
Air Bubbles

The Newsletter of the North Shore Frogmen's Club

Volume 41, Issue 4

April, 1999

President's Message

I want to thank all the members who showed up for the meeting with Lt. Turlik as our guest speaker. John was very impressed with the knowledge of our membership in the Mass Laws covering lobstering, fishing and the game laws in general. He told me after the meeting that many times he has spoken at various clubs and organizations and by and large, most of the audiences he addresses don't have the foggiest ideas about the fishing and gaming laws. Again, he was very impressed with the knowledge of the membership.

This month, I would like to nominate Mark Miller as Diver of the Month for his continuing research of the relationship between the red hake and sea scallops. Knowing Mark, he is doing an exceptional job in this project and all sea lovers will eventually benefit from his hard work.

Mike Denneler is the Diver of the Month for April! Mike always lends a humorist attitude wherever he goes. He is always there and is always willing to share his opinion when asked.

On May 13th, I have invited Susan Thuillier of NED-k, {New England Dive knits} to show us her sweaters and other items for the Underwater Enthusiast. We met Susan at the Boston Sea rovers Show. She and her husband had on those fancy dive sweaters we all admired. She sated

that she could custom make any dive related sweater we could design. Might be a good time to plan that unusual Christmas gift for our significant other.

Reminder again, that our meeting on May 27th will be at either White Beach or Singing Beach in Manchester. More on that at the meetings.

I've received information from Northern Outdoors for our rafting trip in September.

Speaking of trips, let's not forget Bonaire in October. If you want to go, I need a deposit of \$200.00 by April 29th.

If any member wants a speaker of their interest, let me know we'll do every thing we can to arrange it.

Dave Metrano

Welcome Summer BBQ Thursday, May 27th

Our **club meeting** for Thursday, May 27th will be held at either White Beach or Singing Beach in Manchester, at 7 PM, where the club will be hosting a **Welcome Summer BBQ**. The club will supply soda, condiments and the grill. Bring your own meat and stuff to grill.

Deadline for April Air Bubbles

The deadline for submissions to next month's Air Bubbles is May 20th. Get those articles, recipes, and other items in early!

E-mail to meg.doyon@fmc-na.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

Club Trip to Bonaire

Join us for our 2nd trip to the beautiful island of Bonaire.

We will leave on October 20th and return on the 27th. The package includes: 7 nights at the Flamingo Beach Resort, breakfast buffet daily, casino coupon, \$50.00 food/beverage credit, tax and service charge, 6 days of 1 tank boat diving and unlimited shore diving.

We will be using the Peter Hughes diving center right at the resort. There will be a limit of 16 spots available for this trip. The price is \$1,115.00 per person double divers. For non-divers, subtract \$198.00. I will need a deposit of \$200.00 per person. This should be paid as soon as possible to reserve our spots. I have requested upgrades to timeshare units and it looks good, but no guarantees at this time. Brochures are on their way and I will give them out when I get them.

Anybody who is interested in going or wants more information, see me.

Dave Metrano

CONGRATULATIONS!

MARK MILLER

**MEMBER OF THE
MONTH
APRIL, 1999!!**

CONGRATULATIONS!

MIKE DENNELER

**DIVER OF THE
MONTH
APRIL, 1999!!**

Recipe Corner

SEAFOOD CRAIBECHAN

2 Tbs butter or margarine
 1 clove garlic, finely chopped
 1 leek, cleaned and sliced
 1 medium onion, peeled and finely chopped
 3 cups cooked seafood (lobster, crab, shrimp, salmon, cod, or any combination of these).
 Salt and freshly ground black pepper to taste.
 Tabasco sauce to taste (optional)

For garnish:

Lettuce leaves, Lemon wedges, Radish roses (optional)

Melt the butter in a skillet and add the garlic, leek, and onion. Cook over moderate heat for about 5 minutes, stirring frequently, until tender.

Combine the onion mixture and the cooked seafood and chop finely using a knife or food processor. Do not over process; the mixture should be somewhat coarse. Refrigerate for at least 1 hour.

Season to taste with salt, pepper and the optional Tabasco sauce.

To serve, place a mound on a lettuce leaf and garnish with lemon wedges, radish roses, or as desired. Serve with crackers, Melba toast, or thinly sliced French bread. Serves 4 to 6.

MEMBER SURVEY

Enclosed is this issue of *Air Bubbles* is a Member Survey. Please take a few minutes to fill it out and mail it back.

Your comments will be appreciated.

Meg Doyon

A Day at the RACES

I would like to extend a great big "Thank You" to Dianne Anthony for sharing her complimentary day at Suffolk Downs!

Eight Froggies attended and enjoyed a day of betting and dining. A good time was had by all, even though nobody won enough money to quit their day job!

Thanks again, Dianne!

Meg Doyon

Seal Dive

When: May 8th and May 15th

Where: Boone Is., Isle of Shoals

Leave from: Newburyport

Boat: Salvage 1. Slow boat but large and stable with lots of deck space. Limit of six passengers. Large, heated cabin and hot shower. **Lunch** is provided.

Cost: \$50

Time: Boat leaves the dock at 7:30 AM and arrives back at 6 PM or later.

The water will be cold and sitting still to attract the seals can be a chilling experience. A drysuit is recommended.

The diving is shallow and advanced certification is not necessary. Patience is.

Contact Bill Werner at bwerner@erols.com or 781-245-2692 if interested.

Bill Werner

Do you have a drinking problem?

If you're not drinking enough, it's possible you do. How important is hydration during diving? Just ask anyone who's ever been bent due to dehydration and they'll tell you – very important!

This is not to say that hydration is *the* most important factor, and that *all* DCS hits can be avoided simply by guzzling water. You still have to dive conservatively and stay within your limits. However, dehydration has actually been shown to be the cause of certain DCS hits. And, it's not just DCS you have to worry about. Dehydration increases your chances of hypothermia, fatigue, and exhaustion--all three of which can be dangerous, especially for divers.

The good news is there are ways to prevent dehydration. The best way, of course, is to drink water. This has some obvious drawbacks, especially for drysuit divers, which is why many divers do get dehydrated. Here are some things to do and not to do!

Do – drink enough water. And by enough I mean at least 8 glasses a day, everyday. I know, I know – we've all heard this before and are tired of hearing of it, but it is important for everyone, especially divers. And it's surprisingly easy to do. Get a 16-oz. sports bottle and fill it 4 times a day. Better yet, get 4 of them and keep them all handy. If you want cold water, fill them the night before and store them in the freezer, then let the ice melt throughout the day. If 8 glasses seems overwhelming, just drink what you can and work up to 64 ounces a day. To prevent late night trips to the bathroom, consume most of your fluids before 8 or 9 PM.

Don't – think that coffee, tea and soda counts. I'm not even going to mention beer, wine and

alcohol - you *know* those drinks don't count! They are diuretics, which actually cause you to lose more fluids than they provide. If you absolutely must drink caffeine and alcohol on a dive trip, you'll need to drink extra fluids to compensate for the diuretic effects caused by these beverages. Best bet is to avoid them if at all possible.

Do – drink electrolyte replacement drinks, such as Gatorade, if you want to. Diving is exercise; exercise increases sweating; and sweating causes the body to lose electrolytes. Any New England diver getting geared up on a hot summer day will lose a significant amount of body fluid and electrolytes. Submersing oneself in water may stop the sweating, but it does not replace lost fluids and electrolytes. These drinks are also loaded with carbohydrates, which provide energy. Plus, they make you thirsty, which causes you to drink more water.

Don't – think that just because the air in a tank is 79% nitrogen, 21% oxygen that it's exactly the same as regular air. Tank air is much drier than regular air and causes loss of fluids simply by breathing it.

So, dive safe and drink up! And if anyone asks if you have a drinking problem, you can honestly answer, "Not me!"

Meg Doyon

OMNI THEATER

On Tuesday, May 3 the club will plan to see ALASKA at the 8PM showing of the Omni Theater. Tickets will be \$5.00/person, \$3.00 for those over 65 or under 12.

Contact Mary Howard at a meeting or by calling 781-944-1292. Plan to meet at the Science

Museum Gift Shop at 7:30.

Let Mary know if you are interested in meeting for dinner before the show.

Program Committee Meeting

The NSF program committee met on Thursday, April 8. Six members were present.

We discussed going to the **Omni Theater** for our "Saturday evening event" on May 1. When Mary Howard checked into it, she was informed that the admission cost is \$2.50 less on Tuesdays and Wednesdays, bringing the cost to \$5.00. It was decided that we would attend on Tuesday, May 4th instead to get the lower cost.

Our **white water rafting** weekend will be held the weekend after Labor Day, which is September 11th and 12th. Contact Dave Metrano for more information on that! A good time will *definitely* be had by all.

We have decided to have a **Welcome Summer BBQ**. On Thursday, May 27th we will hold our Club Meeting at Singing Sand Beach in Manchester, MA. Anyone interested in doing a night dive can mosey on down the street to White Beach and join the BBQ afterward. The club will supply soda, condiments and the grill. Bring your own meat and stuff to grill.

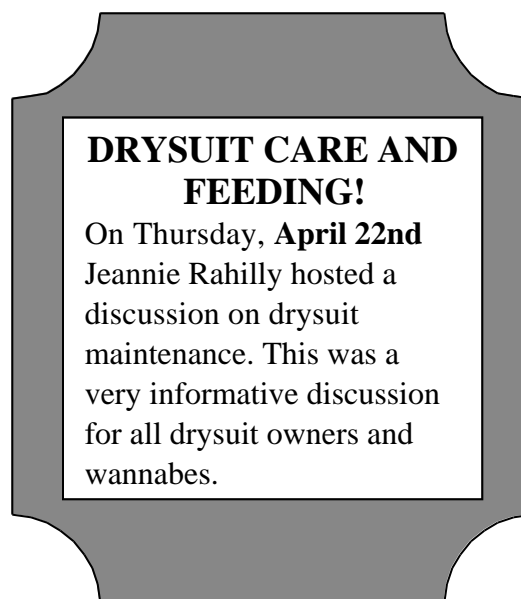
We discussed getting involved in a **harbor/beach clean up** in the Gloucester/Rockport area. I will provide more information on this when it is available.

Enclosed in this issue of Air Bubbles is a **member survey**. Please take a few minutes to fill it out and mail it in. We are always looking for new activity ideas and new Program

Committee members.

The next Meeting will be held on Thursday, May 13th at 8:00 PM. Any and all ideas are welcome.

Meg Doyon



Reminder - dues Were due March 1st

If you haven't already, please pay your 1999 dues to Mary Howard. Dues are \$36/person or \$48/couple. Checks can be brought to a meeting or mailed to:

North Shore Frogman's Club, Inc.
P.O. Box 3604
Peabody, MA 01961

Associate membership is available to those who request it and who live too far away to take part in regular club activities.

Members who have not paid their 1999 dues have been removed from the Buddy List and will no longer receive Air Bubbles.

Bylaws Committee Meeting

On Thursday, April 15th, we had our first bylaws committee meeting last night before the regular Froggie meeting. We made some progress but are by no means finished with this. We would love to have the input of any of you. Roslyn Smith will have copies of our "corrections" at the April 22nd meeting.

The next meeting will be held on Thursday, April 22, 1999 at 7 PM. Hope to see you there.

Mary Howard

GEAR BAG

BC – Tusa, size small, about 50 dives on it. \$100 or best offer
 2 Aluminum 80's –both 2 years old. \$100 each or best offer
 Contact Meg Doyon
 978-524-0960 or
meg.doyon@fmc-na.com

UK Sunlight D8 Rechargeable Light - Brand new, never in the water, still in the box UK Sunlight D-8 Rechargeable Dive Light. This is the new dual light having two bulbs in the same light - the 14-watt which has a burn rate of 3.5 hours or the ultra bright 30 watt which has a burn rate of 1.5 hours. It comes with pistol grip, recharger, lanyard, battery, and light. Light retails for \$280. Asking \$195. Call Maria at 617-923-9360 or e-mail at mdm@zk3.dec.com

FREDDIE RULES!



Tentative Schedule of Events for 1999-North Shore Frogmen

Things to put on your calendar

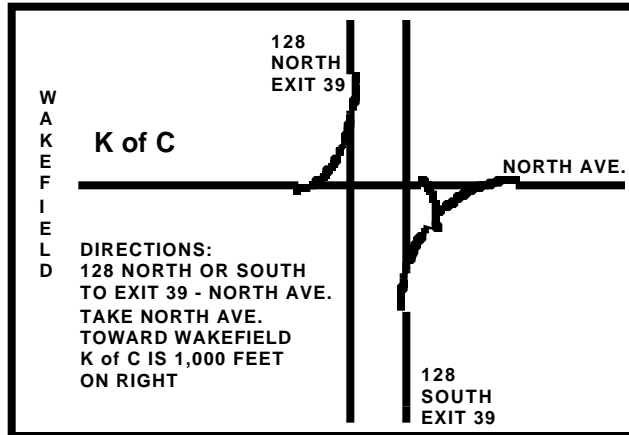
DATE	ACTIVITY	LOCATION	TIME	ADD'L INFO
May 8/May 15	Seal Dive	Maine		Bill Werner
Sunday, May 2	NSF Boat Dive – Extremis	Port Marine, Beverly	TBD	Meg Doyon
Saturday, May 4	Event	OMNI Theater	TBD	Mary Howard
Thursday, May 13	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Saturday, May 15	New Moon Night Dive	Burger King	7:00 PM	
Thursday, May 20	Club Speaker – Dry Suit care and Feeding	K of C, Wakefield	9:30 PM	Jeannie Rahilly
Thursday, May 27	Welcome Summer BBQ	Singing or White Beach, Manchester	7:00 PM	Meg Doyon
Sunday, May 30	Full Moon Night Dive	Burger King	7:00 PM	
Saturday, June 5	Canoe Trip	Ipswich	8:30 am	Ric Stamegna
Thursday, June 10	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Sunday, June 13	New Moon Night Dive	Burger King	7:00 PM	
Thursday, June 17	Speaker night – TBD	K of C, Wakefield	9:30 PM	TBD
Sunday, July 4	4 th of July Parade	Wakefield	TBD	Dale Findlay
Thursday, July 8	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Thursday, July 15	Speaker night – TBD	K of C, Wakefield	9:30 PM	TBD
Thursday, August 12	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Thursday, August 19	Speaker night – TBD	K of C, Wakefield	9:30 PM	TBD
Aug 20 -27 th	Sea of Cortez Trip	Sea of Cortez		Dale Findlay
Friday – Sunday September 4, 5 & 6	Camping/Diving weekend	Wells Beach, ME		Dawn Denneker
Thursday, September 9	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Thurs, September 16	Speaker night – TBD	K of C, Wakefield	9:30 PM	TBD
Sunday, September 19	Annual Picnic	Stage Fort Park, Gloucester	12 Noon	Ric Stamegna
End of Summer Saturday & Sunday September 11 & 12	Trip to see Tropical Fish White Water Rafting Trip	Rhode Island Maine		Jeannie Rahilly Dave Metrano
Sunday, September 26	Apple Picking/Winery tour	Nashoba Valley Winery		Meg Doyon
Thursday, October 14	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Thursday, October 21	Speaker night – TBD	K of C, Wakefield	9:30 PM	TBD
October 20-27 th	Bonaire Trip	Bonaire		Dave Metrano
Thursday, November 4	Photo Contest Viewing	K of C, Wakefield	9:30 PM	TBD
Thursday, November 11	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Thursday, November 11	Photo Contest Viewing & Voting	K of C, Wakefield	9:30 PM	TBD
Thursday, November 18	Speaker night – TBD	K of C, Wakefield	9:30 PM	TBD
Thursday, December 9	Program Committee Meeting	K of C, Wakefield	7:30 PM	Meg Doyon
Saturday, December 11	Annual Club Banquet	K of C, Wakefield	TBD	TBD
Thursday, December 16	Speaker night – TBD	K of C, Wakefield	9:30 PM	TBD

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

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!

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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
P.O. Box 3604
Peabody, MA 01960***