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# Air Bubbles

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The Newsletter of the North Shore Frogmen's Club

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Volume 42, Issue 6

June 2000

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## President's Message

Hello Fellow Frogpeople,

I'm feeling politically correct on this fine dive weather day. Saturday's **canoe trip** was a blast – perfect weather, delicious food, and good turnout of members and guests. Thank you, Ric Stamegna, for another successful day.

I would like to congratulate and welcome our **new members**: Mark Garniss, Gail Couture, Amy Maurer and Mike Donovan. Four more buddies to share my diving addiction with. Life is good.

**Night dives** will now take place on the first and third Wednesday. Meet at **Back Beach at 7:30 PM**. Contact Roslyn Smith for more information.

For members arriving after 8:20 on **Thursday night meetings**, please go to the far left door and buzz in, as our regular door will be locked.

Al Morris is looking for volunteers to donate platelets at the **Dana Farber, Boston**. Only an hour and a half of your time contributes to helping others in need of platelets. Contact Al Morris if you are interested in doing this.

Paul Blanchette will organize a boat dive to the **Bass Submarine**. The depth is 150 feet. Call Paul if you are interested.

On Thursday, June 29<sup>th</sup>, Daryl Findlay will give a film on the "**Sea of Cortez**." See you there.

Linda Marshall

## Deadline for Next Month's Air Bubbles

The deadline for submissions to next month's Air Bubbles is July 15th. Get those articles, recipes, and other items in early!

E-mail articles to me at [megdoyon@cs.com](mailto:megdoyon@cs.com).

*Meg Doyon*

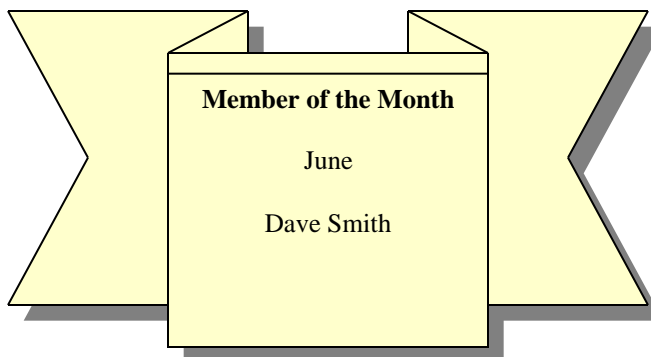
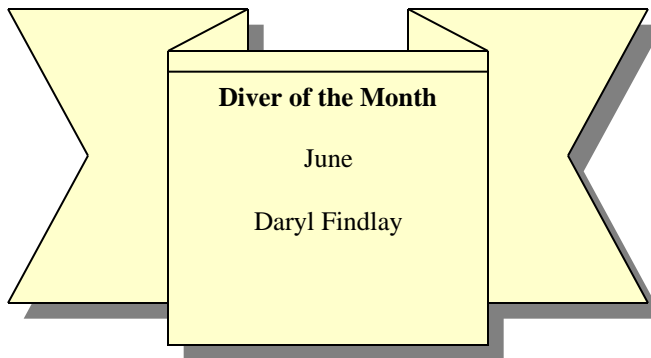
## Raffles

Congratulations to John Ferrier. He won the U.S. Diver regulator. Gail Couture won a nice Dive Flag and the dollar box.

We still have a 25-inch color TV to raffle off. Tickets for this raffle are also available at \$5.00 each.

## Good Luck Bobby Boyle.

We are all concerned for you and want to wish you a full and speedy recovery.



### 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 DeClue 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](mailto:Mycaal@aol.com)

### Tall Ships 2000

Fred Chase has reserved some "Froggie" space on Lovell's Island for tent camping for the weekend that the tall ships will be in Boston from July 14-16th.

**Contact Fred if you are interested!**

### Upcoming events

**Mark Miller** will give us a tour of his works in Marine Biology environmental protection and progress on a Thursday night in June. Stay tuned for more information.

Linda Marshall is working on the **Gloucester Horribles Parade** on July 3<sup>rd</sup>. Our theme is going to be "The Little Mermaid." If you want to join in, call her at (978) 750-3698.

There is a sign up sheet at the meetings for the comedy show **Gallagher at the North Shore Music Theater** for Friday, July 7<sup>th</sup> at 8:00. Ticket prices are \$31.00. This is a hysterical take. Contact Linda Marshall at (978) 750-3698 for more information on the show.

Please stop by Meg and Gary Doyon's house for a drink **after the show**. We live right down the street. Call Meg at (978) 524-0960 for directions.

**Casino Trip** out of Gloucester!! This was a **huge** hit last year. Lots of froggies attended and made donations, um... I mean bets. A good time was had last year and the same is expected for this year. Sign up at a meeting to attend.

### Free Advertising for Froggies

Froggie members who own a dive- or water-related business can put an ad in Air Bubbles for **FREE**. Just email me an ad or write something up and I'll put it in.

Charge for non-member dive-related ads is \$50 per year.

## Ultimate Buoyancy & Steely Determination

Does your inability to drop lead from your belt have you down? (Or, should I say, not down?) Are you tired of ending your dive at 35 minutes when your one-lunged buddy still has 1500 psi at the end of your dive? The answer to gaining ultimate buoyancy control is the same answer that Heifetz gave when a tourist happened to stop him on the streets of New York and asked “How do you get to Carnegie Hall?” “Practice!”

Every dive should start with a buoyancy check. Not necessarily the kind you did during your open water certification: you know, a 20 minute ordeal featuring an inner tube filled with a bathyscaph’s worth of ballast, with two instructors and a divemaster tying one and two pound weights to every D-ring available. But, how about a casual weight check?

Take a normal breath, hold it, and let all the air out of your BC (and dry-suit if you’re lucky enough to have one!). Do you bob hopelessly on the surface like a lobster pot buoy? Do you go down like a depth charge? Or, have you found buoyancy nirvana: you float at eye level? Eye Level! EYE, not chin, neck or collar-bone. No? Then do something about it! If you’re a lobster buoy or a depth charge, adjust your weight immediately! Don’t do the dive until you have dropped or added an appropriate amount. You will be so much happier, and so will your buddy. You will use less air, kick less hard, and more easily maintain neutral buoyancy throughout the dive. If its close – make a mental note – and adjust your weighting by a couple pounds for the next dive, and check it again.

And write it all down in your log! Write down what you wore, and how much lead you used. Write down where on your body you wore it! Experiment with ankle weights, tank weights, moving the weight to the back or front of the belt. Review your notes and see if next time you can be even more comfortable!

And, once you are in that habit, and you have dropped some lead – here’s another trick: Try steel tanks! Yeah, they cost a bit more than aluminum tanks, but so what? We’re talking about feeding our dive habit here, not feeding the family! A pickup truck costs a bit more than a bicycle, but I don’t see you pulling up to Back Beach on a Schwinn! You love diving and you want it to be as fun and easy as it can be? Go for the steel.

Here’s what will happen, right away: You will drop 5 – 8 pounds from your weight belt, immediately. You will have 25 to 50% more air with you on every dive. Your buoyancy will be more stable at the end of every dive. When I switched from my aluminum 80s to steel 120s in December, all of the above happened for me on my first dive! After 9 years of 45 minute dives, I’m getting 72 and 79 minute dives, with plenty of air to spare!

Steel tanks do have a couple of downsides. They are heavier than aluminum, and my 120s are just enough taller than 80s, that carrying them by the valve is just a bit more uncomfortable. But, those long dives and no low back ache from a monstrous weight belt more than make up for the shortcomings.

So – consider a buoyancy tune up – on every dive. Can’t get around to it? Keep forgetting? You can get started by signing up for a PADI Peak Performance Buoyancy Clinic. The critters on the bottom will thank you. Your buddy will thank you. And while you’re at it, rent or borrow a steel tank. You’ll thank me!

*Rob Falk*

## Used Children's wetsuits

Linda Marshall is looking for 2 used children's wetsuits. Contact her at (978) 750-3698.

## New Freddie the Frog Patches!

A **green** Freddie is on a **red** Dive Flag with North Shore Frogmen on the Stripe. The size is perfect for hats, jackets and gear bags. Wear Freddie on your stuff and display your club spirit!

**These are great looking, very colorful patches, and a steal at \$4 each or 3 for \$10.**

## New Freddie the Frog HATS Yes - HATS!

Freddie is sitting high atop an assortment of **baseball style hats**. The hats are available in many different colors and materials. The cost is \$10 each. Put Freddie on your top and tell the world you are a Froggie!

If you want to see a hat, you can see a picture of Jake Doyon modeling his Froggie Hat on our website at [www.northshorefrogmen.com](http://www.northshorefrogmen.com).

## New Freddie the Frog SHIRTS Yes -SHIRTS!

Freddie is proud to be sitting on the chest of our **polo style shirts**. The shirts are available in a variety of textures and colors. Men's Sizes: L, XL, XXL, & XXXL.

Quantities are limited. The cost is \$10 each. Wear Freddie around town and tell everyone you are a North Shore Frogman.

See Mike Denneler at the meetings.

## Sea of Cortez Film

Daryl Findlay will present a film on the Sea of Cortez on Thursday, June 29<sup>th</sup>.

This should be a spectacular show!

## Time Change for Sunday's Dives

**Effective Sunday, July 2<sup>nd</sup>**, the meeting time for Sunday's dives has changed. We will now meet at 8:00 and leave at 8:30. For those arriving after 8:30, there will be a note posted on the pole in the parking lot across from the front door of Burger King. The dive location will be listed there.

### UNDERSEA DIVERS

#### SCUBA & SNORKELING CENTER

AQUA LUNG

SEAQUEST

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.

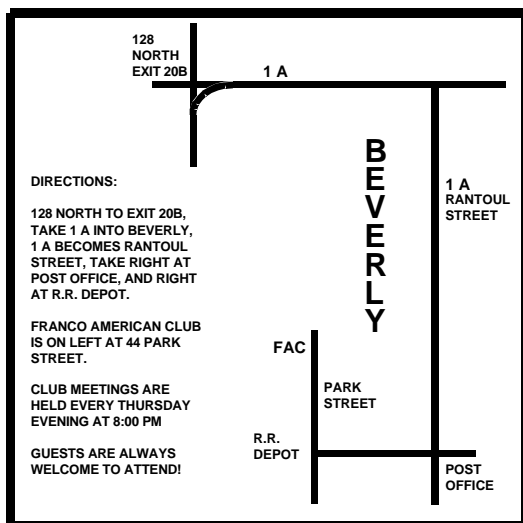
Contact Jeannie Rahilly at  
978-664-6225 or [jrjmdiver@aol.com](mailto:jrjmdiver@aol.com)

Private or group sewing lessons available

Club dives are held every Sunday morning – meet at the Burger King on Rt. 128 at 8 AM.

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 8:00 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.**



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