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# Air Bubbles

The Newsletter of the North Shore Frogmen's Club

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**Volume 42, Issue 9**

**September 2000**

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## **President's Message**

Hello Everyone,

Fall is here and diving is awesome!

Saturday, October 7<sup>th</sup>, Seamark will be happening at the Aquarium. This event is a fund raiser and all proceeds go to "Children with Disabilities" Cotting School. You can purchase tickets ahead of time for \$20.00 or \$25.00 at the door. Validated parking for \$3.00. We will have the run of the house, food, music, raffles, slide presentations and photo contests. Last year I attended and I highly recommend this event. If you have any questions, call or see me at a meeting.

Thank you, Mike Turner, for your investigation of the "Keep Out" sign posted at Magnolia Rocks. It would be tragic if we could not dive "Mag Rocks." This spot keeps us in check, as it challenges our entry and exit skills.

The Gloucester Times will be reporting on our Niles Beach Clean-up on Saturday, September 23<sup>rd</sup>.

Congratulations to Diane Anthony, Mary Howard, Mike Turner and Myself for completing "Rescue Diver" competencies. A special thank you to our dive masters, Ros Smith, Amy Maurer and Assistant Instructor, Brenda Doyon. A very special thank you to

our beloved instructor, Maria Maggio.

Linda Marshall

## **Deadline for Next Month's Air Bubbles**

The deadline for submissions to next month's Air Bubbles is October 18th.

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

*Meg Doyon*

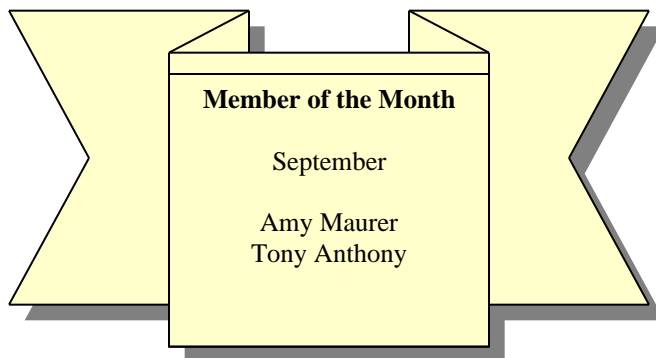
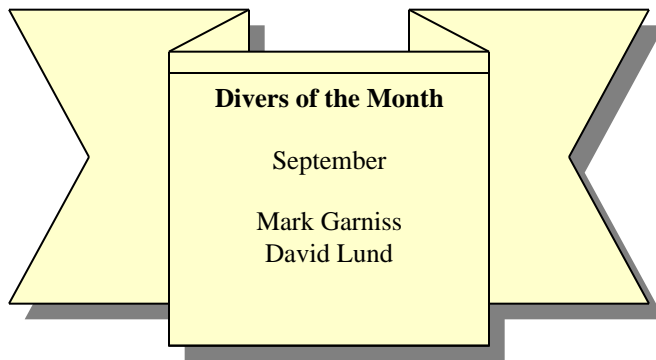
## **Correction of August Issue**

The Divers and the Members of the Month for August were reversed. The Divers of the Month should have been listed as Diane Anthony and Linda Piehl. The Members of the Month should have been Rob Falk and Bill Gannett.

## **Congratulations Rodney & Maria Dahlgren**

Rodney & Maria are the proud parents of a beautiful baby girl, Adrianna, born on September 29, 2000 at 6:24 am

Welcome to the world, Adrianna.



## 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.**

## 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!

## 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.

## 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



## **Recipe Corner Lobster Salad**

### **INGREDIENTS**

1 pound fully cooked lobster meat, or 5 pounds live lobster  
1 medium cucumber (5 to 6 ounces), peeled, seeded and finely diced  
1/2 cup Mayonnaise or bottled mayonnaise  
3 small scallions (white and most of the green parts), thinly sliced  
Kosher or sea salt  
Freshly ground black pepper

Steam or boil the lobsters. Let cool at room temperature. Remove the meat from the claws, knuckles and tails. Remove the cartilage from the claws and the intestine from the tails of the cooked meat. Cut the meat into 1/2-inch dice.

Place the cucumber in a colander for at least 5 minutes to drain the excess liquid.

Combine the lobster, cucumber and mayonnaise. If the salad is to be served within the hour, add the scallions. If not, add them 30 minutes before serving. Season with salt if needed and pepper. Cover with plastic wrap and chill for at least 30 minutes before serving.

## **NEWS RELEASE August, 2000**

PDIC (Professional Diving Instructor Corp.) and The Underwater Club of Boston will host the 51st Boston Scuba Show at the Holiday Inn and Resort in Marlboro, Massachusetts.

Scheduled for February 17, 2001, the Boston Scuba Show will feature Cathy Church, America's premier in-water photographer in a special PDIC Celebrity Series Presentation, an afternoon with Cathy Church. Cathy will be joined by her husband, Herb Raphael.

The Boston Scuba Show audience will have a very rare opportunity to spend an afternoon with Cathy as she describes her special techniques for underwater photography, which have made her a legend in the field.

The Boston Schuba Show, directed by Alan Budreau and produced for PDIC by Fred Calhoun, starts at 10 am on Saturday, February 17, 2001 and continues through to 4 pm.

Tickets at \$10 each will be available at the door or may be acquired in advance through the mail by writing to Cecile Christensen, Apple Ridge 2-6, Maynard, MA 01754. Checks payable to PBDIC. Show phone is 978-897-0877.

Thank you,

Fred Calhoun  
Apple Ridge 2-6  
Maynard, MA 01754  
978-897-0877



Put away your fins and put on your dancing shoes - Seamark 2000 is right around the corner! (Tuxedos required for penguins only.) Saturday, October 7, 2000 - New England Aquarium Tickets only \$20.

This fall's Seamark Fundraiser is the perfect way to wrap up a great summer. We're mixing things up a little bit this year, with a focus on the fun! A Jimmy Buffet cover band is flying in from Virginia Beach and will setup behind the Aquarium under a huge tent. With a play list featuring Buffet songs you know by heart, Reggae, Latin, and other danceable hits, this high-energy group will surely have the dance floor packed.

Divers will enjoy visiting the cafe and chatting with Brian Skerry, world-renowned writer/photographer. Brian will present a selection his extraordinary underwater images, and will present a gallery talk Shipwrecks and Sea monsters.

Back again this year are the annual photo auction; raffle prizes including a dive vacation for two to Grand Cayman, dive equipment and a Nikon camera; delicious dinner & cash bars. New this year is a silent auction of a week's stay for two at a private Villa in Eleuthera, Bahamas!

But why should divers support Seamark, anyway? Besides being a fun night, and a great opportunity to swap dive stories and meet new dive buddies, Seamark helps lots of kids with disabilities. In the past 25 years, the Seamark Vision Clinic at Cotting School has supplied 700 pairs of eyeglasses, provided vision therapy to 900 children, examined more than 2,500 Cotting students, and repaired more than 15,000 pairs of eyeglasses.

Tuition at Cotting School (which is paid by the student's town, not the family) covers the basics at the School, but not the "extras" such as sports teams, adaptive equipment, and dental and vision services. The Seamark Vision Clinic is underwritten by the annual Seamark event, and without the event, there would be not clinic. Here are true stories (ok, the names have been changed), about how the Clinic has helped change two children's lives.

Joe is a 15 year old boy with a host of medical issues, including mitochondrial condition. One of the many issues associated with this rare condition is rapid fatiguing of his visual system. In the morning, Joe's vision is very good, but by lunchtime, he is legally blind. Joe has a very high prescription to assist with is vision, and also utilizes several pieces of adaptive equipment in the classroom. Because Joe is on megadoses of steroids to address some of his other medical issues, he is at high risk for developing glaucoma. Joe is tested for glaucoma in the Seamark Vision Clinic every six weeks.

Beth is a 9 year old girl with Downs Syndrome. Over the course of many communication therapy sessions, Beth's therapist noticed that she did not seem to be able to focus on her communication board. The therapist brought Beth to the Vision Clinic for testing, and sure enough, the optometrist discovered that Beth was very far sighted and also had a stigmatism. Beth received a prescription for reading glasses, and her therapists report a tremendous improvement in her up-close accuracy.

Cotting School serves 115 boys and girls from 65 towns throughout Massachusetts. The kids have a wide variety of physical, medical, learning, and communication challenges. Tickets to the Seamark party are only \$20 in advance, \$25 at the door, and can be ordered by calling Cotting School (781-862-7323), going online to [www.seamark.org](http://www.seamark.org), or visiting your local dive shop.

Order your tickets today!

## Back in the Water

By Peter Cassidy

After a four-year pause from diving, I had wanted to get back in the water and finally made it happen this year. If you too are on the diving sidelines, yet can't stop being connected with the sport, you probably need to get back also. Here are some of the things I had to deal with.

My first obstacle in resuming diving was in my head. I'd missed the sport and had been coming to club meetings for some time. I had slipped into that category of members who come to meetings but don't ever seem to get wet. I was getting envious of divers telling of their latest exploits during the dive talk session of the weekly meetings. This became my quietest time each meeting. Many new members in the club began to know me but probably didn't see me as a diver. Older members may remember a time when I was always getting wet and couldn't shut up during "dive talk." This status can go on for weeks, months even years. If you don't slip away into oblivion as a non-diver, you are probably destined to return and will have to deal with similar thoughts and actions.

So here I was, four years older, a few pounds heavier, and having some feelings of doubt. I questioned whether I would find it as easy as I once had. Don't even think about that old wet suit. I finally decided that like riding a bike, diving would probably come back to me also.

So I finally dealt with the feelings and made the next move, back to the dive shop. Although some of the equipment has changed, most of it didn't interest me. Yes everyone seems to be using computers but I'm not interested in diving deep. For the same reason, I didn't need to investigate nitrox mixes and new tanks. I never was a cutting edge diver. I just wanted to get wet and do it safely and comfortably. My biggest item was a new wet suit. I already had a

dry suit, albeit an older one that didn't leak when it went into mothballs, if you will believe that. I could have pulled out the dry one but I always found diving awkward in that suit. In my head, I wanted to resume the experience as easily as possible. I knew I would be more comfortable wet.

Next came the tank inspections and hydros. Then my regulators and BC were overhauled and I got a new compass. I replaced a few of the small items like fin straps. I got a new belt for my lead weights and a new fangled snorkel. After a few trips to Bobby Boyle's shop, Undersea Adventures, and about \$750 I was functionally ready. If you want to get back in the water, you just have to bite the bullet and spring for it. Remember the enjoyment you had in the beginning and what it cost back then. The equipment I just upgraded will probably keep me going for quite a while.

The gear was all set but I was still lacking confidence. I had a few thoughts that I would feel awkward and have to learn all over. Although I'd done nearly a thousand dives in what seemed like a previous life, my mind was playing games with me. I could have taken a refresher course, but come on, I wasn't going to the Andrea Doria. I rationalized that an easy beach dive to a familiar spot with calm conditions would be fine.

In June, I decided to join the club on a Sunday morning dive. We met at Burger King then headed off to Old Garden Beach. Suiting up went well. It probably saved me some embarrassment that I checked all my gear and the adjustments the night before. In the water, everything started quite well. I had even remembered to wash my mask the night before with dish detergent. When they sit for an extended period, rubbing in even the strongest spit won't keep them from fogging. The only encounter that became a problem was my weights or lack of. A ten-inch diameter rock is

what "saved" my dive. I set it down at 40 feet, only to discover I was still positive. I managed to carry it like a football for the next 45 minutes. About five pounds heavier the next week, I no longer needed any rocks. I realized I had been right about it all coming right back. It was exactly as easy as I had remembered.

With a one and four year old, I may not make the water every week but I no longer have any doubts. If you too have been on the sidelines, I say, "Go for it."

#### **Editor's Note:**

Thank you, Peter for that great article. It's never easy to get back into doing something you haven't done for awhile, especially diving. You have definitely shown that it can be a very rewarding experience.

### **New Buddy List**

I have removed the street addresses from the Buddy List in order to make it fit onto two pages.

If you have any corrections to the buddy list please contact me at [megdoyon@cs.com](mailto:megdoyon@cs.com).

### **Seamark Tickets**

Jeannie Rahilly is selling tickets for Seamark. If you are interested in attending, please see Jeannie.

## **Grand Cayman 2000**

Dave Metrano

If you didn't know, one of the loves of most divers is to dive in the "Islands". I have conducted many trips in the last few years, Bermuda, Cozumel, Grand Cayman and the most recent has been to Bonaire this past March. This November I am running a trip to beautiful Grand Cayman, in the British Virgin Islands. The dates for this trip are November 8th to November 15th, 2000. We will stay at the Treasure Island Resort Condominiums. They are located right on Seven Mile Beach very close to Georgetown. The price for this trip is \$1350.00 and includes:

- \*\*Round trip air from Boston to Grand Cayman
- \*\*7 nights at the Condos at Treasure Island Resort
- \*\*6 days of 2 tank boat dives
- \*\*Unlimited shore diving
- \*\*1 afternoon boat dive
- \*\*Night boat dive upon request of group.

I will also conduct the Advanced Open Water course at a reduced rate of \$100.00 for any interested party.

A \$200.00 deposit is required upon signup and the balance to be paid prior to September 1st, 2000.

If you are interested in joining me on this trip, feel free to contact me at:

Dave Metrano  
48 Norwood Avenue,  
Manchester, MA 01944  
978-526-1454  
E-mail [divergun@gis.net](mailto:divergun@gis.net)

You can also contact me at Undersea Divers, (Bob Boyle's), 42 Water Street, Beverly, MA. 01915, 978-927-9551.

Froggy Program Schedule (Updated 7/16/00)

**NOTE - Night Dives in June, July, August will be on 1st and 3rd Wednesdays**

**NOTE - Sunday beach dives in June, July, August will meet at 8:00AM, departing at 8:30AM**

September 21	Thursday	Club Meeting – Franco American Club, Beverly – 8:00 PM
<b>September 23</b>	<b>Saturday</b>	<b>Beach Cleanup – TBD. Contact Dave Smith</b>
September 24	Sunday	Club Picnic at Stage Fort Park
9/26 - 10/2	week	British Columbia trip with DUI - see Faith Ortins
September 28	Thursday	Club Meeting – Franco American Club, Beverly – 8:00 PM
October 1	Sunday	Sunday beach dive - meet at Burger King on Rte 128 9:30AM
October 5	Thursday	Club Meeting – Franco American Club, Beverly – 8:00 PM
October 7	Saturday	Seamark, New England Aquarium, Boston
October 7	Saturday	Tropical fish dive to Rhode Island
October 8	Sunday	Sunday beach dive - meet at Burger King on Rte 128 9:30AM
October 12	Thursday	Club Meeting – Franco American Club, Beverly – 8:00 PM
October 15	Sunday	Sunday beach dive - meet at Burger King on Rte 128 9:30AM

**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.

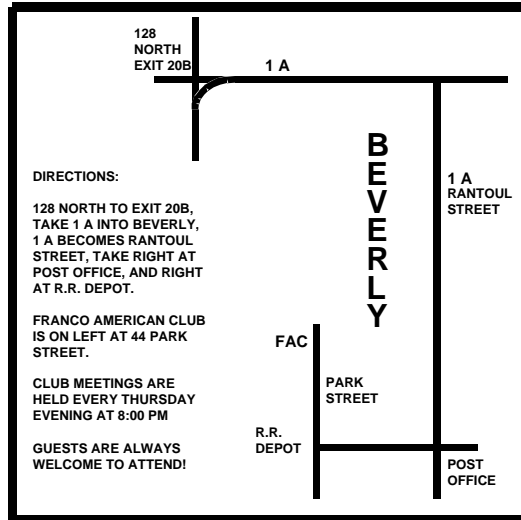
Contact Jeannie Rahilly at  
 978-664-6225 or [jrjmdiver@aol.com](mailto:jrjmdiver@aol.com)

Private or group sewing lessons available

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

Night dives are held on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays of each month

**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***