

SEA LANCERS SCUBA CLUB

Leaning Tower YMCA
6300 West Touhy Avenue
Niles, Illinois 60714



SEA LANCERS LOGBOOK

PRESIDENT'S NIGHT – SAT, OCT 25

Please bring your TOYS FOR TOTS
donation to the Dinner or November
meeting 11/6.

VOLUME XXXV-NO.10

Our 35th Year – October 2003

MEETINGS are held on the 1st Thursday of every month – March through November at the
LEANING TOWER YMCA – 9th Floor – 7:30 PM

<http://free.hostdepartment.com/S/SeaLancersChicago>

CLUB OFFICERS

<u>President</u>	<u>VP Diving</u>	<u>VP Non-Diving</u>	<u>Secretary</u>	<u>Treasurer</u>
Mario Roldan 847-679-0494	John Jackman 630-910-7327	Rick Shulda 708 452 0655	Rich Miceli 847-253-1605	Phil Schultz 847-356-9114
Hijitus@aol.com	johnjackman4@aol.com	shulda@earthlink.net	richmiceli@comcast.net	philsueschultz@msn.com

NEXT MEETING - THURSDAY, November 6, 2003 – 7:30 PM**Attendees & Guests at the October 2nd meeting**

Phil & Sue Schultz
John Jackman
Mario Roldan
Rick Shulda
Sara Shulda
Rich Miceli
Mike Obert

Meeting was called to order by President Mario at 7:42 pm

Treasurer Report -- Phil Schultz--

Current balance as of the October 2nd meeting, \$1,865.85

ICSSD is encouraging all clubs to offer their Shop & Share coupons online so every club will benefit.

VP of Diving, John Jackman reported:

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Upcoming dives:

- ❖ **Sunday, October 12-----Pumpkin Carving Dive**
Rex Jennings reported the dive will be at Haigh Quarry. Complete information will be posted on the web page (see "Postings"). 11:00 a.m. registration, 12:00 noon start. Fee is \$20.
- ❖ Mario suggested that as a bonus for being a Sea Lancer, we will be purchasing a club air card at Scuba Systems. This was discussed and approved.

VP of Non-Diving, Rick Shulda reported:

Hayride -- October 11 @ 5-6 pm in Lake Villa.

\$10 per adult, kids free. Bring a can of soup for the Hobo Stew.

B.Y.O.F. (this is Phil's idea) Bring your own furniture to burn (this is Phil's idea of recycling) and any wood you want to contribute to the bonfire.

Call Rick Shulda or Phil Schultz to register ASAP or at the October meeting.

Rollins Rd, west of Rt 45 - - Lake Villa

Take I-294 N. to Rt 132 -- Go west to Rt 45. Turn left (south) on 45 for ¼ mile to Rollins Rd.

Go right (west) on Rollins road for 2-3 miles. Look for the GREEN VAN with the strobe light.

Also, bring lantern, snacks, drinks, chairs, blankets, flashlights and friends. RSVP to Phil or Sue Schultz before Oct. 7th.

President's Night at Giuseppe's in Des Plaines

Saturday, October 25th.

Shedd Aquarium – Sunday, November 9 – The Underwater Archaeological Society of Chicago Presents: A Journey to Lake Michigan's Bottomland

Shedd Aquarium is pleased to host the Underwater Archaeological Society of Chicago and their annual multi-media presentation featuring the archaeological treasures of the Great Lakes. This year's presentation will showcase spectacular stories about the Straits of Mackinac and dramatic tales of Great Lakes tall ships. Join us for this exciting expedition to Lake Michigan's bottomland, which boasts one of the Great Lakes most valuable depositories of maritime history.

Sunday, Nov. 9, 2 - 4 p.m. or Sunday, Nov. 9, 5 - 7 p.m. **We are planning for the 2-4 show. The Bears are playing in Detroit at noon. Why pain yourself when you could have a chance to enjoy a first class presentation**

Fee: \$15 per person (fee does not include admission to Aquarium or Oceanarium).

To purchase advance tickets, please call Shedd Aquarium's Education department at 312-692-3224.

SEA LANCERS CHRISTMAS PARTY

Friday, December 5 at Giuseppe's in Des Plaines

(NEW LOCATION FOR THE PARTY)

- Please remember your "Toys for Tots"
- Grab bag -- \$15 value
- Raffle prizes
- Attached is a letter if you would like to help solicit raffle prizes. Let Rich know if you need additional information

TOYS FOR TOTS

The U.S. Marine Corps Reserve **TOYS FOR TOTS** Program is now in its 56th year. Just a reminder that at the Presidents' Night dinner we will again be collecting toys. This program is run by the Reserves and provides to those less fortunate during the holidays. Any new toy is welcome with the exception of any toy guns, knives or swords. Especially needed are toys for older children 10-12.

Please remember that if you choose to give something that uses batteries be sure to include them. Local toy collection campaigns begin in October and last until December 22. While **TOYS FOR TOTS** Coordinators organize, coordinate and manage the campaign, the ultimate success depends on the support of the local community and the generosity of the people who donate toys. This means you!

ICSSD Report

The results are in – the new officers for 2004-2005 are:

President Margo Miller (Tritons)

Vice President Mario Roldan (Sea Lancers)

Delegate Paul Knutson (Rachel Carson Scuba Corps)

❖ **CONGRATULATIONS to our own Mario Roldan on becoming a VP for ICSSD!**

❖ **Sunday, October 12-----Pumpkin Carving Dive**

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❖ **Saturday, October 25-----Presidents' Night Dinner**

Pam Romund added that everyone should bring their Toys-For-Tots items---they are due at Presidents' Night. Especially needed are toys for ages 10 and up. Please supply adequate batteries, if required, and no violent toys.

INTERNATIONAL BEACH CLEAN UP DAY

Saturday, September 20, was a picture perfect day. The sun was shining; the temperature was not too hot, just a great fall day. We gathered at Twin Lakes in Palatine for International Beach Clean Up Day. However the state of the lake was another matter. There was a scum across the surface of the lake and the presence of many, many duck and goose feathers. We had sent water samples for testing but had not gotten clearance to dive. It was decided that due to the uninviting appearance of the lake and the lack of test results it was probably a good idea to forego diving, no need to take a chance getting anyone sick.

Many thanks to all who came out to assist with the clean up. Hope to see you all back next year.

2004 EVENTS CALENDAR

February 19 Club Appreciation Night – Location TBD

March 20 Underwater Competition – Leaning Tower YMCA, Niles, IL

April 23-25 OUR WORLD UNDERWATER - Donald Stephens Convention Center, Rosemont, IL

MORE GOOD STUFF

- Mario will be presenting at the March meeting from his classes at Duke University. The titles of the subject he will be sharing at the Club meeting --

"48th Diving and Hyperbaric Medicine Course -Summary"
Duke University Medical Center August 7-9,2003

- 1) Diving Safety and Dan
- 2) The Ear and Pressure
- 3) Decompression Facts
- 4) Decompression Illness
- 5) Pressurized Chambers-Recompression Tables
- 6) Diving Injuries and Fatalities
- 7) Nitrox and mixed Gas Diving
- 8) Marine Animal Hazards and Management

❖ 2004 Indoor Underwater Competition will be held at the Leaning Tower YMCA. – March 20, 2004

- It's time to think about the future of the club. We need your suggestions/opinions on how the Sea Lancers will continue. Suggestions that came out at the meeting were:
- Keep the structure of the club but reduce the # of officers by 1. The president can also act as non-diving coordinator.
- We currently do not have a December meeting as it is our Christmas Party and do not have a January meeting. A suggestion was made to hold formal meetings from March to November.
- Rich will check with the state on the requirements for maintaining a club.
- As all of the clubs are feeling the pinch, we need members. Scuba diving in Chicagoland needs a shot in the arm.
- Elections will be held at the November meeting. If anyone would like to volunteer to run for office, please let Rich know.
 - ❖ At the September meeting, Mario would accept the President position, John Jackman – VP Diving, Phil – Treasurer, Rich – Secretary.
- Any suggestions? Let us know.
- Our best wishes to our intrepid adventurers, braving the wilds of Australia on a luxury dive boat and checking out the country.

From DAN's website – the explanation to Henrietta's adage, "*There are divers who pee in their wetsuit and those who lie about it.*"

Diving Medicine FAQs

Immersion Diuresis (Urge to Urinate)

This underwater phenomenon can strike you even if you do not have a weak bladder

Q: As an inexperienced diver, with less than 50 dives since being certified last year, I have an unrelenting dilemma. No matter how many times I void, I always end a dive having to desperately go to the bathroom. My stomach will be bloated and I can't get my tank and wetsuit off quickly enough. I purposely don't drink before a dive, except two cups of morning coffee, and it seems I should be properly hydrated. I go to the bathroom before I get in the water and immediately after the dive. (I refuse to urinate in my wetsuit.) How can I control this? I don't have a weak bladder or any form of incontinence.

A: The answer to this interesting dilemma is based on an understanding of dive physiology. The phenomenon you describe is known as immersion diuresis and occurs whenever the body is emerged in water. Immersion, along with a water temperature that is colder than air, causes narrowing of the blood vessels in the extremities. This vasoconstriction occurs primarily in the skin and superficial tissues of the body as well as in the muscles of the arms and legs. The result: An increased volume of blood is sent to the central organs of the body such as the heart, lungs and large internal blood vessels.

The hormone that controls the production of urine by the kidneys is called antidiuretic hormone (ADH). It controls when and how much urine your kidneys make. The increased blood volume to the major vessels is interpreted by your body as a fluid overload. This overload causes ADH production to stop, which in turn allows the kidneys to immediately produce urine to lower the centrally circulating blood volume - the body's automatic response to preserve blood volume.

Once you exit the water, circulating blood volume returns to near normal - less the fluid taken to produce urine, which is quickly replaced as the body draws fluid from body tissues, such as muscles. Unfortunately, you probably will also leave the water with a full bladder.

Since we are all subject to the same phenomenon underwater, this is probably your normal response to immersion. If this situation causes problems like urinary tract infections, see your doctor. If your coffee is caffeinated, you may wish to switch to a decaffeinated brand, as caffeine is a known diuretic that also interferes with the production of ADH.

Even as a lifelong Cubs fan, this is still a good one...

Five Chicago sports fans were climbing a mountain one day. Each was a fan of a different Chicago team and each proclaimed to be the most loyal fan of all. As they climbed higher, they argued as to which was the most loyal. They continued bickering all the way to the top.

Suddenly, the Blackhawks fan hurled himself from the peak, shouting, "This is for the Hawks!" as he fell to his doom.

Not wanting to be outdone in the loyalty department, the Bulls fan threw himself off the precipice, proclaiming, "This is for the greatest team of the '90s!"

Seeing this, the Bears fan shouted, "This is for DA COACH!!!" as he leapt to his death.

The two remaining fans looked at each other in stunned silence. After a minute the Sox fan bellowed, "This is for everyone on the South Side!!"

Then he pushed the Cubs fan off the mountain.

Meeting adjourned at 8:27 pm.

2004 SEA LANCERS SUPER DIVE

Where are we going: **On a live aboard boat called the Aqua Cat that departs from Nassau and spends the week in the remote islands of the Exumas.**

When are we going: Board Aqua Cat on Saturday, May 1, 2004 at 6:00 pm.
Disembark Aqua Cat on Saturday, May 8, at 9:00 am.

Diving: You will have an opportunity to do 4-5 dives per day including night dives. While the Exumas are only 30 miles from Nassau there are no daily dive operations there. There are walls starting at 40' , drift dives, shark dives, large Blue Hole dive. For over 30 years northern Exumas have been a National Underwater Park so expect virgin conditions.

Other Activities: Kayak, fish, explore, beachcomb, snorkel, sun and snooze!
(and eat & drink)

Food: Included are three meals a day plus snacks, soft drinks, beer, wine & rum.

Accommodations: All rooms are ocean view, fully air conditioned, private bathroom, shower and refrigerator. We have on hold 8 cabins: 4 king size bed/4 with twin beds.

Extra Expenses: Port fee of \$65 per person, crew gratuities, dinner ashore in Nassau on Friday night before the trip ends. Overnight in Nassau if you plan on arriving early or spending time after the cruise ends.

Airfare: Hard to say with what is going on with the airlines. Briefly checked with American Airlines. They connect through Ft. Lauderdale and were quoting rates from \$450 - \$525 thru end of 2003.

Cost: \$1,695 per person (I think that rate will hold for 2004)

Deposit: Make a check payable to Aqua Cat Cruises for \$250.00 per person and give it to Sue & Phil Schultz as they are coordinating the boat portion of this trip. Deposit required by June meeting.

For more info: Ask Sue or Phil for a brochure or to see the video.

WEBSITE -- <http://www.aquacatcruises.com/>



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November 1, 2003

Happy Holidays to you!

Allow me to introduce the Sea Lancers Scuba Club of the Leaning Tower YMCA. We are a non-profit organization dedicated to promoting scuba diving safety. Founded in 1968 at the Mont Clare-Leyden YMCA, we have remained a solid club for 35 years.

Our activities include monthly meetings, dives throughout the Midwest and Caribbean. We offer CPR training, social functions for members and guests, community involvement with "Toys for Tots" as well as fundraising for the 'Y'. At the end of the year, we celebrate with a Holiday Dinner Dance for our members and guests. A raffle is held at this party with gifts donated by both the diving and non-diving community. This rewards our members, raises funds for the organization and the Leaning Tower YMCA, and provides a chance for your business to receive publicity and acknowledgment.

This year, our Holiday Party will be held on Friday, December 5th. 2003 at Giuseppe's Restaurant in Des Plaines, Il.

We would greatly appreciate any donation towards this raffle.

Very truly yours,

Mario Roldan
Mario Roldan
President

October

Sea Lancers Meeting – Thursday, October 2, Presentation by Mario Roldan

Hayride -- October 11 @ 5-6 pm in Lake Villa.

October 12, Pumpkin Carving Dive@ Haigh Quarry

October 25, Presidents' Night Dinner@ Giuseppe's

November

November 9 – Shedd Aquarium 2 pm.

December

CHRISTMAS PARTY

Friday, December 5th

Giuseppe's – Des Plaines, Il.

Check out our new website:

<http://free.hostdepartment.com/S/SeaLancersChicago>

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