



**LONG ISLAND NETWORK DIVERS**  
**SCUBA CLUB NEWSLETTER**

**Volume 6, March, 2009, Edition 28**

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## I. Club News

### SCUBA CLUB MEETING MINUTES

MARCH 4, 2009

#### Long Island Network Divers Meeting Notes from March 4<sup>th</sup>, 2009

**Martha Katz began the meeting with a brief discussion of possible dive trips to be arranged for the summer.** It is suggested that the club members decide on locations within two hours driving distance of Scuba Network, Carle Place to hold at least one dive during the months of July, August and September. These spots can be freshwater or saltwater, shallow or deep, depending on what the dive members decide as a whole. Currently, Martha is thinking of various spots that could serve this purpose. More detailed information will be released in the upcoming months. Further, this coming year's dive schedule is posted on the club website [www.scubalongisland.com](http://www.scubalongisland.com).

Recently, a group of club members returned from a wonderful "club organized" trip to Bonaire. Upcoming trips that were announced are as follows:

#### **March 2009 — Maldives, Indian Ocean.**

Note: There is one more space on this trip due to a recent cancellation. If interested, please inquire with Martha **immediately!**

#### **April 2009—Cozumel**

#### **July 2009—St. Croix or the Bahamas**

#### **October 2009—La Paz, Mexico, Sea of Cortez**

Martha also mentioned specific dive conditions at some of these locations. She made reference to the Caribbean's "ABC" dive sites, an acronym for Aruba, Bonaire and Curacao. Of these, locations Bonaire has the best marine life. Further, slightly to the west, is Costa Rica where dives in the Pacific (on the west coast of Costa Rica) and the dives in the Atlantic (on the east side of Costa Rica) are possible. Diving on the Pacific side, especially in the nearby Cocos Islands are especially challenging due to cold water temperatures and strong currents. For calmer dive conditions, the Atlantic coast is suggested.

**The main topic of Martha's talk pertained to dive suits namely, wet suits and dry suits.** She emphasized that diving requires appropriate use of suits for certain dive conditions. For example, cold water diving generally requires either a thick wetsuit (approximately seven mm) or a dry suit. Using a wetsuit does not typically require specialized training. The use of dry suits, on the other hand, does require some training. To properly utilize a dry suit, a lecture on dry suit use and a pool session in the practice of using a dry suit is required. Dry suits keep divers warm by sealing all possible entry points of water and by donning insulation under the suit. An air hose is connected between the dry suit and the diver's air tank such that buoyancy can be properly

regulated. Improper regulation of air into the suit can result in squeezes. Moreover, the suit must be properly maintained to ensure that all valves and seals are in proper working order. Dry suits can be costly and range from several hundred dollars to several thousand dollars. It is up to the consumer to make an informed decision when purchasing a dry suit.

Wet suits are generally used for warmer water temperatures and can range in thickness from a “skin” to seven mm. A two-part seven mm suit provides the torso with 14 mm of thickness to prevent heat loss in cold water. Cold water conditions often occur in freshwater rivers and lakes where there is a sharp thermocline at relatively shallow depths. A common freshwater dive location is Dutch Springs<sup>1</sup> where such objects as platforms, a helicopter, planes and vehicles have been submerged for diving recreational uses.

Regardless of the use of a wetsuit or dry suit, gloves and hoods are almost always required when diving. This is to protect loss of heat from the body’s extremities as well as to protect the body from injury. Further, in some dive parks, the use of gloves is required to protect marine life from being grasped by divers.

Martha also mentioned other ancillary factors to consider when deciding upon the use of suits when diving. Men and women, because of physiological differences, may require different suits even when diving under the same conditions. Women typically get colder than men because men generally have more muscle mass. Therefore, it is advised that women wear thicker or more insulated suits than men. Wet suits are also meant to fit tightly on the body when dry. This is because they will stretch upon entering the water. If a wetsuit is too loose, water can enter the suit thereby causing the diver to lose heat and become cold. Women should also tie back long hair or wear a cap to ensure that proper body warmth is maintained and that long hair does not interfere with the proper use of a suit. Most modern hoods are also equipped with a vent at the top to avoid air from collecting at the top which could cause heat loss. Thin “skins” can be used in warmer temperatures to protect against sunburn and minor marine life injuries such as minor stings and irritations. Skins can also aid in the donning of a wetsuit. Skins are made of polyethylene and provide both comfort and ventilation of the material itself.

**Upon completing her talk on wetsuits, Martha made several announcements.**

**The first announcement was that she can be reached via e-mail using the following two addresses: [info@scubalongisland.com](mailto:info@scubalongisland.com) or [Martha@scubalongisland.com](mailto:Martha@scubalongisland.com).**

**The second announcement was that, on May 6th, the club will hold its annual anniversary dinner at the International Buffet.**

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<sup>1</sup> It was noted that Dutch Springs has several accommodations suitable for divers and non-divers. There is a water park and facilities for overnight stays, showers, restrooms, food and for purchasing dive equipment. In the local area, there are hotels, restaurants and shopping facilities as well.

**We will meet in the store for the monthly meeting again on April 1<sup>st</sup>.** The April 1<sup>st</sup> meet will include discussion for dive camps for youths interested in diving.

**The third announcement was that the Beneath the Sea Dive Expo will be held at the Secaucus Exhibition Center in New Jersey on March 27<sup>th</sup> and 28<sup>th</sup>.** Entry costs \$25 dollars. Scuba Network will have a booth at the Expo.

**Martha Weisberg** spoke briefly by displaying a signaling hood that she purchased from Diver's Alert Network, an organization that supports divers with necessary dive insurance to cover the cost of medical needs that are dive-related and to assist divers in gaining restitution for lost, stolen or damaged equipment while diving. The hood was brightly colored and has a reflective strip which can easily be spotted for signaling. Adding to this, Martha Katz recommended that divers always carry several signaling devices such as reflective material (e.g. a mirror or CD), a safety sausage, a horn or whistle, a strobe and/or flares.

**Martha Katz recommended that travelers, scan their passport and birth certificate into their e-mail where it can be accessed should either document be needed while traveling abroad.**

**Martha finally announced that several courses will also be available in the next few months. This will include Underwater Photography taught by Paul Mila.** Paul briefly described that he teaches techniques in photographing underwater subjects and that lectures are supplemented with practice sessions in the pool.

**Advanced, Master Diver, Rescue Diver and First Aid and CPR courses will also be offered in the next few months.**

**CLUB DUES:**

Dues for club members are also due as soon as possible.

**Please check with Martha as to whether or not you have paid your 2009 club dues. The fee is \$25 per individual and 35\$ per family.**

*For comments or corrections concerning these notes, please contact Demetrius "Dimi" Lutz at [paleolutz@worldnet.att.net](mailto:paleolutz@worldnet.att.net) or at (917) 392-8333.*

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## ***II. The Story Behind The Photo***

Club member **Paul Mila**, diving in his favorite Cozumel haunts last summer, contributed this month's photo, a (pregnant?) seahorse, at Paradise Reef.



### **Here is Paul's *Story Behind The Photo*:**

I was suiting up for our second dive of the day, a shallow dive at Paradise Reef, when someone requested a seahorse. My favorite dive operator, Alison Dennis, ([www.scubawithalison.com](http://www.scubawithalison.com)), always eager to please her customers, knew where a couple of the critters usually hang out. We followed Alison through a sandy area, broken up by grassy/algae patches, split up, and started poking around. A few minutes later, Alison's rattle signaled that she had found her quarry.

We approached slowly and saw this yellow seahorse, about six inches long. I switched my SeaLife DC600 into macro-focus mode, and reduced my flash power, since the sand was so reflective. Only looking at the photos afterward did I notice that he (that's right: seahorse boys do all the work) was possibly carrying eggs.

### **III. SPECIAL FEATURE:**

#### **SCUBA NETWORK Offers Exciting New Course!**

With new, affordable, hi-tech cameras from SeaLife and SEA & SEA, and available at *ScubaNetwork*, it's easier than ever to bring home great memories from your exciting dive trips . . . if you learn some basic techniques! The course, described below, emphasizes a hands-on approach, using your camera's automatic settings to achieve great results.



*Photo by Paul Mila, Shark Arena, Nassau Bahamas*

## **BASIC UNDERWATER PHOTOGRAPHY**

**One day classroom session & One day pool session: \$99.**

***FREE with camera purchase!***

**Materials included**



*Photo by Paul Mila, Cayman Islands*

***“Take pictures, leave bubbles.”***

How many times have you seen or heard those instructions, intended to preserve the beauty and condition of the fabulous reefs on which we dive?

**This fun course will show you how!**

Bring your camera! Instruction is non-technical and hands-on, stressing the use of your camera’s basic features & accessories, and how to approach and photograph those elusive sea creatures.

**Who is eligible:** This program is open to those meeting the following minimum requirements:

- At least 15 years of age.
- Certified *Open Water Diver*

**What is taught:**

- Knowing your camera
- Using the strobe & wide-angle lens
- Flash & non- flash photography
- Photo composition
- Stalking & positioning
- Shooting angles

## **IV. GETAWAYS**

### **Scuba Network Adventures**

#### **Next trips in 2009:**

MALDIVES – MAR. 22-29, 2009 \$2,650 ( LIVE-ABOARD)

COZUMEL MEXICO – APR. 25- MAY 02, 2009 \$1,195.00 ALL MEALS,  
DRINKS, ETC.

SEA CORTEZ – OCT. 18-25 \$999.00

**Prices subject to change.**

**Contact Scuba Network for specific details about each trip.**

**Check our web site [WWW.SCUBALONGISLAND.COM](http://WWW.SCUBALONGISLAND.COM)**

**Or visit [WWW.SCUBANETWORK.COM](http://WWW.SCUBANETWORK.COM)**

**Call 516-997-4864 or email [scubaclass@yahoo.com](mailto:scubaclass@yahoo.com)**

**V. Scuba Network Training: Good Divers Keep Learning!**

**SPECIAL PRICES FOR MEMBERS!**

**SIGN FOR ANY BEGINNER OPEN-WATER COURSE AND GET 15% OFF FOR DIVE MEMBERS OR IF THE MEMBER IS PURCHASING THE CLASSES.**

**Certification Courses:**

Express Friday/Sat/Sun. \$189

Apr. 3-4-5 Fri/Sat/Sun

or

May 15-16-17 Fri/Sat/Sun

Weeknight courses

Apr. 21-23-28 6PM to 10 PM

Or May 14, 19, 21; 6 PM to 10 PM

**Nitrox Course:**

*Call us to get a code and do it at home on line*

**GO TO OUR WEBISTE [WWW.SCUBALONGISLAND.COM](http://WWW.SCUBALONGISLAND.COM)**

**And sign on Computer Nitrox on line.**

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

***BASIC UNDERWATER PHOTOGRAPHY: classroom March 17 at 7pm ; pool March 22<sup>nd</sup>. Price \$99, Materials Included. FREE with camera purchase!***

***ADVANCED DIVER COURSE: Mar.18 AT 7:30 PM***

***Price \$29.50, plus books.***

***MASTER DIVER COURSE: April 2 at 7 PM***

***Price \$99 plus books, includes 6 lectures and 1 pool session.***

***First class will determine schedule for other classes as per students request.***

***DRY SUIT COURSE: Mar.19, \$149.00 7 PM***

***Two classes, one pool session. Pool for Dry suit Mar.22***

***CPR & 1<sup>ST</sup> AID MARINE INJURIES – APRIL 04 \$120.00***

**Scuba Network Continuing Education**

***Call (516) 997-4864 to register for classes***

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## SPECIAL EVENTS

**NEXT DIVE CLUB MEETING APRIL 1  
WEDNESDAY 7:00PM  
CALL FOR DETAILS**

### *Scuba Network Featured Specials For Dive Club Members*

**Regulators –get 15% off (instead of 5%)**

**B/C's – get 15% off (instead of 5%)**

**Gauges, computers 15% (instead of 5%)**

**Dacor Back-up Mask:** Have an extra mask in your gear bag, only \$9.95.

**WHEELED BAGS 20% OFF**

#### **WETSUITS (STOCK ITEMS)**

7MM NEOPRENE **TWO PIECE** --30% OFF in stock only

A COMPLETE REGULATOR PACKAGE – B/C REG, OCTO, GAUGES, AND  
GET A FREE REGULATOR BAG (\$24.50 VALUE)

All accessories at 10% OFF WHEN YOU BUY PACKAGES

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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 club member discount.*

## **VI. Classifieds:**

### **Vacation Rentals: Beachfront Condo in Cozumel.**

For details click on [www.cozumelisparadise.com](http://www.cozumelisparadise.com) or [www.vrbo.com/54454](http://www.vrbo.com/54454) or email to: [pjmila@hotmail.com](mailto:pjmila@hotmail.com)

### **Exciting new beach-reads for your next vacation at [www.paulmila.com](http://www.paulmila.com)**

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

**See you at the next club meeting: Wednesday, April 1st, 7:30pm.**

EMAIL NEWSLETTER SUBMISSIONS, COMMENTS & SUGGESTIONS TO:  
[pjmila@hotmail.com](mailto:pjmila@hotmail.com)