

Sea Swells LOG



The monthly
newsletter of
The Scuba
Sports Club

January 2004

the anchor line



President
Bob Bak

A New Year of Diving

Welcome! 2004 marks twenty-eight years for The Scuba Sports Club. Many things have changed but one thing remains the same: our love of diving. This is the year I want each and every one of you to rededicate yourselves to the sport, the way of life you have chosen. Go out and dive! Do not just talk about diving, or reminisce about the way things were. Go put on a mask and fins and dive. Remember the rush of jumping in, the anticipation of what lies ahead.

You might say, "I'm too old for that," or "I don't have the time." To this I reply with the following questions: At what age does PADI say you have to stop diving? Do you remember the serial number of the first dollar you made working or do you remember your first open water dive? Do you remember your very best day at work or your worst day of diving?

This year, let us have fun reminiscing about the good old dives of last month with one another. This year, bring an old friend back to the club or on a dive. This year, get someone interested in diving. This year, feel alive get out and dive. Let's have fun this year! What is more fun than a room full of enthusiastic divers? I can't think of anything.



TSSCers
Gregg
Macaulay,
Bob Bak,
Camille
Platzek,
and
Michael
Prange
didn't
consider
April too
early to
be diving
last year!

inside

- ◆ **Education and Safety** 2
Learn how dive times and safety stop depths must be adjusted when you're diving at altitude!
- ◆ **Member Musings** 3
It's the off season, and our members are planning for the coming year—and trying to be organized about it!—or sharing with us what they've learned about their equipment.
- ◆ **Coming Events** 6

calendar highlights

- ◆ **TSSC January Meeting** Jan 14
Zeke Petryszyn and Michael Prange will be showing slides and video and sharing anecdotes about TSSC's 2003 trip to North Carolina. See page 6.
- ◆ **Scrabooking Party** Jan 24
Enjoy an afternoon with your dive club friends as you turn some photos into a page of memories you'll want to look at again and again! Full details on page 7.
- ◆ **Boston Sea Rovers** Mar 6–7
Join your club friends in Boston at this annual dive extravaganza
- ◆ **Beneath The Sea** Mar 26–28
It's not too early to be planning for this largest of dive shows. Volunteer to work—for the club or for the show!
- ◆ **Dive the Galapagos**
..... April 24–May 4
Join Bob Schragger on his trip to this fabled destination. See page 7.



THE SCUBA SPORTS CLUB

P.O. Box 644
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TSSC@BeneathTheSea.org

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Soliman Shenouda

Submissions to Sea Swells Log may be made in electronic or paper form by the 20th of the month. Electronic submissions (email) are preferred and should be sent to

SeaSwells@BeneathTheSea.org

Submission of paper copy should be sent to

Anne Judge
2 Pine Mountain Road
Danbury, CT 06810
Fax (208) 485-4641

Please call or email to confirm fax receipt. For information send email to SeaSwells or call Anne at (203) 778-3584.

Diving at Altitude: Equivalent Depth

The NOAA Diving Manual defines diving at altitude as making a dive at an altitude greater than 1000 feet or climbing in altitude by 1000 feet within 12 hours following any dive below this altitude. When a dive at altitude is made, additional safety factors have to be taken into consideration in order to avoid decompression sickness (DCS).

A diver operating at altitudes of over 1000 feet will encounter a situation where ambient or atmospheric pressure is less than it is at sea level. Since the ambient pressure is the reference point for decompression tables (both standard air and nitrox), it is necessary to compensate for this difference. At altitude, because the ambient pressure is less, the relative pressure change with changes in depth becomes greater. This generally creates a greater potential for DCS occurrences if the diver follows regular decompression tables.

Special decompression tables have been produced for use at various altitudes. These tables treat a dive depth at altitude more conservatively than tables would at sea level. This provides greater decompression during the dive to offset the greater equivalent sea level depth of a dive at altitude.

However, it is also possible to determine what depth at sea level would be equivalent to the depth actually dived at altitude. To determine the equivalent depth, one multiplies the actual depth by the ratio of atmospheric pressure at sea level, 14.7 pounds per square inch (psi), to the

atmospheric pressure at altitude. This ratio will be a number greater than one. Of course, it will also be necessary to convert from fresh water to salt water equivalents (33 feet in salt water equals 34 feet in fresh water).

Here is a sample calculation, illustrating a 60-foot dive (salt water equivalent) at 5000 feet:

Ambient pressure at 5000 feet
= 12.23 psi

60 feet X (14.7 psi / 12.23 psi)
= 72.1 feet
corrected for altitude

In other words, at 5000 feet of altitude, a 60-foot dive is the equivalent of a 72.1-foot dive at sea level. As one might imagine, this has significant implications if a diver's bottom time approaches 40 minutes.

Altitude must also be considered during a safety or decompression stop. However, in this case, the ratio used is the inverse of the one used to determine equivalent dive depth: multiply the desired stop depth by the ratio of atmospheric pressure at altitude divided by the atmospheric pressure at sea level. The ratio will be less than 1, and the stop will be at a depth shallower than the targeted depth.

The NOAA Dive Manual covers this topic in far greater detail, and should be read by any diver prior to attempting a dive at altitude. Specialty instruction is also recommended.

Rick D'Amico
Education/Safety Director
usamarbiol@aol.com



Pre-vacation Checklist

by Pat Forgacs

When I go on vacation, you would not believe how many lists I make. Each year, I start by checking how much time off I have that year, and how many things are on my "wish list." That done, I start my individual trip plans.

The first issue is how much of my weekend and vacation time I will spend diving. Diving—that means that I need to renew my DAN insurance! That's item one on my list. Then I will do some dreaming at BTS about where I would like to go, then check TSSC's dive schedule to see what is going on with the club.

So my list now reads

- 1) DAN
- 2) BTS
- 3) TSSC dive schedule
- 4) Call my brother Tom to let him know when we are coming.

So I go online to renew my DAN insurance. Well, this is the first time I have tried this so maybe I'm not doing it right. Let me get on with my list. I go to BTS, get the dive schedule from TSSC, and call Tom. Check, check, check!

Now my checklist reads

- 1) DAN
- 2) Get deposits in for vacations
- 3) Put in vacation dates
- 4) Check out & service equipment
- 5) Get any necessary additional equipment
- 6) Sign up for any necessary training
- 7) Call Tom and check in

So back on line I go to get my DAN insurance renewed, but now it has expired by two weeks. Will this cause a problem, I wonder? The system won't let me finish the renewal because all my info doesn't match up. Oh, well, it must be because I let it lapse; not a problem since I am not getting wet for a few months anyway. I will renew by mail. On to 2 through 5!

My next checklist is ready one month out from the first vacation:

- 1) make final payments on

- dives and condo
- 2) Find out what we need to bring for the condo
- 3) Shop for clothes
- 4) Get film for cameras
- 5) Get real excited!!!
- 6) Get things done ahead at work and let customers know I will be away
- 7) OH! Renew DAN insurance!

I almost forgot DAN! So I do that first. Since I want to make sure that I have renewed before I go away, I look up the phone number so I can get it done without delay. The only problem is that I am so busy all day that I forget to call until after 5 pm. No one is there. Okay, I'll take care of 1 through 6. I can take care of 7 tomorrow. Check, check, check, check, check, check!

Okay, we are now two weeks away. The lists for "things to bring," "things to buy," and "things to do before leaving" are all sitting on the table, and then I notice that so is my DAN renewal! Oh no! It is Thursday night and too late to call, but I will do it tomorrow from work, without fail!

Friday turns out to be very busy, and even lunch is spent at my desk. It is now 4:55 and I haven't called DAN yet. I try one last time to go on line to renew, but it still tells me my information does not match. Oh no! It's past 5 and I still don't have it renewed! I'm very concerned, just this side of panic. But, I still have one week to get this done before I go in the water. I don't want to be on a 100-foot dive without it, though.

The weekend goes by, and the checklist items are all getting done. There are piles all over of things to be packed: sheets over here, towels over there, food and snacks in boxes, a griddle, and pitchers. I have to add tanning sessions onto my lists because I am as white as a ghost. One session down. Two more to go!

It is now Monday morning, at 9:10 am. Nothing will stop me from getting through to DAN now! I dial

the number and am put on hold. I will wait as long as it takes! About six seconds later Katrin picks up the line with a very pleasant voice. "How may I help you?" I explain that I would like to renew my DAN insurance but have not been able to do it on line. It has expired and I will be going diving the following Monday morning. Can I get it renewed in time? Katrin replies "Of course!" She takes my information, processes the payment, and finds the reason I couldn't do this on line is because my birthday was blank in my file. She completes my profile and tells me I will be able to go on line immediately to print my current card, dated that day! This takes all of about 5 minutes. Imagine my relief!

So on line I go. I put in my information, and lo and behold! There is everything exactly as Katrin said it would be! I print up my card and I am on my way. I also received an e-mail from Katrin confirming my DAN membership. Another check on that list!

And a big "thank you" to Katrin for giving me one of the best customer service experiences I have had in an unbelievable amount of time. I asked her to forward this to Dan Orr, the new chief at DAN, and I got a response from him the same day! So while this article started with checklists, it is ending with something to brag about. Not about my ability to make lists! Though I'm really good at that. With all that we do, never underestimate the power of **customer service**. Something I had not been able to accomplish in three months by mail or on-line was taken care of with a five-minute call to the right person.

So my checklist items are finally completed and a new list started. But now I am on vacation—and it was all worth it! The only thing on this checklist is "**have fun**"! And I did that many times over.

And that's the real point: don't forget to put "**have fun**" on every vacation checklist!

New Diver's Log: When and What To Buy

by Kathryn A. Taubert

When I first started diving a year and a half ago, I rented almost everything, since I didn't have the foggiest idea of what I was doing and figured I'd let the experts at my dive shop guide me. These are some things I learned that might save you time and money.

1. Mask, Snorkel, and Fins

I bought these even before my Open Water (OW) class, since I figured I could always snorkel if diving didn't work out. Purchasing a well-fitting mask is crucial, especially if you need vision correction. All I needed was magnification, so a decent, moderately-priced mask with two simple crescent magnifiers affixed to the inside worked. I didn't have much experience with these items, and since I didn't know how far this was going to go, I settled for simple, functional, and inexpensive.



Although training teaches us that snorkels are a must at all times, it seems that hardly anybody wears them consistently. After a number of dives, I discovered that I am more comfortable with a collapsible snorkel carried in my BC, rather than struggling with an item that kept getting tangled in my hair or twisted in the mask strap. (I still carry the sturdier one in my gear bag, just in case the collapsible snorkel gives out.)

I also had an opportunity to try different fins, and discovered neon-colored, split fins to be more visible and easier to use, both at depth and on the surface. My first fins, however, were designed merely to get me from here to there, and would have sufficed if all I did was snorkel. Since I already had booties for swimming, I chose fins to accommodate them. The booties also serve as temporary deck or beach shoes.



2. Exposure Suits

I had already purchased two skins of different thicknesses for swimming, so I rented several different 7-mm wetsuits, both jumper-and-vest combinations and one-piece, before purchasing one. Having trouble with proper fit in rental suits (being female, tall, and vain doesn't help), I eventually purchased a one-piece 7-mm wetsuit when I knew I would dive in cold water. I really don't like the neoprene constriction, but my dive shop recommended one of the newer, lighter-weight easy-on suit that's more flexible. I absolutely hate wearing hood and gloves, but for most of my dives thus far, the newer and looser-fitting hood and reef gloves suffice. (I'm still contemplating dry suit certification.) For now, however, I'm sufficiently warm with the 7-mm one-piece over a .5-mm liner and Lycra skin, a lightweight hood and reef gloves. Fifty-two-degree water at Dutch Springs some weeks ago found me comfortably warm in this combination, although, admittedly, I might not have been if I dove this temperature often or for multiple dives over multiple days. And I did need heavier gloves.

3. Buoyancy Control Device (BCD)

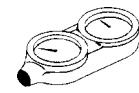
The rentals simply didn't fit well. (Ladies, you know exactly what I mean.) My OW class would have been even easier if I hadn't had so much trouble trying to keep the darned thing off my chin. I decided that my first major equipment purchase would be a BC that eliminated these problems. So before my Advanced Open Water (AOW), I invested in a new BC designed for women, with pockets and integrated, ditchable weight pockets. After consulting with my trusty advisors, I chose a model I could live



with for the foreseeable future and modify as I acquired additional stuff. Eliminating hoses and other dangling gizmos seemed preferable to dragging half a reef with me or struggling to manage all these appendages appropriately. (I see why it's called an "octopus"). So I chose a BC for an air-integrated computer with alternate air source on the large diameter inflation/deflation hose to let me better manage air consumption while eliminating a hose. And since a panicked diver will most likely grab my primary reg out of my mouth instead of waiting politely for me to hand him the octopus, an alternate air source on the inflator hose seemed a good choice.

4. Computer and Compass

So now I had a regulator with digital, air-integrated, nitrox compatible, loaded-with-memory-so-I-don't-have-to-be computer. Yes, I still carry the little now that I'm "high tech." I know you old salts are tsk-tsking. But I'm a child of the chip. I do plan, however, on getting a spare SPG, "just in case." And I wear a wristwatch that can survive much greater depths than I. And I have that extra compass because practicing with it on land is easier than carrying the regulator/computer/compass/hose contraption around the front yard as I practice my nav skills.



5. Once I discovered that not everyone dives in the way I was trained, I got rescue certified. After Basic Life Support for Pros with AED, Administering Oxygen for Divers, and Rescue certifications, I bought a first aid kit, pocket mask and face shield for mouth-to-mouth respiration. Although I don't carry the masks on a dive, they are close by, and darned if I didn't have to use my

Continued on next page

New Diver's Log, continued

newly earned rescue certification twice within a month after getting it! That made me start thinking that maybe I should carry the mask in my rapidly filling BC pockets!

6. Other stuff

After my navigation certification I decided I really liked finding my way out of nowhere with only the Nav Finder, so I bought one of those, which doubles as a slate for writing messages or compass headings, eliminating a separate, dangling slate. The only problem is its little pencil on the latex tube. It either dangles or creates a loop to get caught on something. I just don't like dangling gear. Must be a karmic thing.

A friend gave me a dive knife that straps to the leg. After my recent cavern certification, however, I purchased a small but very durable knife in a scabbard that I affixed with tie wraps directly to the large diameter inflator/deflator hose, out of the way but in easy reach. After the Westchester Dive Safety seminar, I bought a pair of shears for serious cutting and secured them in my BC pocket, in the event I drop the knife. Cavern training also taught me additional ways to reduce drag and dangles, including the use of a tank band with D clip for clipping light and reels in a manner that keeps them up and behind the body, a "dog clip" on the end of my computer console for securing it to the BC, tie wraps and small pieces of old bicycle inner tube for shoring up loose BC straps and creating places to stow a spare light or whatever. (I just love those seasoned dive types with inventive minds!)

I bought a pocket weight belt and soft weights to save money on rentals, and got smaller weights to make it easier to adjust them according to need. With my BC-integrated weight

pockets, however, the main thing for which I use the weight belt thus far is hauling around the weights.

I bought two oblong net bags with handles to carry all this stuff, plus a waterproof duffle for clothes, towels, log book, etc. I'm thinkin' about a diver's bag with wet and dry compartments and a hard shell covering, but for now, the nets and duffle will do.

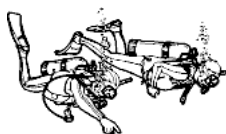
The one thing my new computer won't do for me is remember all this stuff, so I laminated a copy of the pre-dive checklists from the back of the OW manual and put it in my log book for quick reference.

I forgot to mention the purchase of two lights, primary and spare, since I discovered they really do come in handy even in daylight dives. A recent, very low-viz dive found me able to see my buddy only because of his light. Between that and my neon yellow fins we stayed together long enough to get out of the soup—but not until after I had followed the wrong buddy to the surface! Yeah, I really did that—he just happened to be wearing all black and carrying a light just like my "real" buddy.

Some of this is a matter of personal preference, determined by when, where, and how you'll dive. The best way to determine your preferences is to rent different stuff, consult your dive shop pros and colleagues, and decide what's best for you. And since gear is expensive and important for your safety, and you don't want to carry proliferating zebra muscles or whatever from one quarry to the next, don't forget to clean it well after each dive.

Just leave your credit card at home next time you go to the dive shop unless you wanna get in as much trouble as I have. I just luv this stuff!

Forty-four dives and counting...K.A.T.



Area Dive Shops

This list is provided as a convenience. TSSC does not endorse any dive shop.

Aqua Visions Scuba Ltd.

126 Mamaroneck Ave, Mamaroneck NY
(914) 381-1884
AquaVisions.biz
info@aquavisions.biz

Captain Mike's Dive Center

530 City Island Ave, Bronx NY
(718) 885-1588
CaptainMikesDiving.com

Cougar Sports

917 Saw Mill River Rd, Ardsley NY
(914) 693-8877

The Dive Shop

265 Federal Rd, Brookfield CT
(203) 740-9166
TheDiveShopOnline.com
Sherri@TheDiveShopOnline.com

Marsh Scuba Supply

91 Lauer Rd, Poughkeepsie NY
(845) 452-8994
MarshScuba.com
Marsh_Scuba@worldnet.att.net

Orbit Marine Sports Center

3273 Fairfield Ave, Bridgeport CT
(800) 395-3483
OrbitMarine.com
OrbitDive@aol.com

Pan Aqua Diving

460 West 43rd St, New York NY
(800) 434-0884
PanAqua.com
NYstore@PanAqua.com

Pan Aqua Diving

461 Federal Rd, Brookfield CT
(888) 388-3483
PanAqua.com
CTstore@PanAqua.com

Rex Dive Center

144 Water St, Norwalk CT
(888) 260-DIVE (3483)
RexDiveCenter.com
DiveShop@RexDiveCenter.com

Scuba New York

2037 Central Park Ave, Yonkers NY
(914) 779-2966
ScubaNewYork.com
Info@ScubaNewYork.com

Westchester Dive Center

500 North Main St, Portchester NY
(914) 937-2685
WestchesterDiveCenter.com



TSSC means great diving and great fun—whether on a summer outing, a Northeast dive trip, or a Caribbean vacation. Here, top, canoeing on the Delaware River last summer; above, loading the boat for a dive in the Saint Lawrence River last September; and below, Jim McNeill takes advantage of the great photography off Little Cayman.



TSSC Keeps on Cookin'

As we wait for the TSSC cookbook to appear, here's one more recipe to keep things hopping—or popping—in your kitchen. Thanks to Judy Klotz-Simek!



BAKED STUFFED CHICKEN

When I found this recipe, I thought it was perfect for people like me who are not sure how to tell when poultry is thoroughly cooked, but not dried out. So I thought you also might enjoy it. Give it a try!

- 1 6- to 7-pound chicken
- 1 cup melted butter
- 1 cup stuffing
- 1 cup uncooked popcorn
- Salt and pepper to taste

Preheat oven to 350°F. Brush chicken well with melted butter, salt, and pepper. Fill cavity with stuffing and popcorn. Place in baking pan with the neck end toward the back of the oven. Listen for the popping sounds. When the chicken's ass blows the oven door open and the chicken flies across the room, it is done. And you thought I couldn't cook.

January Meeting

8:00 pm, Wed, January 14

Whitby Castle Restaurant
at the Rye Golf Club

Michael Prange
and
Zeke Petryszyn

present

TSSC in
North Carolina 2003

Over the last several years the club has made several trips down to North Carolina to experience the great wreck diving that state offers—tiger sharks in a warm, clear, Caribbean-like environment. Our last visit included an extra-special treat—a visit by a friendly manta ray. Come hear about the diving and topside adventures experienced by your fellow club members.

Directions to Whitby Castle

at the Rye Golf Club
330 Boston Post Road, Rye NY
(914) 777-2053

From I-287: Get off at exit 11. Stay in the right lane and at the end of the ramp turn right onto Route 1 south (Boston Post Road). Stay on Route 1 for approximately 2.7 miles, going through 8 sets of lights. The Rye Golf Club and Whitby Castle are on your left. Turn into the Golf Club driveway and Whitby Castle is straight ahead.

From I-95: Get off at exit 19, Rye/Playland. Immediately take the first exit to the right, signed Rye/Mamaroneck/Harrison. At the first stop sign go left toward Rye/Mamaroneck. At the next stop turn right on North Street, following signs for Mamaroneck and Route 1 south. After .3 mile you will merge onto Route 1. Follow it for .7 mile. Turn left into the entrance of the Rye Golf Club. Whitby Castle is straight ahead.

From the Hutchinson River Parkway: Take exit 23 onto Mamaroneck Avenue in the direction of Mamaroneck. Just after the slow-down lights (approx. 1 mile), go straight onto the on ramp for Route I-95. Stay left for I-95 North. Follow as above.

Saving your Photos Forever

2 pm, Saturday, January 24 • 148 Couch Road, Patterson, NY

How many photos do you have saved in envelopes, boxes or albums? If you are like me, hundreds! How often do you take them out and look at them? Almost never, because they are not sorted. Ever want to do something nice with them? This is your chance!

Bob and Hope Bak have allowed me to book a Creative Memories workshop in their home on Saturday January 24th at 2 PM. Pam Blecker from Creative Memories will teach us a little about paper and show us what we can do to preserve our memories to share and enjoy for years to come. I have seen some of this a few years ago and it is a craft that you can use for photos and for other projects as well.

Creative Memories products will help you create photo pages and photo albums. Pam will show you how to

build pages with themes, and customize them into a book. These pages may be used as a presentation, gift record of an event, or a great hobby to preserve your best of times.

This will also be a fun afternoon out! So put this date and time in your planner now, and call me to reserve your supplies. There is no cost to attend. The supplies that you will need for the workshop will be available to you. If you like what you are doing and want to make any purchases, you will be able to do so at the end of the workshop. Any rewards from the sales will go back to the "crafters" in a raffle.

If you want to attend, here's all you need to do:

- Pick out 6–8 photos with a common theme. Choose photos that

are duplicates or photos that you are willing to cut up as you work with them.

- RSVP by Monday, January 19, with the theme of your photos, to me, Pat Forgacs, at (203) 743-2283 or greenmermaid@snet.net or pat_forgacs@abicon.com

- Show up at Bob and Hope Bak's house at 2:00 pm on Saturday, January 24. (Directions follow.)

- Don't forget the photos!

To get to the Baks' house, take I-684 north to Rte. 22 north. Go approximately 6 miles, then left on 164 for 6/10 mile. Take the 1st right onto Couch Road (it's a dirt road). Go 7/10 mile to the 2nd house on the right, number 148. Look for the dive flag! Bob and Hope's phone number is (845) 878-9604.

Dive the Galapagos Islands

April 24–May 4, 2004

Bob Schrager is inviting club members to join him on this trip he has arranged through Nick Jenny of Blue Horizons Dive Center. This is not a club-sponsored trip. For more information, call Bob at (914) 937-8945 or email robert@schrager.org.

The Galapagos Islands are a wonderful destination. Everyone hears about the hammerheads, mantas and whale sharks, but what really makes the trips special to me are the sea lions. They play with you for hours, spinning, making faces, blowing bubbles, tugging on your fins. In one bay we spend an afternoon snorkeling with penguins and who could forget that? The land tours are also interesting. We do at least one land excursion each day to see giant tortoises, land and marine iguanas, blue footed boobies, sea lion colonies, magnificent vistas, unique flora, and more. Each island offers its unique topography to explore. This is a perfect trip for nondivers, too, because of all of the land tours. We are on one of

the nicest yachts in the Galapagos, the *Lammar Law*, a 96-foot trimaran with 8 spacious cabins, each with private facilities.

The basic package includes:

- Nine nights aboard the *Lammar Law*
- All meals and non-alcoholic beverages while on board
- National park fees
- Two nights (April 24 & May 4) at the Hotel Dann Carlton in Quito (double occupancy)
- Return airfare between Quito and the Galapagos Islands
- Airport transfers in Ecuador

The cost for this is \$4850 per person.

Not included are:

- Flights between the US and Quito. We can offer discounted rates on American Airlines and Continental Airlines.
- Tips and gratuities
- Travel insurance
- Dive insurance

Additional-cost options are:

- Otovalo for 1 or 2 nights
- Machu Picchu for 4 nights
- Hacienda stays

A deposit of \$1500 is required with the balance due by February.

Nick Jenny
Blue Horizons Dive Center



Anne Judge, Membership Director
The Scuba Sports Club
2 Pine Mountain Road
DANBURY CT 06810

January Meeting

8:00 pm, Wed, January 14

Michael Prange

and

Zeke Petryszyn

on

TSSC in North Carolina 2003

at

Whitby Castle Restaurant

at the Rye Golf Club

330 Boston Post Road

Rye, NY

See page 6 for more details.