



# Air Bubbles



The Newsletter of the North Shore Frogmen's Club

July 2019

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## President's Message

By: Ray Porter

One of the hardest jobs of President is to keep members up-to-date on activities happening within the club. We hold a planning meeting at the start of the year to schedule our major events and monthly club activities, but inevitably things change. For years the primary means of communicating with members was through the Air Bubbles newsletter. According to the bylaws, this is a monthly publication that includes a list of coming events, articles of interest, meeting summaries, and a President's Message.

In the past Air Bubbles was a paper publication with mailing sessions held during the club meeting to fold, stamp, and address the monthly issue. As the access to computers growing and most members having email addresses, the paper publication became an electronic publication. The electronic version still required regular input, document formatting, and distribution through an email list. However, the production of Air Bubbles became a task that was difficult to sustain for one person. While attendance at meetings is not a requirement for the Air Bubbles editor, it is recommended to be current with the scheduling changes. To make-up for the gaps in the release of Air Bubbles, other messaging tools have been implemented. The types and frequency of communication now include:



- **Mailchimp** – This is a weekly list of coming events affecting the near term from a few days to a few weeks. The email list is maintained from the list of club members as determined by the Treasurer. There is also an expanded contact list which includes guests and non-members.
- **Facebook** – If you are on Facebook, but not connected the North Shore Frogmen Facebook account, I suggest getting connected. Upcoming events are posted to the site along with pictures from recent club activities.
- **NSF Website and Calendar** – If you are not on Facebook this is the next best way to stay current with club events. We do our best to coordinate each of these platforms, but on occasion there may be differences.
- **Email and Text Messages** – With the nearly universal access to Smart Phones, access by email and text messages can provide almost instant confirmation of a club activity. The Buddy List is the reference list for this contact information, so if you are coordinating a dive with one or more members, this form of messaging is a great tool.

Hopefully, we will keep the coming events current on each of these platforms, but if you notice discrepancies, feel free to make me aware and I will seek to resolve it.

## Member Recognition

By: Ray Porter

Each month the President recognizes club members who have provided assistance and support to a club activity or event:

- **May Member of the Month – Dodie Carvalho** - Dodie was host of the Easter Egg Party. She has regularly hosted events for the Club. Dodie is a Life Member and still attends meetings and contributes to the Club in many ways.
- **May Diver of the Month – Steve Calawa** – Steve was a great help with the float cleaning performed at Palmer's Cove Yacht Club. This is a service we provide PCYC as part of their dock maintenance. Steve kept track of divers as they entered and exited the water; a critical part of surface support.
- **June Member of the Month – Vange Egizi** – In addition to her role as Air Bubbles editor, Vange coordinated Club Night Out at the Ipswich Brewery. It was an evening enjoyed by all.
- **June Diver of the Month – Adam Hartnett** – Adam gave a great presentation on his trip to Thailand. He provided a tremendous insight to the status of diving in Thailand and the threats that may affect future diving in that area.

## Meeting Summaries

By: Mary Howard

### May 2, 2019

**Dinner Meeting** at Ipswich Ale Brewery – great turnout!

### May 9, 2019

**Attendance:** 3 officers +11 members +9 guests. **Dive Talk:** Jim and Fin dove at OGB. Alexine dove at her secret spot in Gloucester. Whitney dove in the Maldives and Hawaii. Ricardo dove in Viet Nam. Shaun has been holding classes at Back Bay. Joe M. dove in Cozumel. The Easter Egg Dive was on 4/27- Mary laid the eggs and Jack, Ray, Bill W., John S., Alexine and Fin dove and recovered half the eggs. Float Cleaning was on 4/28 - Vinny, Peter G., Steve L., Jack, Ray, Bill W., and Jon M. dove or snorkeled to scrape some PCYC docks. Steve C., Linda and Jim D, Dodie, Fin, and Mary were shore support. **Membership:** Three new members were voted in: Beth Wimsatt was voted in as a new Associate Member. Joe Maletz and Colleen Kelly were voted in as our newest full members. **General Discussion:** There is concern about the resurrection of a rule that groups using Rockport beaches must obtain permits from the DPW for specific dates and locations prior to events. There is a meeting of the Board of Selectmen scheduled for May 21. Whitney Boyle plans to attend. **Presentation: Shaun Maguire** of Undersea Divers presented on "Common Equipment Issues & How to Solve Them." Info was given on how to tell a serious issue from one that could wait, or one that divers could fix themselves.

### May 16, 2019

**Attendance:** 3 officers +19 members. **Dive Talk:** Annette S. has done 16 dives over the last couple of weeks to check out locations for the Froggy trip to Vermont this summer. **General Discussion:** The May 21<sup>st</sup> Rockport meeting has been CANCELLED! There will be a discovery meeting for several dive concerns with a couple of Rockport town officials. **Raffles:** Dollars Box - John M., Mystery Prize - Ray P., Bug Bag - Colleen K. **Presentation: Annette** told us about her sleuth-diving in Spofford Lake to fill in various bits of historical stories about long ago events on the lake in her presentation titled "History Found Under Water at Spofford Lake."

### May 23, 2019

**Attendance:** 2 Officers, 10 Members, +1 Guest, Brianna Q., who just got certified in May, at Boston Scuba, and is hoping to join our Club. **New Business:** 1) Received annual bill from USPS, for PO Box payment. Ellen G. made a motion, and John seconded, to pay for another year. Motion passed unanimously. 2) For the past two years, the NSF has supported the Women Divers Hall of Fame event in Gloucester, by providing refreshments. Ray suggested that we increase our donation from \$250.00 to \$300.00, since the

event garners good participation. Ellen made a motion to increase the budget, Bill W. seconded, and it was passed unanimously. **Raffles:** Dollars Box - Mary Pagliarulo (donated back to Club).

### June 6, 2019

**Attendance:** 3 officers +14 members +. Dive 1 guest (Jim Nannery). Talk: Peter G. dove at Lanes Cove. Adam and Peter dove at OGB on Memorial Day. **Membership:** Two new members were voted in tonight - Brianna Qui and Jacki Kronenberg. Both members were accepted unanimously. There are a couple of other people who have expressed interest in becoming members. We will follow up. **Raffles:** Dollars Box - Linda D., Mystery Prize - Ray P., and Bug Bag - Mary Howard. **Presentation:** After the meeting **Adam Hartnett** gave a presentation on his trip to Thailand and the islands of Similan and Surin. He showed pictures of his time on his live-aboard, which was on a converted Junk. He showed some of his great stills and video of his incredible diving experience that included lots of fish and even a whale shark!

### June 13, 2019

**Attendance:** 3 Officers +18 members +2 guests (LaJuan Case and Jim Nannery). **New Business:** Jim Nannery, VP of the Bay State Council of Divers (BSC), came to report on "The Rockport Issue". He went to a meeting with the Rockport DPW and Chief of Police; Whitney and Dave Stillman (and others?) also were there. He stated that the town of Rockport has a regulation requiring that groups of people have permits (issued by DPW) to use Rockport beaches, and the police are checking. At this time there is no fee and no fine, but that may be changed. Jim is asking that you keep the BSC informed of any discrepancies you see, such as that divers are asked to have permits but other groups are not. Take photos, copies of your permits, etc. There is a BSC meeting scheduled for 6/19. **Dive Talk:** Mary, Fin, and Ray dove at Nubble Light. Water was 46°F. We saw a 2" rock gunnel and a sea raven. Susan is just back from visiting her 51<sup>st</sup> country. She did her best diving ever in the Philippines, on a trip led by Lynn Funkhauser. Water temps 84°F and surface 87°F. She also dove in underwater wine cellar in Croatia. Adam dove at Back Beach and saw lots of tiny rock gunnels. Ricardo and Jim D. did two dives from Jim's boat, between Satan's Rock and Children's Island. **Raffles:** Dollars Box - Colleen K., Mystery Prize - John S., and Bug Bag - Laura G. **Presentation:** **LaJuan Case**, of MetroWest, gave a presentation on her trip to Bimini. The trip included chummed shark dives to see hammerhead sharks. LaJuan completed her 300<sup>th</sup> dive!

### June 20, 2019

#### **Indoor (due-to-rain) Beach Meeting at PCYC**

**General Discussion:** Prior to eating pizza and potluck, Ray discussed the Bay State Council of Divers meeting on 6/19. The BSC is working on the issues so we should not do anything rash that would antagonize Rockport residents and town officials. Permits for groups of divers ARE required and the suggestion is to use \$2 bills in Rockport to "track" "diver dollars." If there are any interactions with police or residents, please contact a NSF officer.

### **Got Hoodie?**



The Froggie sweatshirts are a big hit. If you have one and are wearing it, you are making a fashion statement. If you are not, there are still a few left size L, XL, and 2 XL. The cost is \$25 for members and \$30

for non-members. Please contact Ray or Mary, or email [officers@northshorefrogmen.com](mailto:officers@northshorefrogmen.com).



*Froggies first clubhouse in 1958 located in Beverly or Salem. (Submitted by Mike Denneler)*

# The Froggies Have Been Busy...

By: Vinny Egizi

## May 2, 2019 - Ipswich Ale Restaurant Meeting

The restaurant meeting at Ipswich Ale Brewery, in lieu of the regular meeting at PCYC, at was very enjoyable. The location was coordinated by Vange Egizi, because of the great experience she and Vinny had when their son Marco had his wedding rehearsal dinner there the year before. Although a longer trek than our normal meeting location, the distance did not detract from the attendance as 25 Froggies showed up to enjoy the great food and brewery ambiance of Ipswich Ale, which is housed in a wonderfully renovated factory building, near the town center.



## May 9, 2019 - Shaun McGuire – SCUBA Diving Equipment Maintenance Presentation



Shaun McGuire from Undersea Divers presented at the club meeting on dive equipment maintenance. He started with some very good visuals (photos and videos) and discussions about the internal parts of the air bearing dive equipment we use (regulator, BCD inflator, and BCD dump valves, etc.). We then learned about common failure modes of each component, how to prevent failures, what maintenance we can do ourselves, and what we should leave to the professionals (aka Shaun). Informed divers are safer divers.

## May 15, 2019 - Annette Spaulding Historic Discoveries Underwater at Spofford Lake Presentation



Annette Spaulding presented her latest discoveries and history lessons of Spofford Lake, in New Hampshire. Her presentation, titled "Historic Discoveries Underwater at Spofford Lake" was a wonderful collection of her first hand experiences exploring the history of the lake and artifacts she has found to support that history. This lake is one of the key dive sites for the Froggies during our annual VT Dive Week, and we look forward to participating in making history come alive by exploring and finding our own historical artifacts this summer.

### NSF Annual Vermont Dive Trip

This year the NSF VT Dive Trip at Annette Spaulding's house is from Aug 2<sup>nd</sup> to Aug 9<sup>th</sup>. We plan on starting week by attending the Okemo MT. Hops in the Hills Beer Festival on the first Saturday (Aug 3<sup>rd</sup>), depending on the weather. This was a fun event last time we did it with lots of local craft beers, food trucks, and live music. Diving activities will commence on Sunday Aug 4<sup>th</sup> and continue throughout the week at various lakes and rivers, as planned by Annette. The week is open to Froggies and guests, but please help us plan by informing Vinny Egizi of the days/nights you plan on staying ([Vinnymass@yahoo.com](mailto:Vinnymass@yahoo.com)).

## May 18, 2019 - Ipswich River Kayak/Canoe Trip

This year's Ipswich River Kayak/Canoe trip was by far the best one in many years due to a couple of factors: 1) weather and 2) current. First of all, a big thank you needs to be given to Bill Werner, who does so much for this



club, including the planning and execution of this annual NSF event. 14 Froggies, friends, and family showed up for this year's event, which had perfect weather conditions of sun, warmth, no-humidity, no bugs, and a fairly consistent current to assist us along the 6.25 mile trek. The journey meandered around the Topsfield Fairgrounds and through the Mass Audubon Reserve, before ending at Foote Bros. Canoe/kayak. Along the way, we stopped at various spots to observe and photograph the many turtles, cranes, swans, and other wildlife. Thankfully, the beavers had not blocked the waterways yet this year, which allowed an uninterrupted path for our group. Halfway through the trip, we stopped for a BBQ lunch in the woods to fuel us up for the rest of the trip. Once again, thank you Bill!

## June 6, 2019 - Adam Hartnett – Thailand Dive Trip Presentation



Adam Hartnett presented at the club on his latest dive trip to the Similan and Surin Islands off of Phuket, Thailand. Over 6 days, he made 19 dives aboard the live aboard The June Hong Chian Lee aka "The Junk," a boat that



was actually used in the filming of the James Bond movie "The Man with the Golden Gun." He presented photos and video of the diving and some topside attractions as well. Highlights include the world famous dive site Richelieu Rock, surprisingly aggressive barracudas, Chalong Buddhist Temple, manta rays, soft coral, many schools of fish, and a very friendly 25' juvenile whale shark. Diving was excellent but there appears to be trouble on the horizon for this destination due to overfishing and climate change.

## June 8, 2019 - Nubble Light Dive Trip



Daryl, Ray, Mary, and Vinny headed to Nubble Light, in Maine, for a perfect weather day of diving. They arrived early enough to secure prime parking spots, before all the tourists showed up and had an easy, although murky dive. Mary ended up exploring an obscure side of the cove, and Ray was kind enough to rescue her and



her gear over the rocky shore line. The four then went to Portsmouth, NH and enjoyed lunch and some good beer at the Portsmouth Brewing Company, followed by strolling through the street festival that was happening that day.

## June 13, 2019 - Lajuan Case - Diving with the Great Hammerheads Presentation



We enjoyed a great presentation by Lajuan Case about diving with the great hammerhead sharks on her trip to Bimini, Bahamas. The presentation was a terrific combination of photos, videos, and first hand experiences of diving with these magnificent creatures. During her trip, she did the Great Hammerhead Safari with Neal Watson Jr. where she had 2 days of diving with the Great Hammerheads

and several days of diving with other sharks and seeing other dive sites that Bimini had to offer.

## June 20, 2019 - Indoor Beach Meeting

We had our first beach meeting planned for June 20<sup>th</sup> at White Beach, however the Weather Gods and Mother Nature had other plans for us as it was a day of torrential rainfall. Luckily we looked at the weather report earlier in the week and decided to have an “indoor beach party” at PCYC instead. This was a pot luck event, with various dishes and salads brought by club members, with the addition of several pizzas provided by the NSF. It was good to see some common faces as well as some people we have not seen in a while. Vinny played Caribbean music and Susan brought leis for everyone to wear.



## June 22, 2019 – Cape Ann Diver II Boat Dive



Four Froggies (Ray, Vinny, Ricardo, and Brianna) plus another local diver chartered the Cape Ann II dive boat on another perfect weather day. The boat took us off the coast of Magnolia to a couple of rock formations, which started at 25' and dropped off to 80'. This was new club member Brianna's first post-certification dive and she did a terrific job both in and out of the water. Vinny, on the other hand, surfaced after the first dive, saw the dive boat in the distance, and worked very hard to swim back to the boat. Unfortunately it was the wrong boat, where he was kindly greeted by several strangers who informed him



that the Cape Ann Diver II was behind him. Vinny actually surfaced quite close to the Cape Ann II, but did not turn around to see it, however, they were kind enough to pull the anchor and come to his rescue. The second dive went much better, and all returned safely to the correct boat. The trip was fun for all and the Cape Ann II crew was terrific.

## April 28, 2019 – Float Cleaning *(details in last issue of Air Bubbles, Some additional photos here by Daryl Findlay)*



# Diving After Injury

By: Alexine M. Raineri - Photos by: Bill Caffrey

Some of you know that on Labor Day weekend of 2016, I fell at Folly Cove while carrying my dive gear down to the ocean. It's usually not a big deal because I've fallen many times, but this time I broke my left ankle in three places. Ouch! Before I continue, I'd like to thank two people that went out of their way to help. I'd like to thank Stu Soloway for driving me to my house in Hyde Park so that I could go to a good Boston hospital. Also, I'd like to thank Bill and Mimi Caffrey for letting me stay with them after my surgery. The doctor at Brigham and Women's said that I have one of two choices. I could let it heal as is, and it would be crooked, or I could have surgery to make it straight. I chose the surgery. Now I have 9 screws and a metal plate holding the bones in place. Since this was a "no weight" injury, I had to use crutches and put my weight on the right leg only. Since I don't normally walk around on crutches, it was a difficult adjustment. I also had to be very careful not to fall and cause further injury. Healing is a slow, gradual process especially when one is over 60.

I was not able to get out of the house on my own. Luckily, I qualified for The Ride. That means I stayed home, got little or no exercise, and ate whatever I had in the house. When the doctor told me that I could walk on it, I was not able to do so. To suddenly put my weight on it really hurt. I used two crutches while walking with the removable plastic boot. After about a week, I used just one crutch. After another week, I was able to walk with just the boot on. As soon as most of the swelling went down, I was able to put a sneaker on. Yea! I was also signed up for a diving trip to Dominica. The doctor told me that I could go and could dive as long as I didn't walk with the weight of the tank and weight belt. He approved me to do only boat dives. He actually said that the swimming would be good physical therapy. When I was able to go back to shore diving in New England, my first dive was with Bill Caffrey. Bill has always been a fantastic buddy. It was great getting back in. We did an easy,

sandy entrance. It doesn't have to be difficult to be a good dive. The marine life was great. We saw an ocean pout, lobsters, skates, moon snails, rock crabs, etc.



Then it happened again! When I was in Roatan, I slipped and fell on the wet deck behind the dive shop. I did not realize that I tore my right rotator cuff until I was leaving and had to lift my suitcase. The pain told me that I did some damage, but it took me several tries before my doctor would schedule me with an orthopedic surgeon to get an MRI. The findings were conclusive. Luckily, due to the advances in medicine, I could get away with arthroscopic surgery. It's a lot less invasive and requires less healing time. It also required several weeks of physical therapy. Then it was several months before the doctor told me that I could support the weight of a scuba tank on my back/shoulder. That meant another nine month hiatus from diving. That's very depressing.

I tried it for the first time Saturday, March 30, 2019. I wanted to join others that I knew were diving that day. Even though they went to Old Garden which is a very easy entrance, a good amount of rocks were exposed that we had to walk over to get to the water. There was a little bit of a surge, but that was fine. I decided to go on my own where there were no rocks to contend with and I wouldn't hinder anyone else. As you will notice from the photo, all I had to do was walk over a slight wall of dry seaweed. The water was like glass. Visibility was incredible.



Because the water was only 39, there was not a lot of marine life. There were some blood stars, nudibranch eggs, and a few crabs. I did not see any fish or lobsters. I was only in the water a little over a half hour because I had on my summer gloves, and my hands were definitely getting very cold. It felt so good when I descended and hit the bottom. I was back home!

The bottom line is that you should follow the doctor's instructions and get back into the activities gradually. Don't push yourself to do more than you should. I also have to be extra careful not to fall anymore because the last two times I fell, I needed surgery.

# Tubbataha Reef

By: Sue Copelas



Tubbataha Reef located in the Sulu Sea in the Philippines is said to be composed of extinct underwater volcanoes formed thousands of years ago and eventually over time, the islands subsided, and approx. 82,000 acres of coral and all the animals that co-exist as part of that eco-system remains. Once a lively fishing area used by locals in motorized bongas using cyanide and dynamite, the area was on the verge of destruction and with lots of hard work was finally declared a National Park in 1988 and a UNESCO Heritage Site in 1993. The site is a perfect example of how when proper systems are put into place, can rebound and become one of the top dive destinations of the world. Due to high winds, this area is only accessible by a limited number of live-aboards Mid-March through Mid-June. The biodiversity was amazing! I could always see 100-150ft in every direction 360 species of healthy corals, 600 species of fish, 11 species of sharks, 13 species of

whales and dolphins. The coral triangle covers 2% of our planets oceans and contains 40% of the world's fish and 75% of the world's corals. We saw mating turtles, porcupine rays, a school of juvenile sharks, a pod of spinner dolphins, mating blue bump head parrot fish, a 14 inch deep purple nudu, schooling diamond damsels, 5 different type of shark; white tip, grey reef, nurse, hammerheads and whale sharks (four sightings). We saw octopus daily, attacking trigger fish as they were in their nesting season, marble ray and a school of about 1500-2000 barracuda came by as we were watching a whale shark play in our bubbles. Bill Macdonald, Jean M Cousteau's photographer came with a 360-degree camera filming a documentary on environmental impact and after 95% of the coral bleaching that last hit in 2010 due to El Nino, was filming how successful the reef can recover in a healthy environment and assist in keeping the oceans alive.

## “The Rockport Issue”

Jim Nannery, VP of the Bay State Council of Divers (BSC), attended the Froggies June 13<sup>th</sup> meeting. He stated that the town of Rockport has a regulation requiring that groups of people must obtain permits, issued by the Department of Public Works, to use Rockport beaches. He also stated that the police are checking so that we should take photos or copies of the obtained permits. The BSC is working on the issues so we should not do anything rash that would antagonize Rockport residents and town officials. It is recommended that divers use \$2 bills in Rockport so that “diver dollars” can be “tracked.” If there are any interactions with police or residents, please contact a NSF officer ([officers@northshorefrogmen.com](mailto:officers@northshorefrogmen.com)).

### Welcome New Froggies

- Colleen Kelly
- Jacki Kronenberg
- Joe Maletz
- Brianna Qui

### The North Shore Frogmen's Club

Business meetings and presentations every Thursday, except the last Thursday of the month, at Palmer's Cove Yacht Club, 74 Leavitt St., Salem, MA. Meetings begin at 7:30PM. There are also social events



## Next Air Bubbles – October 1<sup>st</sup>

Please submit newsworthy items by September 15<sup>th</sup> to Vange Egizi at

[vangiemassagain@yahoo.com](mailto:vangiemassagain@yahoo.com)