

Neptunes Sounding Newsletter

ANNOUNCEMENTS & REMINDERS

4/9 Club Dive

4/11 Board Meeting

4/12 BSC Meeting

4/23 Club Dive

5/2 General Membership Mtg

5/7 Club Dive

5/9 Board Meeting

5/21 Club Dive

MAY 27-JUNE 3 Bonaire Trip

Club Officers, 2017

Todd Alger - President
 Doug Eaton - Vice President
 Rob Robison - Secretary/Newsletter
 Theresa Czerepica - Treasurer

Board of Directors: John Blackadar,
 Tom Guild, Ken Hayes, Garrett Kane,
 Joe McAndrews, Jay Theriault, Rob
 Vice, Jeannine Willis, Chuck Zarba

southshoreneptunes@gmail.com

In memoriam: Robert (Bob) Huff, who died April 3, 2017. Here is a link to the online Guestbook: <<https://www.currentobituary.com/obit/206164>>.

DUES Reminder: If you haven't already, **please pay your \$35 dues**, checks payable to *South Shore Neptunes*, as soon as possible.

Newsletter Delivery: Our printing costs doubled this past year; as a result, we need your help to cut costs. If you would like to receive the newsletter by email, please inform the newsletter editor, Rob Robison, at <robisonr25@yahoo.com>.

April 18 Diving Cocos Island, video/slideshow presentation, **postponed** until May .

SAVE the DATES: May 17 Bay State Council meeting, Neptunes clubhouse, 7:30 PM

May 6 Clubhouse cleanup, 8AM

May 24 After work Club dive, Sandy Beach (Cohasset)

July 22 2nd Annual Club Pig Roast, Irish Cultural Ctr. (Canton). Early bird special price \$25/pp until July 4; afterwards, \$30/pp. Register/purchase tickets online at <<http://southshoreneptunes.org/>>.

March / April Dives

Back River Divers

Story and photos by Garrett Kane

Sunday April 9, 2017. Neptunes Doug Eaton, Paul Green (observer), Garrett Kane, John Pell, Rob Vice, and Chuck Zarba continued to rummage for the underwater treasures of the Back River in fast current, low vis (1' - 2'), 41° H2O. We dove in almost total darkness at the

bottom, which was anywhere from 25 - 30 deep. In fact, I couldn't see the bottom until my head was no more than a foot from it. I also couldn't see the surface until my head was above the water. There was a possibility of overhead debris on this dive. We all did manage to see some scallops, sponges, crabs, and small flounder but left them on the bottom.



Garrett's video clip of the day can be found on the Club Facebook page.

King's Beach and Hathaway Pond

Story by Rob Robison; photo by Bonnie Zeller

Saturday March 25, Sunday March 26, and Sunday April 9, 2017. Two of the past three dive weekends have been adventures in dry suit frustration, finally culminating in success on Sunday April 9. Recently, I purchased a Faber galvanized steel 117 on sale via the Net and took it to Hathaway Pond and King's Beach on separate occasions to try out. Unfortunately, my dry suit wasn't cooperating and refused to deflate so I could plunge into the hydrosphere. A bit of sand in the pressure relief valve was the culprit, solved by a good cleaning and rinse. Nice to have that issue resolved.

I have been diving with Brian Smith, a friend from Diver's Market, Neptune Garret Kane, and Southern Mass diver Bonnie Zeller at different times from late February to date. Former Neptune Peter Ninh, who is recovering from a perforated eardrum, showed up to dive-master us, recently, at King's Beach. However, because Peter was committed to other activities, yesterday, Garrett had chosen dive with the Back River gang (See preceding story and photos), and Brian had to work on readying his sailboat for launch. That left Bonnie and me to hit the pond on our own so to speak on a wonderful 63° sunny Sunday morning. One aspect of diving with the steel 117, aside from the increased volume, is that it enabled me to easily attain perfect neutral buoyancy. What a gift! What it couldn't do is resolve the continuous leak (AKA flood) I have had in my dry suit since resorting to a latex neck seal last year in a suit designed for one made of neoprene.

Think I am going to have to try shortening the neck seal a bit and see if that helps. Let's hope so. Being wet and cold while diving is somewhat tiresome, to say the least, especially when one is supposed to be dry!

Our dive time was 33 min, max depth 36', 41°F, vis@15'. We viewed most of the sights: canoe, outboard, car wreck, instruction platforms, plastic turtle, etc., but missed the sunken cabin cruiser. Next time. Bonnie took this selfie to commemorate the first dive each of us has made in April. Haul your gear out, give it a once over, folks, and get ready to dive into it. The water is warming up bit by bit!

Rob



From the Log Book

Coral Bleaching Just Ravaged The Great Barrier Reef. Now It May Be Hit By Another Wave.

"A fourth event after only one year is a major blow."

By Nick Visser, from the Huffington Post: http://www.huffingtonpost.com/entry/great-barrier-reef-bleaching_us_58ca2684e4b0ec9d29d8afd5

Scientists at Australia's ARC Centre for Excellence announced Wednesday a team of researchers were preparing to conduct a week-long aerial survey of the reef as the Southern Hemisphere's summer came to a close. The surveys echo those made last year in the midst of an unprecedented spate of warm oceans when researchers discovered up to 95 percent of parts of the reef had been bleached.

"We're hoping that the next two to three weeks will cool off quickly, and this year's bleaching won't be anything like last year," said ARC Centre director Terry Hughes, the lead author of a Nature cover article this week about mass bleaching on the reef, in a statement. "The severity of the 2016 bleaching was off the chart."



CREDIT: GREG TORDA/ARC CENTRE FOR EXCELLENCE
A graveyard of dead staghorn coral.

That event, just the third mass bleaching ever recorded, left more than two-thirds of parts of the Great Barrier Reef dead after an unprecedented spate of warm water baked the reef for months. Bleaching occurs when the sensitive, colorful algae that live inside coral leave, usually when the ocean becomes too warm. The structures are left bright white, and if temperatures don't return to normal, the coral can die.



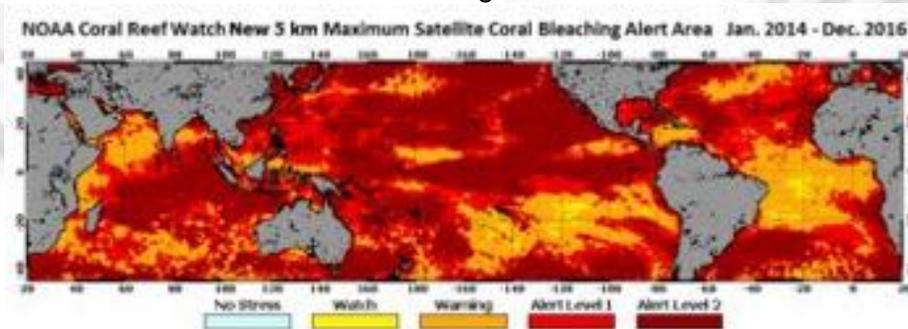
ARC CENTRE OF EXCELLENCE FOR CORAL REEF STUDIES

The last mass bleaching event killed more than two-thirds of the Great Barrier Reef, off the northeast coast of Australia.

Scientists have long said the [only way to save the reef is to address climate change](#) — by far the biggest threat to the underwater ecosystems.

World leaders have rushed to keep the planet from warming [far below 2 degrees Celsius](#), the level scientists say we must stay beneath to avoid the worst effects of climate change. But those effects are already being felt, particularly in the oceans.

The National Oceanic and Atmospheric Administration released a [graphic](#) this month showing all tropical oceans on the planet were “unusually hot” from January 2014 to December 2016, a period “tightly linked” with the Great Barrier’s mass bleaching.



CREDIT: NOAA

All tropical oceans were unusually hot between January 2014 and December 2016, with most coral reef ecosystems exposed to conditions that cause severe bleaching and coral deaths, NOAA says.

“Global warming is the number one threat to the reef,” said [David Wachenfeld](#), director of reef recovery for the Great Barrier Reef Marine Park Authority, in a statement. “The bleaching in 2016 strongly reinforces the urgent need to limit climate change as agreed by world leaders in the Paris Agreement.”

The reef has now suffered through three mass bleaching events, last year's and two others in 1998 and 2002.

Scientists have said reefs can recover from such events, but such healing can take decades. Back-to-back bleaching, something Hughes told The New York Times was "unheard of in Australia," can cause irreparable harm.

On Aging and Diving

Reported by Theresa Czerepica

I attended the lecture by Divers Alert Network ("DAN") representative Peter Buzzacott, PHD, MPV at the North Shore Frogmen meeting on Thursday, March 9, 2017, at Palmer Cove Yacht Club. Mr. Buzzacott is one of DAN's researchers on aging and diving. The meeting room was packed. There were well over 100 divers in attendance with standing room only. Dr. Buzzacott is an experienced diver who started diving in 1992, has 25 years of diving experience, and is about to do his 2000th dive.

Dr. Buzzacott presented various statistics on diving accidents in various countries over the years. There are no specific studies of anyone over 50 years old and the effects diving has on older divers. The statistics included various ages including divers over 50. In the US about 1% out of 3 million deaths are dive-related.

Dr. Buzzacott presented a lot of statistics as to different symptoms due to diving. What I have taken away from the lecture is that when you get older, you have a higher risk of sustaining neuromuscular injury. The reason for this is taking medication due to age-related conditions such as hypertension, heart problems, etc. Taking aspirin before diving can have detrimental effect. When we get older our recovery time from dive related injury is slower than a younger person.

Some of the suggestions he made to reduce risks of dive-related injury for older divers were:

- Staying in shape by exercising (good fitness helps reduce bubbles in the bloodstream)
- Reducing workload during immersion (no heavy exercise or exertion while in the water)
- Consider slower ascents (come up very slowly for the last 30 feet, come up slowly (the faster you come up the more bubbles in blood stream)
- Reduce multi-day repetitive dives (older people take more time to get rid of gases)
- Do 2 dives per day with 4 hours between each dive
- Reduce post-dive workout 1-2 hours afterward
- Do not dive too close to time limits, be more conservative for dive tables
- Avoid sunbathing, hot showers, or sauna
- Be prepared for emergencies

We did hear from 2 divers, who were bent recently, about their experiences. The first was John who was diving in Cozumel when he experienced paralysis of his left side, then right side, and he passed out after he came out of the water. He was lucky that he came to next to a boat with 2 diver paramedics on board who were able to help him in the water, return him to his boat, and stay with him until he was picked up by ambulance and taken to the hospital.

Peter told us that in Cozumel there is a hospital with a hyperbaric chamber on site that has extensive experience with dive injuries and is able to care for divers. The afflicted diver spent a

few weeks getting treatment in Cozumel and later was transported to Florida for further treatment with Dr. Martinez, a specialist in dive injuries.

We have also heard the story of Jim from North Shore Frogmen who was bent in our diving area. His symptoms included pain in his spine, chest and weakness in his limbs. Jim, who is a retired physician, was treated in Salem and then at the hyperbaric chamber at Mass Eye and Ear (MEE).

Jim's experience was different in that MEE does not treat many diver related injuries, so he had to inform the staff of the need to call DAN for information on how to proceed. He did receive a number of treatments in the chamber and at the rehab hospital. Jim was able to walk at first but got worse later as his symptoms progressed. Both gentlemen still have a months-long recovery in store. It was not recommended that they go diving after the incidents.

One other observation regarding treating the bends, Buzzacott explained, is to know what is required for treatment and have DAN insurance coverage, not just an ad for it, because you need their help, coverage for expenses, and access to their knowledge. Also, be proactive in your treatment in making sure that doctors are in touch with DAN for treatment options. Even Jim, who has medical background had to make sure that the doctors followed DAN advice in treatment. I am not suggesting that your doctor does not know what he is doing, but since most doctors do not treat many dive accident patients, they do not have the requisite experience to treat these types of accidents successfully. (*Ed note: Having witnessed first hand the lack of knowledge in the medical profession regarding dive-related injuries or accidents, this final point is crucial!*)

Theresa C.

Recent Club Presentations by Matthew Lawrence & Victor Mastone

Reported by Rob, photos by Theresa C.

Diving Stellwagen Bank National Marine Sanctuary

Tuesday evening, March 21, 2017, club members benefitted from a presentation by park sanctuary maritime archaeologist, Matthew Lawrence, on sport-diveable wrecks in the NOAA—administered



Tuesday evening, March 21, 2017, club members benefitted from a presentation by maritime sanctuary archaeologist, Matthew Lawrence, on sport-diveable wrecks in the NOAA—administered Stellwagen Bank National Marine Sanctuary. His key points were that the sanctuary's mission is to conserve,

protect, and facilitate use compatible with resource protection. Stellwagen Marine Sanctuary is diveable; we can spear fish, lobster, and scallop, in accordance with prevailing fishing rules and regulations. Dive sites are mapped in a sanctuary-produced diving guide, which contains pertinent information including GPS coordinates. A number of sites have been identified with sport diver depth limits of 130' or less, and there are several diveable tech-site wrecks as well. Sport diver wrecks include Jeffries Ledge and Fish Project (110' depth), Patriot shipwreck (90'-95'); North Star, which has an underwater dive mooring; an unidentified trawler at 105'; a sponge forest in the middle of the shipping lanes; and the Heroic shipwreck (100') with new underwater boat mooring. Bottom temperatures reached 50° last summer, but one should expect temperatures around 45° normally. Best diving is at slack tide (1 hour after Boston Harbor) in the month of August, when tides and currents are at their least extreme and the weather is most cooperative, but you will find opportune moments to dive the sanctuary in July and September as well. For more information go to: <http://stellwagen.noaa.gov/welcome.htm> or purchase his book, *Shipwrecks of Stellwagen Bank: Disaster in New England's National Marine Sanctuary*, for \$21.99, by contacting Matthew directly matthew.lawrence@noaa.gov. All proceeds support the Stellwagen National Marine Sanctuary (See also stellwagen.noaa.gov/maritime/shipwrecks.html!>).

Interesting Mass Archaeological Finds



At the Initial April meeting on Tuesday the 4th, Vic(tor) Mastone, director of the Massachusetts Board of Underwater Archaeological Resources, shared photos from the recent discovery of three 14' long, 17th century Nipmuc Tribe dugout (burned out) canoes (*mishoonahs*), discovered in Lake Quinsigamond (Worcester County). The canoes were dated between 1640 - 1660 via a radio carbon dating process. He reminded everyone there is a permit process involved in diving on archaeological finds in state waters. He also answered questions regarding other sites and wrecks in and around state waters. More photos of this event and the Stellwagen Bank presentation are available on the club website.

