheduled in 2001. Time will be taken by the school to do a feasibility study and carefully consider various options looking toward an event in 2002. It is our hope that a grand Seamark Program will occur in October 2002.

We want to thank-you for your loyal and generous support over the years and we look forward to finding ways to make Seamark better than ever in coming years. We will keep membership informed of our progress.

Holly Martel Bourbon
Committee Chair

Dr. Carl W. Mores
Executive Director

Can We Talk?

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Please come sit beside me, and turn a tender ear.
I really must confide in you my deepest, darkest fear.
My time is quickly running, listen to my plea.
I cannot give what I do not have; it's like you just don't see.

All your new friends tell you, take what you can get.
Comes the day, when you will say, there's not enough regret.
Everything I've given is wasted on the wind.
Somehow you have to realize that more is really sin.

Only you can save us, only you my love.
Can't you see what you do to me cries to God above.
Every time I hold you in the waters of my life.
And cry out to the heavens, cry out from the shore.
To look inside yourself and find, the heart you had before.

Can we talk, lover, can we talk?
Think we have to open up, try and clear the air.
Can we talk, honey, can we talk?
We need to find that long lost time,
When you were truly mine...
When you were mine...
When you were mine...



© 2001 Dave Smith

Remember the 6 P's

by Rob Falk

Have you seen "Memento?" This fascinating film, starring Guy Pierce, is about a man who suffers from anterograde memory loss. Since he is unable to form any new memories since he received a head injury during his wife's murder, the hero is reduced to writing whatever he needs to remember on a slip of paper, or sometimes, if really important, by tattooing the information on his body. Despite his inability, literally, to remember anything, he's searching for his wife's murderer. I highly recommend the film, but that's not what this piece is about!



Short of tattooing "Aladin Computer" onto my own wrist, I had been at a loss for a while on how to remember to bring all my "favorite stuff" each time I load the car for a dive. If you're like me, despite your best intentions, pieces of gear seem to roam throughout the house at will. So, despite the fact that its all well cared for, when it comes time to dive, it may not all be well remembered. The booties and undergarment are in the laundry room, or maybe the closet. The dive computer is downstairs, where I was downloading profiles the other day. The other stuff, the big stuff, is pretty much in one place - the garage - but it seems that little men come and move it around just a wee bit from week to week. Hence, the development of my "Dive Check List."

Whether you are new to diving (in which case this list just might save a dive) or a seasoned old pro (in which case this list just might save a dive) you may find that having a checklist like this just might save a dive. There. Did I make my point?

My List

(Yours May Vary)

Bathing Suit
BCD
Boots

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Catch Bag
 Change of Clothes
 Compass
 Computer
 Cooler
 DIN Adapter
 Fins
 Flag & Line
 Gloves
 Hat
 Hood
 Knife
 Leg Sheath
 Lift Bag
 Light
 Lobster Bands
 Mask
 Money
 Regulator
 Scallop Knife
 Snack
 Snorkel
 Spare Parts Kit
 Tanks
 Wet Suit
 Sunglasses
 Sunscreen
 Towels (2)
 Water
 Weights - ditchable
 Weights - backpack
 Whistle
 Wrenches

This list is on my Palm Pilot, and I actually check off each item as I put it into the tub or directly into the car. It has already saved my day a few times, and made several other days much better than they would have been. (I used to always forget a snack or a towel...) You don't need a Palm Pilot (well, actually you do, but that's not the point of this piece...), you can print your list out from a computer, and check it off with a pencil.

I have variations on the list: one I use for wet suit diving, one for dry suit diving, even separate short ones

for kayak diving and night diving. Since I've been doing this - as long as I remember to use the list - I have not accidentally left any equipment at home.

The trick with this list is to put EVERYTHING on it. You can see that mine includes money, snack and water.; three things I used to routinely forget when leaving the house at 5:15 on a Saturday morning. And, when you think of something that you wish you had on a dive, add it to the list.



You may wish you had it again someday. © 2001 Daryl Findlay

By the way, just because its on the list doesn't mean that it comes on every dive. But now, I get to consciously leave things behind instead of plain old forgetting them. And don't leave out the big stuff like the tanks or the wet suit. In my haste or distraction I have made it down to the highway ramp without one or the other on at least one occasion.

You may think that this stuff is a) obvious, b) intuitive, or c) that if you forget your wetsuit you're too stupid to go diving. I am here to tell you that (a) & (b) are flat out wrong and PADI has already proven that no one is too stupid to go diving. [rimshot]

And just in case you think a lot of this could be solved by packing the day before: No way. Been there, done that. It simply means that instead of driving off harried in the morning, without my stuff, I drive off calm and collected, without my stuff. I need a list, whenever I pack. We've all been told, to remember the Six P's: Proper prior planning prevents poor performance. I hope this list helps you in your planning. It helps me (as long as I tape a note that says "List" on the bathroom mirror at night...)

Safe and Happy Diving!

Regular club meetings are at 8:00 every Thursday at the FAC unless otherwise noted,
 Sunday dives meet EVERY SUNDAY at Burger King on Route 128N in Beverly.

Now Through September 30

Meet at 8 AM, Depart at 8:30 AM

October 1 – April 30

Meet at 9:30 AM Depart at 10 AM

Night dives meet at Back Beach in Rockport

Times Vary: See the Calendar

Date	Event	
August 26 (Sunday)	Extremis boat dive (must sign up)	1:30 pm departure from Beverly
August 29 (Wednesday)	Full moon night dive	Back Beach. Enter Water 7:30PM
August 30 (Thursday)	Presentation: Daryl Findlay	New England diving
August 31 - September 3	Labor Day camping weekend & dive	Wells/Nubble Light, ME
September 1 (Saturday)	Nubble Light Dive	stop by camp during the day!
September 3 (Monday)	Photo Contest Deadline	
September 15 (Saturday)		
[rain date: September 22]	Coast Sweep	10 am at Niles Beach contact Dave S.
September 16 (Sunday)	Picnic	Stage Fort Park, Gloucester
September 22 (Saturday)	Extremis boat dive (must sign up)	8:00 am departure from Beverly
September 26 (Wednesday)	Full moon night dive	Back Beach. Enter Water 6:45 PM
September 27 (Thursday)	Presentation: Dave Smith	Epcot DiveQuest
October 7 (Sunday)	Sunday dive TIME CHANGE	10 am departure
October 25 (Thursday)	Presentation: TBA	10 am departure
October 27 (Saturday)	Pumpkin carving dive & party	Stage Fort Park, Gloucester
October 31 (Wednesday)	Full moon night dive	6:30 pm at Back Beach
November 22 (Thursday)	no meeting	Thanksgiving
November 28 (Wednesday)	Full moon night dive	6:30 pm at Back Beach
November 29 (Thursday)	Presentation: TBA	
December 8 (Saturday)	Banquet	FAC
December 26 (Wednesday)	Full moon night dive	6:30 pm at Back Beach
December 27 (Thursday)	Pizza party (no business)	



Hey You! Is That A Frog I See, Or A Bump On A Log?

Don't be a bump on a log! Send your pictures, stories, accounts, yarns, anecdotes, fables, myths, musings, fairy-tales, exaggerations and spare change to Air Bubbles. The more you participate, the better it gets for all members! Did you enjoy this issue? Help someone else enjoy next month's. Send in a picture or article TODAY!



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

Nubble Light Dive Saturday September 1

**Join the gang at the campground for the day!
See Page 1**

Beach Cleanup Saturday September 15

**Niles Beach, Gloucester
Pitch in and show them that divers care!**

Annual Picnic Sunday September 16

**Stage Fort Park, Gloucester
Fun for the whole family!**

Via First Class Mail
Address Correction Requested

Club dives are held every Sunday morning—meet at the Burger King on Rt. 128 starting at 8:00 AM. Depart at 8:30 AM sharp.

Night dives are held on the Wednesday before the Full Moon of each month. Meet at Back Beach.

Upcoming Night Dives:

Wednesday August 26 Back Beach

Moonrise: 5:24pm

Sunset: 7:24pm

Wednesday September 29, Back Beach

Back Beach

Moonrise: 4:05pm

Sunset: 6:34pm

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.

