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Air Bubbles

The Newsletter of the North Shore
Frogmen's Club

March 2017

Volume 60, Number 3



Message from the President

[Jim D'Urso](#)

President's Message!

"The purpose of life is to live it, to taste experience to the utmost, to reach out eagerly and without fear for newer and richer experience." Eleanor Roosevelt!

Hi Froggies and friends,

I hope we learned a few things about preventing decompression sickness. About 150 divers and friends turned out to hear the DAN presentation and two victims' personal experiences on March 9th. For recreational divers approaching age 50 and beyond:

- dive more conservatively
- consider using nitrox while keeping computers on air tables

- use more limited bottom times
- consider slower ascents and longer and multiple safety stops
- consider ascent lines on most dives especially where currents are strong
- consider clipping off of anchor line using a wreck reel
- put dive computers in the most conservative mode
- rest and avoid any exercise during your safety stops.

Froggies enjoyed themselves at Mary and Ray's St Patricks Party, good food, good people, great turn out! Thank you, Ray and Mary, our Members of the month.

Daryl Findlay is our Diver of the Month. Thank you Daryl for your frequent appearance at Sunday dives and for audiovisual and photographic expertise and for taking our speaker Dr. Peter Buzzacott to Back Beach for a cold water New England Dive!!!

Looking forward to presentations this month from Douglas Bryant, submariner; and from Jerry Shine, 'Nudibranchs'. Also on schedule is Nudibranch Safari and Winter Island clean up. Be sure to sign up soon for Nitrox Course scheduled for May 4th and feel free to come for a review if already certified. Susan Copelas will be instructing.

Keep diving and stay safe my friends,
Jim D'Urso President NSF

Upcoming Events

Calendar view and details on website [here](#)

Sunday Dives - Dive with a buddy!

Meet every Sunday at 8:30 AM at Burger King on Rte 128 in Beverly;
depart for dive site at 9.

Meetings:

Usually Thursdays at
Palmer's Cove Yacht Club
74 Leavitt Street
Salem, MA

- Thursday, April 6th: NSF presentation by Douglas Bryant discussing Navy Instruction for escape tank procedures for submariners and hard hat experiences.
- Saturday, April 8th, 10am - 2pm: Booth at Danversport Marina
CANCELLED
- Thursday, April 20th, 8 pm: Nudibranchs by Jerry Shine
- Saturday, April 22nd, March for Science, Boston Common
- Sunday, April 23rd: Nudibranch dive
- Sunday, April 30th, 11 am - 4 pm: Winter Island for Salem Sound cleanup
- Thursday, May 4th, 8 pm: Nitrox course and/or review by Susan Copelas
- Sunday, May 7, 10am - 2pm, Float Cleaning and photography PCYC
- Saturday, May 20th, 8am - 3pm: canoe and kayak with cookout lunch on the Ipswich River
- Thursday, June 8th, 8 pm: Diving Sardinia Wrecks by Heather Knowles and David Caldwell
- Saturday, July 15th, 8-12am, Women Divers Day, Stage Fort Park
- Friday-Monday, July 28-31: Vermont weekend with Annette for diving, kayaking, canoeing, etc.

Meetings start at 8PM; Social gathering at 7:30. Most of the "business" is accomplished at the first meeting of the month. The last Thursday of the month has no meeting - purely a social gathering (with dive talk, of course).

NOTE: The last Thursday of the month is a meeting of the Photo Society at Undersea Divers. We have a number of NSF photographers and videographers as members.

Bay State Council of Divers Information

EDUCATION SECTION

Harvard University Herbaria - The Ware Collection of Blaschka Glass Models of Plants....or more commonly called the Glass Flowers. If you have never seen these specimens, you will be amazed! These models are extremely detailed replicas of real plants. They were commissioned in 1886 by the first director of Harvard's Botanical Museum. The models were made by a father and son team, Leopold and Rudolf Blaschka, from 1887-1936. The collection is comprised of approximately 4300 specimens. See Harvard's website for more detail.

A repeat visit will be scheduled for early summer.

Northeastern Marine Science Center Lectures

Murphy Bunker, 430 Nahant Road, Nahant, MA 01908

***Coastal ecosystems in changing times presented by Dr. Lind Deegan
Friday, April 28th, 4:00 pm***

Salem Sound Coastwatch

Salem Sound Coastwatch has many other activities listed on its website:

www.salemsound.org

New England Aquarium – IMAX Films

- Galapagos 3D: Natures Wonderland
-

- Great White Shark 3D
- Humpback Whales 3D

Museum of Science IMAX Films

- Extreme Weather
- Dolphins
- National Parks Adventure

Member's Corner



DIVER OF THE MONTH Daryl Findlay

Daryl is one of the few brave souls to show up for winter dives. He also keeps our AV presentations running smoothly and provides a photographic record of most of our events. He also was the dive buddy for our speaker, Peter Buzzacott on their truly exciting dive.

MEMBERS OF THE MONTH Mary Howard and Ray Porter

Mary and Ray have once again stepped up to host a wonderful Saint Patrick's Day party. Both also contribute their time generously to the club throughout the year.



ORGANIZED BY SUSAN COPELAS

Come join us in celebrating the first Annual Women Diver's Day July 15 at 8:00 AM to 12:00 PM at Stage Fort Park in Gloucester MA. This is a great opportunity to dive with other likeminded women who love blowing bubbles, are passionate about the ocean and conservation.

Entrance fee is \$15 (includes free T-Shirt)

Free BBQ, doors prizes, raffles, & boutique shopping

All proceeds go to the Women Divers Hall of Fame Scholarship Program (wdhof.org). Each year WDHOF awards scholarships & training grants that provide financial & educational support to individuals of all ages, particular those who are preparing for professional career in diving.

Our focus of this event is to embrace women divers & support the next generation of divers through the scholarship program, conservation efforts & public awareness.

PADI, NAUI, D.A.N., Women
Divers Hall of Fame, Dive the World Adventures,
Undersea Divers, Discover Diving, Aquatic Escapes,
North East Scuba, Northshore Frogmen, MetroWest
Dive Club, Finatics Dive Club, Slip Ins, Scuba Girls,
Stream2Sea, Eezy Cut, Glassy Lady

If you have any questions about this event contact Susan Copelas (c)
617-416-1658 celebratingwomendivers@gmail.com

Fun stuff we did last month

Club members were involved in a variety of activities in March....

On March 9th, at our regular meeting, we had a fantastic presentation from Dr. Peter Buzzacott, from DAN. He provided us with some of the latest research on DCS in the aging diver. We also heard from two victims of DCS and their subsequent treatment and ongoing recovery. Jim D'Urso, our own President, is one of those afflicted divers.

This presentation drew about 150 people from multiple dive clubs - our best presentation attendance ever.



The NSF had our usual booth at the Sea Rovers. The booth was set up on Friday before the show by Mike Garvey, Bill Werner, and Jim D'Urso. Linda D'Urso provided her World Famous...well, practically...cake pops. These are always a crowd favorite. Many club members took turns personing (made up word) the booth throughout the weekend. We reconnected with many regulars at Sea Rovers and met many new people.



Members of the diving rubber ducky club....tub and pool diving buddy.



Below are the combined raffle prizes which were raffled off at Sea Rovers. The mesh gear bag was generously donated by Whitney at Undersea Divers. The Dry bag was purchased from Undersea Divers for 20% off. Roslyn Smith was the lucky winner of the raffle.

Please support Undersea Divers! This dive shop has been a great friend and supporter of the NSF for decades..



Meeting Summaries

Mary Howard, Secretary

NSF Minutes – 2/9/17 – No meeting because of snow storm!!

NSF Minutes - 2/16/2017 – 8:25 PM to 8:30 PM

Attendance: 21 members including 3 officers, three guests from SSNeptunes (Theresa Czerepica, Jeannine and John Willis)

Correspondence:

- Jim B says he should make a meeting within the next couple of weeks, but not this week.
- Vin Malkoski says that Peter Buzzacott has a “pretty extensive background and is doing some interesting research.”

Program Events:

- 2/23 – Next week, Undersea Photo Society Meeting
- 3/2 – Business meeting
- 3/4 – Booth at Danversport Marina. Jim D & Ray will be there. Anyone else?
- 3/9 – Peter Buzzacott of DAN will discuss Jim’s decompression hit and the hit of John Morris, hit about the same time in Cozumel, as well as preventive diving for the “aging diver”
- 3/11-12 – Sea Rovers

Guest speaker: Andy Martinez here to give us a review the 5th edition of ***Marine Life of the North Atlantic***. Andy and Timor were interested in getting NSF feedback on the new, in process electronic version of Andy’s book. Very interesting !

Dollars box: Jan Nadeau

Bug Bag: Jan Nadeau

NSF Minutes - 3/2/2017 – 8:12 PM to 9:21 PM

Attendance: 10 members including 3 officers (2 left before meeting over)

Program Events:

3/4 – Booth at Danversport Marina. CANCELLED – will only be having ONE on April 8

3/9 – Peter Buzzacott of DAN will discuss Jim's decompression hit and the hit of another John Morris hit about the same time in Cozumel, as well as preventive diving for the "aging diver". Hope to get Boston up to speed on treating divers; chamber should know DAN. Peter would like to dive on Friday while he's here for Sea Rovers. Jim will let him borrow tanks. Who is available to dive with him? Maybe Graham, Bill, Daryl. Would be nice to have a group to dive with him.

3/11-12 – Sea Rovers

3/18 – St Patrick's Day party, 4PM. Bring a nosh, and your beverage.

Richie Kohler at MetroWest on 3/14 in Framingham, Courtyard on Speen Street, across from Home Depot.

Old Business:

Ellen and Mike will set up on Friday. Should find out what time because Jim wants to bring in some exhibit materials. Jim brought a sign-up sheet. Ray will bring the lobster claw. Jim D will bring some USS NH artifacts. Sell some shirts. Raffle? Bill will talk to Whitney. Shoot for a max cost of \$100. Or we could decide not to have a raffle at all.

Mary will bring photo contest photos next week.

Weekly raffle prizes: Bill is asking for suggestions. For presentations, have a better raffle. Maybe we could have a bigger raffle prize that would go off only after it paid for itself. Lots of limitations on Groupon. Straight restaurant gift certificates. Books (don't have to be dive related).

New Business:

Float cleaning May 7, meet at PCYC at 10AM. John Sears contacted the commodore and this is what he says.

Finatics want to do a Dog Bar dive together with NSF. Fort Foster on the Pisquataqua, picnic and dive in May, at a beach called "the diving beach". First meeting of the year they do a safety meeting. Whale watch. Aquarium.

Could do an aquarium trip with Dim Sum afterwards for a NSF trip.

Dive Talk:

The Pagliarulos showed up with a drone. Daryl and Jim B. dove at the dog bar, conditions very nice except for the wind. In water, viz wasn't too bad, clearer as deeper. Anemones, Jim saw a nudibranch. Fairly short dive. Good photos. Daryl dove with electric undergarment, most beneficial on the surface because it was windy. (Thermolution vest which is immersible and can be worn under wetsuit.)

Dollars box: John Ferrier

Mystery: Linda D'Urso

NSF Minutes - 3/9/2017 – 8PM to ??

Attendance: 4 officers and about 140 other people. Among others, visitors were from MetroWest Dive Club, South Shore Neptunes, Undersea Divers, Salem State Dive Club, and MORE!

Very brief business meeting preceded the presentation. This included giving a very handsome "Life Membership" award for Bob Boyle to Whitney Boyle.

We had a very interesting presentation by Peter Buzzacott of Divers Alert Network (DAN) speaking on the importance of conservative diving, especially for "older" divers. After Peter spoke, John Morris and Jim D'Urso told their stories about their very similar diving accidents with spinal hits, both in November 2016.

NSF Minutes - 3/16/2017 – 8:10 PM to PM

Attendance: 14 members including 3 officers, and one guest

Secretary's report for 3/2 read and approved.

Treasurer's report: 2016 report available tonight. Jim reviewed the report pretty thoroughly. Top row is the totals. Made \$50 on banquet. Would be nice to have a monthly or quarterly report from the Treasurer, or a report on specific events.

Membership:

Karen Janelle Sullivan – started diving 1976, NAUI at University of the Pacific. Likes warm water (Roatan, Hawaii), Channel Islands. New to New England. Voted in as our newest member.

Phil Laffey submitted an application, Nitrox certified. Accepted as next newest member.

Program Events:

- 3/18 – St Patrick's Day party, 4PM. Bring a nosh, and your beverage.
- 3/23 – dinner meeting at Stonewood Tavern in Peabody, Lynnfield Street near Centennial Park.
- 3/30 – no meeting, no Undersea Divers
- 4/6 - Douglas Bryant – Hard Hat diver
- 4/8 – Danversport
- Float cleaning May 7, meet at PCYC at 10AM. John Sears contacted the commodore and this is what he says.

Old Business:

Jim spoke with Peter Buzzacott, will send pdf copy of his presentation to NSF. We cannot post it anywhere because he will be using the same material for future lectures, until after his series of presentations are done. (Jim can put a watermark on it.) Daryl filmed the show, but we cannot air that for political reasons, but can use it for our own meetings.

New Business:

\$325 fee to pay for Sea Rovers booth if paid before October. Motion made to go ahead and pay the fee. Maybe some people were give booths for free? We

should check on that with some Rovers that we know. We can ask if there might be a lesser price. Withdrawing the motion to be brought up at a later date.

Jerry Shine, maybe in April, before we go on a nudibranch dive with the Finatics.

7/22 – SSN pig roast, at Irish Cultural Center in Canton.

Waivers: we should have all members sign these annually. (We all signed one when we applied to for membership.) Board should review the forms, language. Need to have a Board meeting.

Susan would like to give a nitrox course to the Club. Could give a NSF discount. Susan gives the whole course in an evening. There is preparation for the course that needs to be done before the classroom work and exam. Need to ask whether everyone can see the video or just those who are registered for the course.

Correspondence:

- 3/7 Ocean Genome Project – received samples from D’Urso. Looking for more specimens, don’t need to be a scientist.
- SSN newsletter
- Frank Pierrat would like to dive with our club in August on a weekday.

General Discussion:

Jim D won the Dan oxygen set-up from the Silent Auction at Sea Rovers. Ray spoke with Ray Bates who is interested in speaking to the club about Wrecks of the ...

Dive Talk:

Daryl dove with Peter Buzzacott. Ended up at Back Beach. Parking meters are in effect now. They stayed to the left and around the corner, visibility up to 10ft, saw no creatures except one bug creature, one crab with one claw. Turned around at 15 minutes. Temp 42-43. Cool seaweed. Peter was happy to be in the water. Dunkin’ Donuts afterwards for hot chocolate. Peter dove

dry. Daryl used his electric vest and was happy to have it.
Diving on Sunday doesn't look good, waves and wind from NE, so Jim is grouchy now.

Dollars box: Mike Garvey

Mystery: Mary

Bug Bag: Peter Chapman

NSF Minutes - 3/23/2017

Out to dinner – no formal meeting

Dive Travel Opportunities

2017

November 4-11, 2017 Dominica with Undersea Divers

December 2-9, 2017 Bonaire with Undersea Divers

March 24-April 3, 2018 Fiji with Undersea Divers

NSF is Supported by



42 Water St.
Beverly MA
978-927-9551

DIVE@underseadivers.com

2016 Officers and Committees

President: Jim D'Urso

president@northshorefrogmen.com

Vice President: Bill Werner

vp@northshorefrogmen.com

Treasurer: Jim Barbara

treasurer@northshorefrogmen.com

Secretary: Mary Howard

secretary@northshorefrogmen.com

Events:

Membership: John Ferrier

membership@northshorefrogmen.com

Air Bubbles Newsletter: Bill Werner & Linda D'Urso

airbubbles@northshorefrogmen.com

Webmaster: Markus Diersbock, Daryl Findlay

webmaster@northshorefrogmen.com



North Shore Frogmen Dive Cape Ann Massachusetts www.northshorefrogmen.com

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