



LONG ISLAND NETWORK DIVERS
SCUBA CLUB NEWSLETTER

Volume 3. November 5th, 2006 Edition 18

Club Officers

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I. Club News

SCUBA CLUB MEETING MINUTES NOVEMBER 1ST, 2006

Presentations:

We had one of our most informative and interesting meetings. We were very fortunate to have a presentation by a marine biologist from the **Riverhead Foundation**. He gave us a great presentation about the wide diversity of mammals rescued in the New York area. In addition, he explained the differences between similar kinds of animals.

The list of rescued and observed animals includes:

Dolphins; Three different kinds: Common, Bottlenose, and White-side dolphins.

Whales; Four varieties: Pilot, Humpback, Fin, and Mink whales

Turtles; four kinds: Red Sea, Loggerhead, Green Sea, and Leatherback turtles.

Seals: Four species: Harbor, Harp, Hooded, and Gray seals.

Even healthy members of these species are seen in the New York area at various times, depending on the season.

The Foundation rescues hundreds of these animals yearly. Their website is:

WWW.RIVERHEADFOUNDATION.ORG

A **sick or injured** marine mammal or sea turtle should be reported to the foundation as quickly as possible. Determine the exact location of the animal (using landmarks, etc.), and then call the rescue program, which maintains a **24-hour hotline at 1-631-369-9829**.

Sightings of **healthy** animals should also be reported to help the Foundation derive and estimate of the animals' population census. The number is **1-631-369-9840 ext.15**. Sightings may also be reported at sightings@riverheadfoundation.org

The foundation needs everyone's help through animal adoption donations, memberships, and volunteers. A great gift for the holiday is a gift adoption certificate.

It was surprising to hear how all these animals travel from such great distances, the Caribbean to the Arctic, and end up in our waters. The lecture included details of how animals are rescued, how they mark them, treat them, use satellite tracking technology, etc.

The Foundation is located in Riverhead, New York. The club will plan a trip to the foundation in the near future.

We wish there were more of these kinds of programs around the world to protect our marine environment.

We were very impressed by his informative presentation.

Other Club Business:

Our Christmas Party It will be held Friday, Dec. 8th at 7:47pm at O'Donnell's Bar, same location as last year. We will send E-mails with additional details and cost, etc.

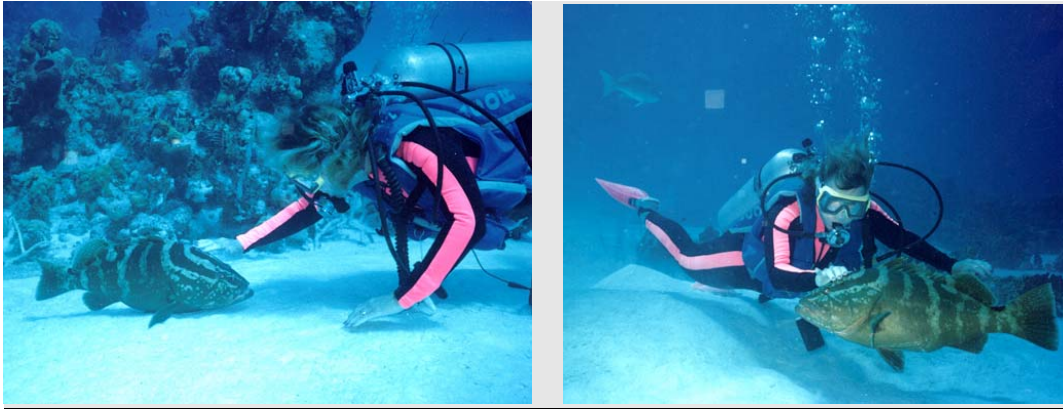
Let us know if you have not received your **club t-shirt**, which is included with your annual membership fee. Remember to purchase a **club polo shirt**. This is our primary means of raising money for the club. This year's color is a very attractive Royal Blue.

See you all at the **next meeting** Wednesday, Dec. 6th at 7:30pm

Meeting Notes by Martha.

II. The Story Behind The Photo

These two interesting photos were not taken by one of our club members, but were sent to me by a diving acquaintance, Teri McDermott, diving in the Bahamas. Too interesting not to share.



Photos © Teri J. McDermott 2006

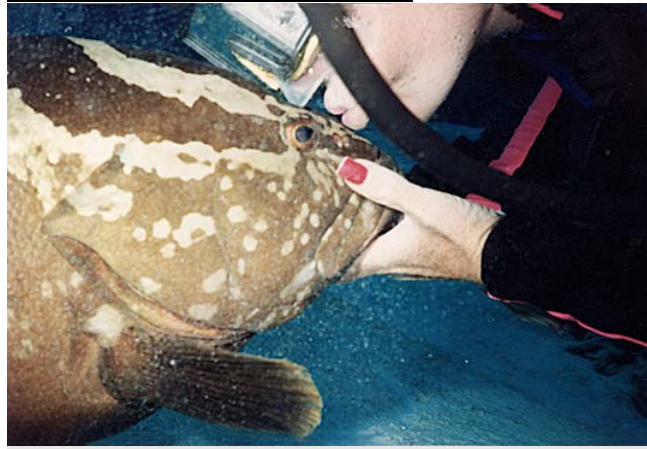


Photo © Teri J. McDermott 2006

Here is Teri's story about the photos:

We were diving at San Salvador Island, the Bahamas, in 1995.

The shallow dive had a sandy bottom, just like being in a gigantic aquarium, with coral heads scattered here and there. I had been to the site the day before on a night dive and knew where a beautiful spider shrimp hung out, under one of the heads. I motioned my buddy Sandy down to the bottom to show her where he was, and sure enough, that was the shrimp's place of residence.

Sandy suddenly caught my eye and pointed over my right shoulder, and there was Mr. G, curiously following my every move and hanging close to see what I was pointing at. Throughout the rest of the dive, Mr. G followed me around like a puppy, and let me pet him as he rolled back and forth on the sandy bottom. I finally decided I needed to reward him with a big wet one on the nose! Luckily one of the other divers had a camera handy. Thought Mr. G might turn into a handsome prince, but no luck; still a grouper last time I looked.

III. Special Feature: The Mack Is Back!

Club member Larry Mack brings us a topic becoming more important for all of us, or at least for some of us!

SCUBA DIVER TRAINING FOR AGED 65+: The Next Chapter in a Senior's Life

Seniors are aging well, living longer and healthier lives than any generation before them. Sixteen million seniors exercise at least three times per week. From 1987 to 1995, the number of 55-plus health club members jumped 119%, and the number of 65-plus who joined health clubs rose a staggering 669%. Life expectancy has increased 30 years in the past century, and we can expect similar results in the coming century.

American Academy of Anti-aging Medicine, 2000

What Is SCUBA, Why Learn Scuba Diving and How Do I Get Started?

Self Contained Underwater Breathing Apparatus (SCUBA) is an invention that allows humans to breathe compressed air from a tank while underwater. Scuba diving is one of the fastest growing recreational activities in the United States and internationally. It is relaxing and can be enjoyed by individuals of all abilities. Scuba diving also involves travel¹ and adventure in exotic places.

Scuba diving can improve physical fitness. A scuba diver experiences a weightless environment, like that of an astronaut – without a space suit. In water, any limitations an individual may have can be adapted easily, as water is the great equalizer. Scuba diving may enhance free movement of a limitation and reduces the force of gravity. Muscles that may not be used every day are active underwater, as people with physical disabilities can move limbs in ways that they may not be able to do on land. Also, scuba diving can raise awareness to the importance of a healthier underwater environment and the underwater world is one of the last places to explore and discover.

Physical fitness is a key element for diving. Generally, one should have the ability to perform activities like surface swims and entering a boat after a dive. One should be free of symptoms such as: coughing, congestion, and shortness of breath or difficulty breathing after exertion. Anyone who does not have an open wound, a pressure-related illness, use a ventilator, or have a condition that would be a contraindication to this sport can benefit from it.

Lawrence Mack, NAUI Instructor #26145, based in New York City

¹ Seniors represent 80% of all luxury travel purchased in the United states, making up 65% of all cruise passengers and typically spending 74% more on vacations than the 18-49 year-old population segment.
Suddenly Senior and Retired

IV. GETAWAYS

Scuba Network Adventures

Next trips: 2007

Jan. 11-14	Ft. Lauderdale \$549.00
Jan. 21-25	Cozumel \$599.00
Feb. 18-22	Cozumel \$599.00
Feb. 17-24	Bonaire \$1,264.00
Mar. 11-18	Roatan \$1,264.00
Mar. 28=31	Ft. Lauderdale \$549.00
Apr. 15-22	Bonaire \$1,264.00
May 12-20	Palau \$3,875 (includes airfare)
June 14-17	Ft. Lauderdale \$549.00

Prices subject to change at time of booking.
All packages except Palau do not include airfare.

Contact Scuba Network for specific details about each trip.
Check our web site WWW.SCUBALONGISLAND.COM

Call 516-997-4864 or email scubaclass@aol.com

V. Scuba Network Training: Good Divers Keep Learning!

**SPECIAL PRICE FOR MEMBERS!
SIGN FOR ANY COURSE IN MAY AND GET 15% OFF FOR DIVE
MEMBERS OR IF THE MEMBER IS PURCHASING THE CLASSES.**

Certification Courses:

Express Friday/Sat/Sun. \$189
Nov. 17-18-19
Dec. 08-09-10
Jan. 12-13-14

Weeknight classes: \$169 6PM TO 10PM.
Nov. 7,14,17

Nitrox Course:Feb. 10 , Space is very limited \$150.00.

Includes Books. Sign up as soon as possible or give this as a gift to a friend.

CPR TO BE ANNOUNCED- CPR includes: CPR, Defibrilator, First Aid certification and Marine injuries all for \$120 including books. Space limited.

***Advanced course: Jan. 17 AT 7:30 PM.
Price \$29.50 plus books.***

***Master diver course: Jan. 24 AT 7:30PM
Price \$99 plus books, includes 6 lectures and 1 pool session.***

**Scuba Network Continuing Education
*Call (516) 997-4864 to register for classes***

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*This Month's Scuba Network Featured Specials
For Dive Club Members*

Regulator: complete CRESSISUB SET-up

Dive Computers:

AERIS XR-1 COMPUTER CONSOLE

AERIS XR-1 WRIST COMPUTER

Atmos WRIST 2 Nitrox/air

Dacor Back-up Mask: Have an extra mask in your gear bag.

WETSUITS (STOCK ITEMS)

ONE PIECE PARWAY 7 MM SUITS -50% OFF

3mm --10% OFF

B/C'S, 10% OFF.

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***Don't forget:** Club members receive special discounts on selected items, trips, etc. Check with Martha for details on special discounts.*

***Reminder:** You must use your club membership card to receive your discount.*

VI. Classifieds:

Vacation Rentals: *Beachfront Condo in Cozumel.*

For details click on www.cozumelisparadise.com or www.vrbo.com/54454 or email to: pjmila@hotmail.com

General Business: Technology problems? Call in the experts: **Dark Arts Consulting** will help unravel all your technology issues. Call Lee at 646-228-2006.

**See you at the next club meeting:
Wednesday, December 6th, 7:30pm.**

**EMAIL NEWSLETTER SUBMISSIONS, COMMENTS & SUGGESTIONS
TO: pjmila@hotmail.com**