



# Air Bubbles



The Newsletter of the North Shore Frogmen's Club

April 2020

## President's Message

By: Susan Copelas

The world has changed so much since our last meeting on March 5<sup>th</sup> at Palmers Cove Yacht Club! The future as we know it is unknown but one thing that remains constant is that the ocean is still safe for diving, and we need to protect it. Having PCYC temporarily closed has been a disappointment, especially after such a successful series of speakers and Sea Rovers event, **BUT WE ARE MEETING VIRAL!!** Starting Thursday, March 26<sup>th</sup> we began broadcasting our meetings! Several upcoming speakers have been rescheduled to a later date but we are still planning on holding the beach cleanup and Sunday morning dives. In the meantime, one thing you can actively do is help support Undersea Divers. Whitney and Bob have been super supportive of the club through the years, and with this pandemic happening during a time that is normally bustling for Whitney, it would be a nice to get in touch with Whitney (978-927-9551) in regard to dropping your equipment, getting your annual checkup, tanks visualized, and buying gift certificates for later purchases etc. The club has purchased some gift cards for weekly raffles as well, as we all can use them sometime in the near future. Whitney will also be offering a refresher class as soon as the pools open again which you may want to consider signing up now for. If you feel you are ready for diving, please sign up for the ocean clean up during the beach cleanup to help Jack make a difference in our local oceans. We are fortunate our social time is outside and in the ocean. It is just a matter of time until we can meet on a weekly basis once again, but for now, look for your viral invitations that will be emailed to you before each meeting.

## NSF Went Viral on March 26<sup>th</sup>!

By: Vange Egizi

Two songs come to mind: "Reunited, and it feels so good..." and "It's the story..." **Kudos to Susan** for running a great meeting, virtually, and to **Ellen and Mike** for making the technology happen! It was so good to see everyone and experience some NSF normalcy. We even had a raffle – congrats winner Dodie, and a game – congrats winner Jules! Together, we watched a great video about the lost soccer team in Thailand and their harrowing dive rescue. (FYI - included in this edition of Air Bubbles are four book reviews about the Thai rescue – thank you Jack Ganson!) Looking forward to *watching* you all next week! Keep up the creativity Laura, who wore a protective mask and Fin, who was surrounded by toilet paper!



## Map Portal for SCUBA Diving Areas

By: Susan Copelas

I was contacted by the Northeast Regional Ocean Council (NROC) to participate in helping to update a Portal used to map recreational SCUBA diving areas that was developed 5 years ago for the purpose of supporting ocean planning and management processes in New England. The resources on the Portal were being used increasingly by state and federal agencies for a variety of reasons, and included visitation from consulting companies working with offshore wind developers. Because of the importance of the recreational SCUBA industry in New England, the overall increased use of the Portal lent itself to make sure that all the dive sites were represented by shore divers, boat divers and deep water divers. The threat of putting a wind farm through our dive sites and fishing areas was of great concern. **What we discussed was:** 1) a brief update on how the Portal is being used, including the existing SCUBA data to bring us all up to date, 2) a quick overview/reminder of the existing SCUBA activity layer and how it was developed, 3) how to update the maps so that SCUBA diving activities were most accurately represented (i.e. do we need to separate it into shore, boat, deep etc.), and 4) other layers (human activities and/or resources) that may be important to represent and understand the impact of the SCUBA diving industry, and 5) how your input will be integrated and presented on the Portal. I brought up how important this information is to those making decisions from a financial stand point and by what means we could be an active voice in preventing this from happening at all. I was disappointed that I was shot down quite quickly. Ted Maney from Salem State College did a great job of leaving detailed recaps of the meeting on everyone's table at Sea Rovers and I have copies if anyone would like to see specifics. I will be following up with a discussion at the next Bay State Council meeting.

## Bay State Council Update

By: Susan Copelas

We met on February 12<sup>th</sup> with representation from the local dive clubs, dive shops, Baystate Council board members, Salem State College, MA Dept of Marine Fisheries and Sea Rovers. We discussed upcoming Sea Rovers and the best way to set up booths. We confirmed the date of September 20<sup>th</sup> for the Treasure Hunt. We discussed how the website is being updated. Several people reported on their views of what is happening with the Rockport issue and it appears with the decrease of divers it has quieted down but will expect it to continue once the summer season begins. We talked about the Women Divers day July 18<sup>th</sup> and what kind of presence the dive clubs and BSC would like to have. The REEF fish count will be July 25<sup>th</sup> this year which is a switch of weekends and how important it was to support their event. Jim Nannery (VP) suggested a group newsletter so we can better support each other's club events which has been done and distributed. World Oceans Day is on June 7<sup>th</sup> and the BSC will have a presence manning a table with some children's interactive activity there. Lastly, the underwater rugby team, which is presently gold medal level, is scheduled to have their tournament April 25-26 in Lowell. For more details on any of these topics please ask Mary Howard or Susan Copelas.

## Member Recognition

By: Susan Copelas

February Diver of the Month – **Mike Garvey** – After having surgery, he journeyed to Little Cayman to test out the skills of his back doctor before heading to Cuba this spring.

February Member of the Month – **Dylan Langelier** – Despite being a new member, Dylan continually stepped up to help out whenever needed. He initiated a club night out, and set up a brewery outing at East Regiment Brewery in Salem as well as signed up for 5 sessions to cover the booth at Sea Rovers.

March Diver of the Month – **Dodie Carvalho** - She braved adverse weather conditions and did 12 dives in Roatan, Honduras culminating in a 70 foot deep dive with 6 foot long sharks.

March Member of the Month – **Jack Munro** helped set up and take down the Froggies booth at Sea Rovers, signed up for several sessions to speak with new members and brought several wonderful artifacts from the Dive Locker which was a big draw at the booth.

## (Before Covid19) Froggies Had Been Busy!

New Year's Day Dive & Party – January 1<sup>st</sup> - Back Bay and Dodie's  
(Photos: John Sears and Vinny Egizi)



Planning Meeting – January 12<sup>th</sup> at Ellen and Mike's



*Thank you  
to all present  
for planning  
such great presentations and activities  
for 2020!*

## Marblehead – Salem Soundwatch – January 30<sup>th</sup>

“A Club Evening of Colloquium and Consumption”

By: Dodie Carvalho

On January 29<sup>th</sup> eight club members attended a wonderful presentation hosted by the Salem Coastal Watch at the Abbott Public Library in Marblehead. This lecture was the first in a four-part series called "Underwater in Salem Sound." Entitled "Sea Scallops on Acid," the presentation was given by Louise Cameron who is a PhD candidate at Northeastern University, originally from Scotland, and a passionate scuba diver. She has been researching the impact of ocean acidification and warming on Atlantic sea scallops. Scallops are the most successful and profitable part of our North Shore fishing economy and there is concern that changes in our saltwater could have irreversible impact on this valuable ocean food source. Several of our club members have enjoyed scalloping as divers, but I have only seen two scallops in all my years of diving. (I have mostly been a shallow diver, or what we used to humorously call "a when in trouble stand up" diver.) I learned that scallops usually aggregate in large "beds" at between 100 and 300 foot depths. They are commercially harvested by draggers, hauled in, and shucked on board out in Stellwagon Banks. Once iced, they are taken directly to market. A scallop's body at its shell's edge has up to 200 eyes which look like black dots. They sense predators or danger and swim away by opening and closing their shell, ejecting water, and using their large single muscle which is the actual part of the scallop we eat. Louise brought a tank with one scallop in it and we were able to see these eyes around its shell edge. These presentations by the Salem Sound Watch help us as divers better understand the biodiversity of our oceans, and help us also understand the effects of pollution and fishing on them. Salem Sound Coastal Watch will be presenting other informative lectures on Feb 26<sup>th</sup>, March 25<sup>th</sup>, and April 29<sup>th</sup>. Stay tuned for further details. After the lecture the eight of us went for beer and "victuals" at, Three Cod Tavern, a cozy bar in Marblehead complete with an extensive craft beer menu.

## Grenada Presentation – January 16<sup>th</sup> by Susan and Ellen

There is still time to secure your spot for the October trip. Trip information is included on page 11 of Air Bubbles, or contact Susan Copelas.

## Middlesex Fells Hike, January 18<sup>th</sup>

By: Mary Howard

A group of 13 hearty Froggies and friends met at the Home Depot lot in Reading at approximately 11AM and prepared to head off for a frigidly cold hike in the Middlesex Fells. We carpooled over to the Fells crowded parking lot at Sheep Fold in Stoneham, across Route 93 from Spot Pond. This is also the parking for the busy dog park which means not all those people, and dogs, are hiking. From there, after finding each other and gathering for a photo, we headed off en masse for the south tower, the stone tower you can see on the left when driving north on 93. I always wondered what that tower was, so this was my chance to find out! (Last year a group of Froggies hiked to the north tower.) It must have been about 20 degrees and cloudy, all puddles were ice and there was NO MUD. The trails were clear, fairly well-marked, and easy enough to follow. Ponds were frozen and the woods were cold and quiet except for the noisy, chatty, people strung out along the trail. One woodpecker was heard hammering, but not seen, so no positive ID. The group kept up a pretty good pace, and for the most part we weren't terribly cold as long as we kept moving. Actually, a few people produced quite a bit of steam under their hats! Some people brought hiking poles and shared that experience. As you can see from the attached screen shot from a hiking app, the elevation profile showed that we went up and down hills quite a bit. Good cardio! It was well before the Covid-19 issue, so we were okay chatting in groups along the way – no social distancing! We stopped at the south tower for a group photo on the rocks, looking out toward Boston. The tower itself, an old fire tower, was locked up tight. On the return trip the group followed different trails, parallel to the outbound ones. Total distance hiked was nearly 4 miles in about 2 hours, and everyone made it, no one needed carrying, and there were no injuries. And everyone came out alive! After the hike, the group reassembled back in Reading and we went for food, libations, and verbal recap at Chili's. Yum and warmth!

*Thank You  
Bill  
for coordinating  
the Hike and  
Dim Sum!*



## Shark Night – February 6<sup>th</sup>

A fun evening of shark videos - **kudos to Vinny, Daryl, and Ellen** for figuring out the technology to make it happen!

## Breezy Grenier –February 13<sup>th</sup>

“Ocean Pollution: Out of Sight, Out of Mind”

By: Susan Copelas

This morning I was taking a walk on the beach with my "garbage bag," doing my part, and I picked up two straws. I thought back on the wonderful talk Capt Breezy Grenier gave Feb 12<sup>th</sup> and the pictures she showed us of the plastics worldwide polluting our waterways. People are stepping up across the globe in joining forces to help fight this Coronavirus, it is an immediate threat. However, Breezy pointed out she feels the plastic epidemic is a slow death to our planet and is something each one of us can do something about now. She suggested we look at our own home, our daily usage, what we consume and how we can change our plastics footprint. While we are spending this time at home, perhaps now is the time to attack this world wide plastic epidemic?



A sandtiger shark in Sea World in San Diego. SAN DIEGO VISITORS BUREAU

## Report: Number of worldwide shark attacks decreasing

Doyle Rice USA TODAY

Shark attacks were down again both in the U.S. and worldwide in 2019, according to a report released Tuesday.

Last year, 64 unprovoked shark attacks were reported around the globe, down from the average of 82, according to the University of Florida's International Shark Attack File.

As for deaths, sharks killed two people in 2019, which is below the average of four.

Last year marked the second straight year shark attacks were well below average: There were only 62 attacks worldwide in 2018.

"We've had back-to-back years with unusual decreases in shark attacks, and we know that people aren't spending less time in the water," said Gavin Naylor, director of the Florida Museum of Natural History's shark research program, in a statement. "This suggests sharks aren't frequenting the same places they have in the past. But it's too early to say this is the new normal."

Researchers at the International Shark Attack File track "unprovoked" attacks, which are defined as incidents in which an attack on a live human occurs in the shark's natural habitat with no human provocation.

One of the two fatal unprovoked shark attacks was near Reunion Island in the Indian Ocean, and the other was in the Bahamas.

In the U.S., on average, one person dies each year from a shark attack.

Humans kill about 100 million, sharks and rays each year. Most are killed by commercial fishermen for their fins and flesh.

As has been the case for decades, the U.S. led the world in shark attacks

with 41. But that was still well below the average of 62 U.S. bites.

Australia was second with 11. The majority of the U.S. attacks were in Florida, where 21 bites were recorded. The Sunshine State alone accounts for 33% of the global total, according to the Shark Attack File.

**In the U.S., on average, one person dies each year from a shark attack.**

Following recent trends, surfers and those participating in board sports accounted for most incidents (53% of the total). This group spends a large amount of time in the surf zone, an area commonly frequented by sharks, and may unintentionally attract sharks by splashing, paddling and "wiping out."

Summertime shark mania probably started with the book and movie "Jaws" in the 1970s. Specifically, the national fear of shark attacks got its start in 1975 after the release of the summer movie blockbuster that unleashed the primal fear of being eaten alive while swimming.

The odds of being killed by a shark in the U.S. are 3,748,067 to 1.

Bees, wasps, dogs and snakes are responsible for far more deaths each year in the U.S. than sharks, the Shark Attack File said.

Most U.S. deaths from animals are not actually because of wild critters such as mountain lions, wolves, bears or sharks but are a result of deadly encounters with farm animals, insect stings or dog attacks, according to a study in February 2018.

## Dim Sum and Glassblowing – February 16<sup>th</sup>

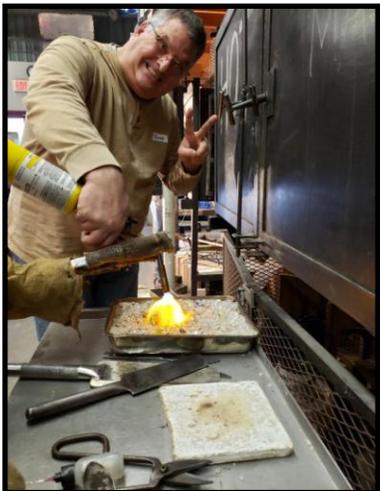
By: Vange Egizi



Anyone can appreciate a tradition like ‘yum cha,’ also known as “dim sum,” even at 10:00 AM, but understanding exactly *what* we were eating was an entirely different story! Between the sheer number of dumplings, buns, and pastries, and the breakneck speed of the servers, food coma was inevitable! Fortunately, we had a couple of hours to burn (not Bernie) between our food fest



and glass blowing, so after leaving China Pearl in Chinatown, we headed to Dorchester and went for a long walk before entering Diablo Glass School, where we learned about the ancient art of glass blowing and felt the burn (not Bernie) of the 2000 degree kilns! Ellen Garvey is a true master, taking the glass from the oven and then deftly shaping it. Seriously, her skills are impressive and the highlight of the class was watching her craft a fish out of molten glass. Silently in the background was Mike, who was responsible for the ovens working perfectly. The class was fun and educational and we all left with paper weights or pendants that we had made. If you have not yet taken a class with Ellen, do so to see a true master at work! **Thank you Ellen and Mike!!**



## East Regiment Beer Company and Pizza – February 20<sup>th</sup>

By: Vinny Egizi

Froggies, families, and friends met for a fun evening out. We enjoyed excellent craft beers, gorged ourselves on various varieties of pizza, and were taken on a very interesting tour of the inside operations of this fantastic new brewery. The staff at East Regiment were knowledgeable, accommodating, and very friendly. One of the owners is a scuba diver, which made our patronage even more appropriate. A little about the East Regiment Beer Co. (taken from their Website):



*This new brewery was started recently by two friends (Josh and Scott). Scott is Navy Veteran while Josh spent time as a Merchant Marine. Their careers*

*were fulfilling but had taken them far from home. So they began East Regiment to turn a hobby that they love into a new career that could keep them in a place they love, The North Shore of Massachusetts. So, Scott and Josh headed back to Salem and with nothing but grit, determination, and a rudimentary understanding of construction and fabrication. After finding an old, really old brick building (Salem's First Fire Station) in the heart of downtown Salem, and completely transforming the dilapidated basement, these guys MacGyvered a brewery. People asked why it took so long to open. After navigating the intense permitting process and working the building issues, these guys were left with next to no money and had to resort to eating their shoes. In addition, Scott and Josh built everything by hand from the bar and tables to the 3 BBL Brewhouse. All Told, the whole process took five years. They decided to use the East Regiment and its Colonial Flag to represent the brewery because like East Regiment Beer Co. it was forged with determination. They also wanted to give a nod to New England and its pioneering beginnings, and its residents pioneering spirit. It also*



*highlights Salem's, and New England's long history, aside from that whole Witch thing. East Regiment's beers are inspired by this area, its historical aspects, favorite pastimes and cuisines, and the outdoors. We strive to exemplify New England Beer and represent our region with pride. Also if we can score a few cheap laughs at some of our beer names and antics that's great too. After all, beer is supposed to be fun.*

*So if you are in Salem, after COVID 19 and not during Haunted Happenings, and get thirsty, stop by the East Regiment Beer Co. and have a beer. You will be happy you did. Thanks for planning, Dylan!*

So if you are in Salem, after COVID 19 and not during Haunted Happenings, and get thirsty, stop by the East Regiment Beer Co. and have a beer. You will be happy you did. Thanks for planning, Dylan!



## Nemo's Garden - March 5<sup>th</sup>

By: Dylan Langelier

Being able to see the world through a diver's eyes is something that is so unique and special that someone who has never experienced it, truly cannot understand. Whether it is a far-off wreck or a tropical reef or lobstering off the New England coast, we are a truly lucky group being able to explore the far reaches of the oceans and see treasures of all types from that very perspective. The Froggies were treated to one of those unique and special experiences, shared by Paul Cater Deaton. Paul is an award-winning writer, producer, director and cinematographer, as well as a fellow diver. He shared with us his documentary footage of Nemo's Garden, one of those "treasures" only yards off the shore of Noli, Italy, a self-sustainable, eco-friendly garden growing hundreds of plants of many varieties, such as, tomatoes, basil, and strawberries to name a few. This garden is no ordinary one, as it is grown under the Tyrrhenian Sea and is the brainchild of Sergio Gamberini, a chemical engineer who runs a scuba diving business, and is the founder of Ocean Reef Group. The concept is to grow self-sustaining crops, in an area that temperatures and weather conditions are harsh on farming above the water. These plants are grown using a hybrid technique to supplement natural resources, such as sunlight, with electricity and fresh water pumped from land through a system of underwater tubes leading to each individual pod and creating ideal growing conditions for the crops. "Ultimately the goal of this project by Ocean Reef Group was to test the proof-of-concept of creating self-sufficient underwater farming that could be applied in parts of the world where water is scarce" or conditions on land are inconsistent and harsh on farming. This is ABSOLUTLEY on my diving bucket-list and a visit to Noli, Italy is hopefully in my future to explore Nemo's Garden which is open to the public and again is only yards off the beach. Seeing this concept in action and proving that farming can be done on the sea floor really shows how this technology and process could benefit so many across the globe, and I for one cannot wait to see the continued success and growth of this project.

## Sea Rovers – March 7-9<sup>th</sup>

By: Susan Copelas

Several members of NSF showed up on Friday afternoon/evening to begin the long and tedious activity of setting up the froggies booth. **Mike Garvey** went above and beyond the duty to return all the way home to pick up some more important posters and pictures to bring another dimension to the booth. **Jack Munro** showed up with some wonderful artifacts and a helmet from the Dive Locker which were great assets in drawing attention to the booth. Nick Fazah, president of Rovers came by with drink coupons just as we were leaving, inviting all of us to a pre-opening cocktail party that evening which was lovely and well attended. Sea Rovers had good foot-traffic and the seminars were interesting and well attended. Twelve people signed up to receive further information which has been sent. Unfortunately, with the lack of meeting place for us at this point, it is hard to offer the human side of following up. Mary Howard was the lucky winner of the generous duffel bag that Undersea Divers donated and Daryl was the lucky winner of Ellen's most sought-after, glass-blown fish. Profits from the raffle items were \$225. Rovers date for next year is March 5-7, 2021.



## How We Are Dealing with Covid19

- 1) **SKIP YETMAN:** I still have to go to work every night. I work nights for the U.S. Postal Service and we are considered essential personnel. For fun, since most of the stores are closed, I decided it was a good time to bring a couple more of my double hose regulators back into diving condition. I adjusted the second stage on my Sportsways Hydro Twin II and it's now ready for a "wet test." I also had some double hose parts in a box of junk I had bought, so I had high performance parts on hand to make it a high performance reg. I know I don't need any more double hose regulators because with these two, I now have nine that are working. I have parts for some of my old single hose regulators that dive shops wont service, so it's time to overhaul those. This is how I'm dealing with the madness going on in the world.
- 2) **VANGE EGIZI:** Being a flight attendant from home is a little tricky but I have managed to adapt. I periodically put on my uniform and point out the emergency exits... I charge an upgrade fee whenever someone sits on the couch... if someone asks for a sandwich, I ask for \$10.00 (credit card or Apple Pay)... I periodically shut off the internet and wait for someone to complain.
- 3) **ELLEN GARVEY:**



### (Pending)Upcoming Events

**April 2<sup>nd</sup>** – Virtual Meeting & Roatan Presentation by Dodie, Susan, and (stranded) Alexine who will talk about their recent trips

**April 7<sup>th</sup>** - Dodie's 76<sup>th</sup> Birthday – Happy Birthday Dodie

**April 9<sup>th</sup>** – Meeting & Presentation by Daryl/“FIN” on Equipment

**April 16<sup>th</sup>** – Meeting & Presentation by Ryan King and Crew of Eagle 56 – “Behind-the-Scenes”

**April 18<sup>th</sup>** – Tri-state Beach Clean-up

**April 23<sup>rd</sup>** – Virtual Meeting

**April 26<sup>th</sup>** - Float Cleaning at PCYC

**April 30<sup>th</sup>** –Photo Society – No NSF Meeting

**April 29<sup>th</sup>** - Salem Sound Coast Lecture on Whales Followed by Libations at One Cod Tavern

**May 2<sup>nd</sup>** - New Members Treasure Hunt Dive

**May 7<sup>th</sup>** – Meeting & Presentation by Ted Maney of Salem State

**May 14<sup>th</sup>** – Presentation by Annette Spaulding

**May 21<sup>st</sup>** – Meeting

**May 28<sup>th</sup>** – Photo Society – No NSF Meeting

**May 30<sup>th</sup>** - Canoe Trip

**June 4<sup>th</sup>** - Meeting

**June 6<sup>th</sup>** - Nubble Lighthouse Dive in Maine with Sightseeing Activities for Non-divers

**June 7<sup>th</sup>** - Bay State Council Ocean Day at NEA

**June 11<sup>th</sup>** - Meeting

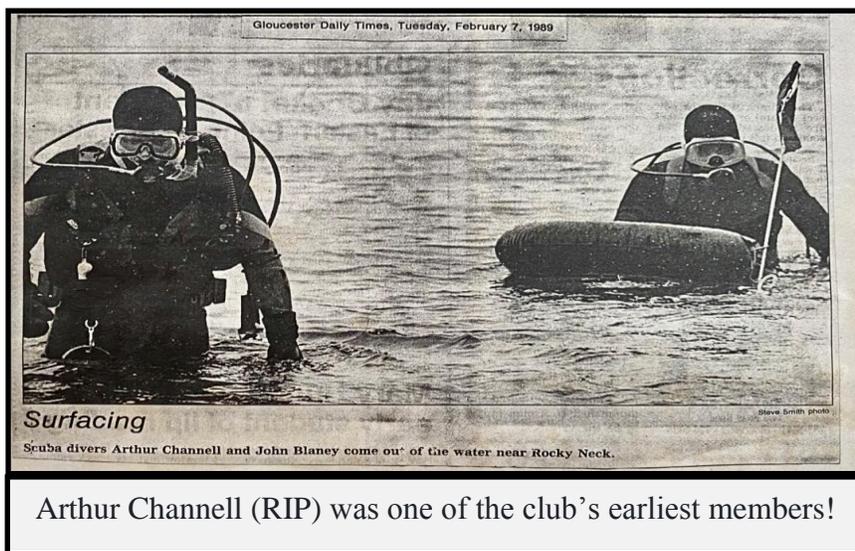
**June 14<sup>th</sup>** - SEAL BOAT DIVE with Metro West Divers

**June 18<sup>th</sup>** - Beach Party

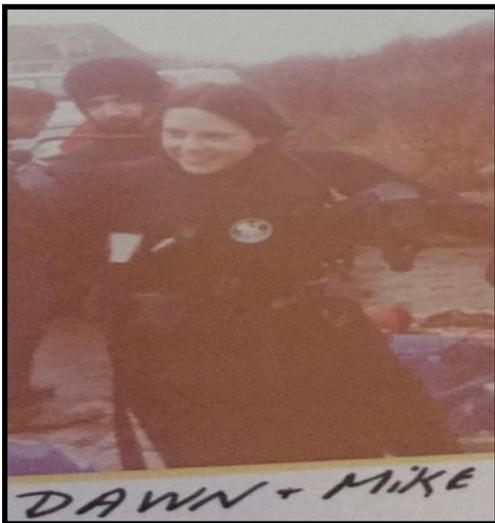
**June 25<sup>th</sup>** – Photo Society – No NSF Meeting

# Seems Like Yesterday...History from Art's Collection

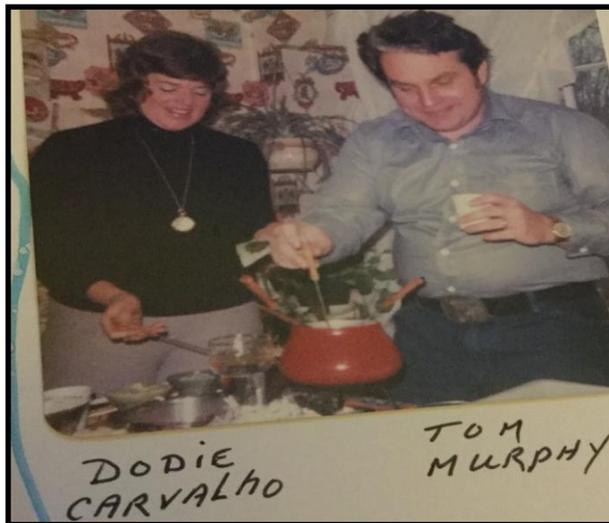
By: Vinny Egizi



By: Dawn Denneler



New Year's Day Dive, 1979, with President Dawn at Loblolly Cove!



New Year's Day Party, 1979, with Fondue!

*Welcome New Members!*  
Dylan Langelier & Jim Smith

# Happy Birthday!



**Happy 60<sup>th</sup>**  
(est. February 3, 1960)



**77 Years Young**  
(on February 27<sup>th</sup> with Daryl, Mary, and Ray)



## **GRENADA**

The Hidden Gem

**COME:** join the North Shore Frogmen for a week of awesome Caribbean diving/snorkeling. We are staying at the 4 star Coyoba Beach Resort for 7 nights /8 days, hot buffet breakfast, included in the package is 5 days two tanks per day with Eco Divers, transfers to/ from air-port. The resort has free use of kayaks, sailboats, and a welcome seaside cocktail party. Morning yoga classes available (*possible small fee*).

**DIVING:** includes the famous Bianca C. Shipwreck, underwater sculpture park, sharks, stingrays, turtles, resident seahorses and so much more!!

**OPTIONAL LAND TOURS:** scenic waterfalls, chocolate factory tour, distillery/rum testing, spice island tour, and forts.

**HOTEL:** GORGEOUS beaches without the hassle, swim up bar, morning yoga classes, large rooms with refrigerator.

**NOT INCLUDED:** Nitrox, equipment rentals, lunch (custom meals waiting for us when we arrive back from diving), dinner/drinks, island tours, super fun street food festival with a steel drum band, local coconut ice cream, seaside dining at the Barking Crab, other wonderful seafood seaside restaurants.

**FLIGHTS:** from Boston to Grenada from 6am-2pm are about \$650, so book SOON!!

**COST:** \$1299 for divers and non-divers are \$999

**NEEDED:** \$400 deposit to hold your spot - only 12 spots are available

For details email [officers@northshorefrogmen.com](mailto:officers@northshorefrogmen.com)

# Meeting Summaries

By: Daryl Findlay

## January 2, 2020

ATTENDANCE: 10 members + 2 guests. DIVE TALK: 1) On New Year's Day we had four divers in the water at Back Beach: Jack, Daryl, and two new people, Emily Fox and Tim Burns; 2 wetsuit divers and 2 drysuit divers. Didn't see a lot, though Emily said she saw sea grass and enjoyed that, and Jack saw a lobster the size of a crawfish. Water temp 42°F. The harbormaster stopped by and noted that he didn't see any flags, but then Daryl's flag appeared from "around the corner." 2) Alexine dove 1 ½ weeks ago at Plum Cove. NEW BUSINESS: 1) Susan asked that we nominate/choose two additional past officers to be on the NSF Board of Directors. She has asked Ellen Garvey and Bill Werner if they would be willing to be on the Board for 2020 and they agreed. 2) Jim Smith, a member of the Undersea Divers Photo Society, submitted a complete application for membership to the NSF Club. His application was accepted. Jim was the winner for the "Open to non-members" category of the 2019 photo contest. DISCUSSION: 1) Dylan was a guest at tonight's meeting. His mother was a member of the NSF Club before he was born, and she recommended that he check us out. He is considering joining the Club. 2) The Dive Locker has been in their current location rent free, but now they are looking for a new location. Can we get the movie/documentary that was done about the Dive Locker a few years ago and show it at a meeting? It was noted that the membership application online still mentions that there is an application fee to join. That and some other things about the application need to be amended. VIN'S VIGNETTES: Vinny found an article "Sex on the Reef; Science and Tourism Join Forces" in *Scuba Diver Life (Nov 2019)* about coral spawning on the Great Barrier Reef. The article noted that the reef is doing well. RAFFLES: Mystery – Alexine Raineri, \$\$ Box – Ray Porter, Bug Bag – Mary Howard.

## January 9, 2020

NEW BUSINESS: 1) Susan read the 2016 bylaws which are now on the website. Ellen mentioned the bylaws need to only include the rules of the club, not procedure. Susan noted that officer roles may need to change with evolving technology. 2) We have a sympathy card for the passing of Jim Barbra's father. 3) Susan is interested in a club tour of the USS Massachusetts with Jack being our special guide. 4) There is a series of marine lectures at the Library in Nahant each third Wednesday in January – April. 5) Susan described the fish market in Gloucester, MA. A single tuna fish in Japan was sold for 2.6 million dollars, but the most that was paid for a single Blue-fin tuna was 4.5 million dollars. 6) Dodie described the marine exhibit at the MFA, back in the days of whaling, Frank's grandfather was a taxi driver and Portuguese whaling ships came into Nahant and Gloucester. 7) Sea Rovers booth discussion. 8) April 18<sup>th</sup> can be a beach clean-up day at one of three beaches in the area. Possibly clear the ramp at Old Garden Beach; Niles is an option; or Whites Beach with the Manchester harbormaster. Metro West is interested in combining efforts with us, but we are trying to see if another dive group is also interested.

## January 12, 2020

NEW BUSINESS: 1) Membership committee will be comprised of John Ferrier, Ray Porter, and Susan Copolas. 2) Question about using auto-reply function for membership address. Membership committee will come up with verbiage. Talk on how to increase membership. 3) Notes about appropriate parking at PCYC. 4) Need a sign at entrance of PCYC to direct speaker/presentation attendees to meeting hall and away from bar. 5) There will be a notification email and posting on FB/calendar at the start of each month and a notification email on the week of a speaker. 6) What constitutes a business meeting? Anything that includes club activities involving new and old business, especially involving capital of the organization. 7) Pairing new members with existing member of similar age and interests. 8) Raffles - would like to improve our raffles. 9) Need Social media: Instagram and Twitter, 10) Club Dive Time 11) Switch to Saturday? 12) Buddy List - when should the next list go out? 13) Membership Forms - store forms in cloud. Where? How to access? What is appropriate information? Emergency contact and how to use? 14) How can we attract new members? Establish relationship with groups outside of diving circles? 15) Life Members - Jim D'Urso (possibly '91) and Maria Maggio

(Known '95). 16) Pre/Post Meeting socializing at bar? Post meeting is allowable by PCYC and this allowance needs to be promoted. It could be a mutual arrangement for both clubs. 16) Use of the available budget - one-time investments? Do we need to make money on raffles? 17) Need raffle budget. 18) Bring back Tropical Meeting. 19) Website - need to renew SSL certificat. Fin will get cost and assess priority. 19) Club Email - include RSVP to [officers@northshorefrogmen.com](mailto:officers@northshorefrogmen.com). 20) Payment via PayPal to [treasurer@northshorefrogmen.com](mailto:treasurer@northshorefrogmen.com). Ray and Vinny to create new Paypal membership options code for website. 21) Speaker Cost: we had a discretionary payment allowance of \$150-200. Cost benefit analysis. 22) Check Signing - officers to meet to setup checking account signatures.

#### January 16, 2020

NEW BUSINESS: Middlesex Fells on 01/18 and Dim Sum and Glass Blowing on 02/16. PRESENTATION by Susan and Ellen's recent dive in Grenada. Discussion on future club trip to Grenada in October of 2020 which will include a Halloween Dive. RAFFLES: Dollar Box – Dodie. Mystery – John Sears.

#### January 23, 2020

ATTENDANCE: 4 members + 3 officers.

#### January 30, 2020

No Meeting – Photo Society.

#### February 6, 2020

ATTENDANCE: 14 members. NEW BUSINESS: Dylan Langelier's membership application was accepted (pending verification of C-card by Susan). OLD BUSINESS: 1) Sea Rovers is on March 7-8<sup>th</sup> and we will have a booth. We will have a sign-up sheet next week. Whitney Boyle of Undersea Divers donated a nice dive bag to raffle off and Ellen will provide a glass fish. Daryl will bring a TV screen to show a video. We will have some of the photos from the NSF photo contest on display. 2) Dim Sum (10AM) and Glass Blowing (2PM) scheduled for Sunday 2/16. 3) Please submit your articles, notes, and photos for Air Bubbles to Vange real time, rather than waiting for the deadline. DISCUSSION: Eight Club members attended the talk about scallops at the Marblehead library. Scallop growth is affected by temperature and acidity, so will be affected by climate change. The group then went to the Three Cod Tavern. VIN'S VIGNETTES: Jellyfish have been fitted with sensors to determine their movement patterns. It turns out they also can get a boost of speed using the sensors. Shark attacks are down 2<sup>nd</sup> year in a row. PRESENTATION: Shark videos.

#### February 13, 2020

ATTENDANCE: 12 members, 1 guest, + 4 officers. DIVE TALK: Susan went diving in Cozumel, Mexico OLD BUSINESS: 1) Susan advertised Grenada dive trip to non-cold water divers. 2) Bill described the Dim Sum. 3) Ellen described Glass blowing event on February 16<sup>th</sup>. NEW BUSINESS: 1) Next week meeting will be at East Regiment Brewery with a tour of process. Pizza will be available at \$8 per person. 2) Upcoming presentation in March on Nemo's Garden. 3) Susan will teach girl scout troop and has extra space in the pool for anyone that is looking to test gear or just get in the water. 4) Susan is looking to have past event recaps in Air Bubbles newsletter. 5) Ray is looking for volunteers to man the booth during Sea Rovers and will have clipboard at meeting leading up to the event weekend. 6) Susan was in Washington DC and visited the Smithsonian Museum. 11) Raffling of cool clock that looks like a Mark V dive helmet. PRESENTATION: Captain Breezy Grenier on Plastics and Pollution.

#### February 20, 2020

Night Out with Pizza and Beer at East Regiment Brewery in Salem

#### February 27, 2020

No Meeting – Photo Society.

March 5, 2020

ATTENDANCE: 4 officers, 2 BOD members, 16 Members, and Faith. DIVE TALK: 1) Ellen and Mike just came back from dive trip to Little Cayman. Ellen tested if you can vomit through a regulator. She has seasick medication that is only available in Europe. 2) Faith just did a dive trip to Antarctica, in where they had great visibility and dove with the Leopard seals. They went to Deception Island with hundreds of whale bones, the have 20-30 humpback whales outside the harbor. Faith has a women's only trip this summer to the Solomon's Islands. They stayed at Pirates Point. OLD BUSINESS: 1) We have dive trip to Granada in October. We have flyers at the meetings NEW BUSINESS: 1) Metro West Dive Club is doing trip to North Carolina. We have flyers at the meetings. 2) We are allowed to use meeting hall, but are expected to help clean floats. 3) Bay State Council has decision by judge on fatality that occurred at last DUI Dive Event, in which the dive master was not found liable to the lawsuit filed by the dive's estate. 4) We have a cake for Jack's and Ron Blaze's 77 birthday. 5) Earth Day Clean-up – Same beach, we will have a sign-up sheet. 6) Susan and Dodie will present next week on trip to Honduras, which includes diving with sharks. PRESENTATION: Nemo's Garden.

March 12, 2020

Meeting cancelled due to Covid19

March 19, 2020

Meeting Cancelled due to Covid19

March 26, 2020

Clubs first virtual meeting!! ATTENDANCE: 19 members! OLD BUSINESS: Fin read the meeting minutes from March 5<sup>th</sup>. NEW BUSINESS: 1) Dodie described going through videos taken by one of the original club members. 2) Susan suggested we use the time to walk the beaches and pick up trash to do our part. All the beaches in Manchester are closed but Gloucester beaches are open. 3) Beach cleanup may need to be moved. 4) Undersea Divers had to close and Whitney can take web orders. 5) John Sears bought some gift certificates from the store. 6) Susan will speak to BSC. 7) Will have virtual meeting on April 2<sup>nd</sup> and there will be a presentation from three speakers who recently went to Roatan. RAFFLE: Dodie won a stuffed Nemo fish and we made \$68.00!! VIDEO: We watched a documentary on the rescued soccer players in Thailand.

*Because of social distancing, perhaps you have more time to read...thank you John and Jackie for the following five book reviews!!*

## **Lost Soccer Players in Thailand– Book Reviews**

By: John Ganson

I have just finished reading four books concerning the lost divers in Thailand; so, I am writing a book review of sorts. I read all four books because I am keenly interested in diving; and having lost a number of friends over the years, I am very much aware of the risks involved in the sport. It is only safe if you follow the rules without exception, if you train and train and train for whatever you are about to do; if you assiduously feel comfortable about all aspects of what you are about to do; and above all you have some inkling that you may be ready to handle panic (RELAX, RELAX, RELAX and only then, act!).

Although I did not get certified until I was 54 (28 years ago) my training began in high school, motivated by a love of the water and by having been on a camping trip as a preteen involving a fatality. I can remember the high school instructor in a water safety course years after that disastrous trip saying, “none of you will understand panic until you have panicked.” To that end we were paired up to wrestle in the deep pool, with the winner holding the loser down for at least a minute. I still vividly remember the bubbles going to the surface when I lost. The instructor took on the winner.

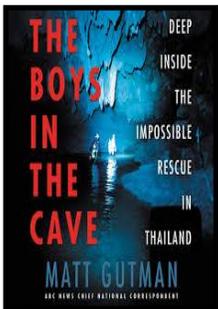
I just love diving, was an active Boston Sea Rover for many years, have been involved in diving all over the world, including Moscow, Latin America, and particularly Scappa Flow north of Scotland in the Orkney Islands resulting in speaking twice at the Naval War (not a very good speech I am afraid) on the German Fleet scuttled there during the armistice at the end of World War I.

My diving has been mostly cold water having taken it up in lieu of being unable to fund anything more expensive than local drive-to dive sites when my wife and I were starting a company and were very much broke. I add quickly that of all the hundreds and hundreds (quite possibly over 1000) of dives I have made I have yet to come out of the water without realizing that it wasn't a perfect dive: without realizing that I had done something wrong which could not be repeated- a clip in the wrong place, an ascent rate that could be improved, and so on. I include the foregoing to establish my credentials as someone who absolutely loves the sport, but not as an expert.

I have to admit even now to a momentary sense of almost dread just before I hit the water saying to myself, "What am I doing here, you idiot"! The wondrous sense of that great blue ocean and of being able to navigate around a wreck, virtually weightlessly, is my answer.

A very real warning: cave diving is not to be undertaken without arduous and thorough training. These books may make it sound routine: it is not. Treat it as routine and you will kill yourself to say nothing of what you will do to your buddies. When I took up diving, I specifically ruled out any over-head diving. Reading some of these books certainly gives a wondrous sense of the lure of the cave fortunately I am too old; but you might not be. If you get the itch get the training!

I think Frank Murphy (past president MWDC) who got me to read these books put it best: "For cave diving there is just no describing it and I'd urge you to comment on how rare it is for a person to NOT panic under tons of rock in total blackout and things going badly. That's quite challenging"

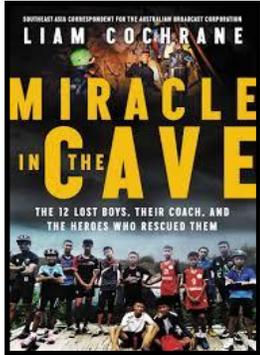


The first book is The Boys in the Cave by Matt Gutman, ABC News Chief National Correspondent, Harper Callins, ISBN 978-0-06-2909961-6 dated 2018. To begin, the author seems to me to be a hands-on reporter trained to get the facts and to get the story. As a result, one gets a sense of the mayhem some ten thousand apparently uncoordinated volunteers and officials from around the world swirling around a cave opening with thirteen missing soccer players somewhere at the end can create. Each segment or chapter leads to the next in breathless and compelling lure; and in thriller-like suspense narration beckons forward to the next section. There seems to be a certain amount of aggression in developing such a story and as a result a certain amount of push back. There isn't much time for sitting around talking to

reporters during such an emergency; and so the on-the-ground story gets picked up during the event from all the mutterings, rumors, half-comments, hopeful but not always knowledgeable or accurate press releases, interviews and the like at the scene. Trying to recreate the event afterwards is likely to be problematic, tinged as it would be by fleeting impressions of what at the time was a totally engrossing event by those involved; and colored by different objectives in telling the story afterwards.

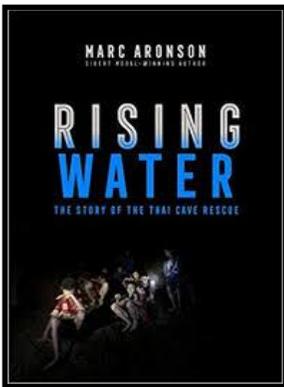
To complicate matters, the author is not experienced with diving equipment, is not experienced with being blacked out underwater and totally encased in a passageway allowing only forward motion and even rapid movement hindered by the molasses like weight of water. Additionally, few outside the 'working' dive community have much association with those who didn't make it. As well, divers at a certain level of expertise have trouble even expressing what is going on, and furthermore, I suspect, don't particularly want to- the challenge is a personal one and for those who are really at the pinnacle of these kinds of expeditions not undertaken for the purpose of public exposure and discourse.

My own opinion is that The Boys in the Cave relies a bit too much on the technique of “the lone ranger to the rescue” in keeping the reader involved; and doesn’t quite get the extraordinary story of a maelstrom of disparate thousands and thousands of well-intentioned helpers slowly getting sorted out to be led by a total meritocracy, a pyramid like, chain of command based solely on expertise; supported eventually by groups from around the world self-relegated to their own choice of place in the pyramid by their own recognition of what their capabilities would let them contribute. Having said all that, The Boys in the Cave is a good choice for an adventure story to get a pretty good sense of what the whole operation was like.



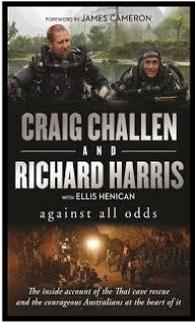
The second book is Miracle in the Cave by Liam Cochrane, Southeast Asia correspondent for the Australian Broadcast Corporation, HarperCollins, ISBN 978-0-06-291248-0. Because the author is a seasoned reporter from Southeast Asia, having started in Cambodia in 2004- and probably as well because of a background of restrained journalism- he provides a wonderful sense of the cultural setting of the rescue as well as a great narrative on the events. Of particular importance is the sense of international, national, and local involvement.

In understanding the course of events, this book is critical because of its nuanced presentation of the cultural environment of the rescue, including a wonderful examination of the ‘afterwards’. One gets a good idea of the sensibilities of a very different culture, particularly those of a national nature. Just consider the issues of a culture accustomed to deferring to the next higher authority (with the totally disastrous professional and social consequences of not doing so) having to acknowledge the ultimate leadership of middle-aged male foreigners, themselves recognized internationally by a hierarchy of rough and tumble but highly trained individuals whose unique common feature is almost singularly self-control and who are generally anonymous outside their community and who pretty much want it that way.



The third book is Rising Water by Marc Aronson, Atheneum Books for Young Readers, Simon & Shuster, ISBN 978-1-5344-4413-3. As a professional writer and member of the graduate faculty at Rutgers, this book was commissioned as an ‘instant’ book written on an unforgiving schedule. It is beautifully professional and particularly noteworthy for its afterward notes and suggestions for further reading. It is written for ‘young adults’ which may be the reason for its clear appeal: the narrative is not muddled. Furthermore, Aronson’s approach was to read everything available thereby including support staff able to read Thai and Chinese. Furthermore, he was able to make direct contact with Rick Stanton a British caver at the top of the meritocracy directing the melee. The timeline is clear, the issues clear; but, uniquely the nature of international cooperation from China to the US Air Force SEALs is also made clear.

“When it was all over, and the media trucks were gone, many of the divers were given medals for valor from their countries. But they were quick to demur any heroism and heaped praise on the boys and the entire volunteer army that turned out to save them. Karadich, the former Danish insurance salesman turned technical dive instructor in Koa Tao, says he’d heard there were more than 7,000 volunteers on the mountain. Some cooked the 20,000 meals a day provided free to the rescue teams. Some ran the pumps or diverted the streams at the top of the cave to keep the water at bay, buying the boys’ precious time. Engineers, hydrologists, and drilling teams pounded the rocks to pump out groundwater, flooding the rice fields of hundreds of poor Thai rice farmers who lost their crop and asked for no compensation. Taxi drivers shuttled volunteers back and forth from the airport for free. Others did laundry for the rescue teams. It was a truly international and community effort.” National Geographic March 4, 2019.



The fourth book transcends the confines of gripping narrative by heart-wrenching illumination of issues involved in making possibly fatal and irreversible decisions. The book is against all odds by Dr. Craig Challen and Dr. Richard Harris (with Ellis Henican) with a humble foreword by James Cameron published by Penguin Australia Viking ISBN 978 1 76089 095 7. As well the authors included their own life-long experiences to emphasize the need to give children the freedom to "test their own limits". "I do fear for kids today who, living in a risk-averse society, will not learn to challenge themselves and to earn the grazed knees and stubbed toes that really are necessary to build resilience" said Dr. Harris in accepting (with Dr. Challen) the highest award Australia has to award.

Both trained doctors and among the top cave divers in the world, asked to join after the kids were found, were cautioned with the invitation: "I just want to warn you. You're going to dive to the end of the cave. You're going to see these kids. They're all looking healthy and happy and smiley. Then, you're going to swim away, and they're probably all going to die."

They speak as divers and describe exactly what they saw and knew, without speculation and without hyperbole. The first 78 pages lay foundation to 'why we cave dive' presenting their early childhood experiences and ultimately their devotion to a totally demanding sport where the answer to the question "what has been your most interesting dive?" is "the next one!"

Once in Thailand, the discussion is as much about technique and the physical nature of the cave as it is about how to get the kids out and what to do if the kids became cadavers. The two doctors make it very, very clear that they did not expect to be successful and that they have no idea of what to do (personally and publicly) if they started bringing out bodies. Because they are divers, the discussion of the technical approaches is right on the mark. This book does not suffer from unfamiliarity with diving protocols which is apparent when non-divers try to describe practices such as the rule of thirds or the differences between din and yoke. They handle matters of cultural interaction and technical competence with admirable sympathy. The Thai divers are well accorded their senior positions as 'hosts' and representatives within a hierarchical social structure mandating the maintenance of 'face'- despite having no training (or equipment) for working in an overhead environment. There are times when one should probably fill in instances of understatement. As well, sometimes divers throw sand at each other in the same sand box- particularly given the strongly held opinions of the keenly edged caver whose proof of success is his or her being present and not being in a grave. against all odds does not divert into such unproductive psychological body-slammings which could have happened given the need to not only keep the eye on the ball as divers but as doctors pioneering virtually unthought-of techniques among gainsayers including themselves.

To quote from the last paragraph this book seems to be all about: "When you grow up doing hard things, you are ready for the challenges of life when they come." It is well worth reading and stands well apart from being 'just an adventure book'. Unfortunately, it is not yet readily available in this country: I got it through Amazon but the price was quite high and the wait quite long.

From a diver's perspective, there seem to be two observations I make, one of a personal nature for each diver and a far more important one of organization. The first, simply stated is the need for total personal control, being it in meticulous planning, in equipment and maintenance, in self-reliance; but above all in self-control- the ability to not panic (RELAX, RELAX, turn yourself into jelly- only then act!).

But the second observation is observing the process of a topsy-turvy and helter-skelter ant heap of perhaps 10,000 people get organized strictly and solely on the basis of meritocracy. Those who had the best skills ended up running the show and those with the lesser skills knew how to assume their lesser positions and make invaluable contributions as well.

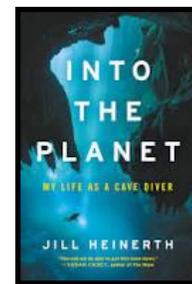
## **Into the Planet by Jill Heinerth**

A Book Review by: Jacki Kronenberg

You may or may not agree that Jill Heinerth was born to explore. Or perhaps it was the circumstances of her life that led her to become today's face of cave diving exploration.

An accidental fall into a lake at the age of 2 introduced her to the “alluring mistress” of the underwater world. A free-roaming childhood in Canada provided the foundation for easily living outdoors. Fighting off a burglar as a college student set the stage for learning to cope with life-threatening events. An unusually challenging open water-level dive course in Tobermory “whet her appetite and stimulated her imagination,” triggering her chase of the dive high.

Ultimately, a job offer at a dive resort in the Cayman Islands enticed her to abandon her successful career as a graphic designer – and the rest is history as Jill eloquently tells her story in Into the Planet: My Life as Cave Diver. Her ventures into unknown realms have contributed to the mapping of our underwater world; she is a true dive pioneer.



Jill's caving career began in 1995 as part of a scientific team looking to connect a lateral cave system of 56 kilometers in the jungles of Mexico. More recently she has led an exploration team for National Geographic to video iceberg caves in Antarctica, a trip which included New England Aquarium's Greg Stone along as a whale expert. Having had the unique opportunity to experience water in its cleanest and most pristine state for several decades, Jill has become a strong voice for water protection.

Jill's story is one of a gutsy and determined individual following her passions and pursuing her dream. Whether living outdoors with mosquitoes, ticks, chiggers, bats, scorpions and spiders, or dealing with a husband and other individuals who would not acknowledge the value of her contributions, or losing close friends to this most treacherous of activities, Jill's narrative holds our interest as she describes how she found her place in the cave diving community and ultimately became today's highly respected leader and role model. For those like me who have ached to dive caves or are just content to live vicariously, this book will be a great escape during these surreal times. I want you to read this book. Jill wants you to buy this book. Don't know Jill? Look for this lovely lady's talks and video clips online. She's got a lot to say.



### **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. Please contact Ray or email [officers@northshorefrogmen.com](mailto:officers@northshorefrogmen.com).

### **The North Shore Frogmen's Club**

Meetings at the Palmer's Cove Yacht Club are postponed until the COVID-19 situation goes away. We are meeting weekly via video conference (i.e. ZOOM). See weekly notices for login information.



### **Next Air Bubbles – July 2020**

Please submit newsworthy items by June 30<sup>th</sup> to Vange Egizi at [vangiemassagain@yahoo.com](mailto:vangiemassagain@yahoo.com).