

AQUANEWS

Volume 32, No. 7

July 2008



SECRETARY

MARSHA FREEDMAN

TREASURER

PAUL GALEAZZI JR.

DIRECTORS

ALLAN BLOCK

MARSHA FREEDMAN

PAUL GALEAZZI JR.

STEVE IMPROTE

LES PARKER

DIVE COORDINATOR

MIKE HATALA

PUBLICITY

JEFFREY HOROWITZ

On The Road With Max

Max Estroff

As a DAN member and I know most of us are, we receive *Alert Diver*. Almost every issue talks about being physically fit for diving and what we should be doing to get there. The requirements of any open water environment can and does stress our bodies and can have a direct effect on our safety.

When spring arrived, the need to get wet increased and in my case that overrode the reality of how I was feeling. In early April I did a trade show and I did a little more heavy lifting and moving than I should have. The result being that my left arm muscles hurt and I had a lot of neck and shoulder pain. I just thought I pulled something and that the pain would go away.

Our good buddy Vinny and I had planned a Florida dive trip and two weeks after the trade show I was driving Vinny's truck loaded with all our gear south. Four 120s, two 80s and two pony bottles containing a 50/50 mix- all clanging against each other- plus the action packers with all our other gear. The plan was to dive a week with "Conch Republic Divers" located in Taverniere, an operation in the Upper Keys... Two Boots depending on the party size and destination. A fully equipped dive ship capable of custom mixing your air. A very professional operation both on land and on their boats. On the drive down, sometimes my arm felt numb, sometimes I felt an electrical surge going through it. Sometimes it felt fine.

The First Day. We do two shallow reef dives, both less than 25 feet. Personally, I do not prefer that type of diving. The first dive I do with my AL 80 37% mix 3500 in, 1900 out. Thirty-nine minutes. Less than one hour later, back in the water for another twenty-six minutes, surfacing with 600 lbs left in my tank. "Where are the fish?" is the only notation in my log book. Vinny was in heaven- visibility and 80°F water. A world apart from his "favorite" dives in Long Island Sound.

My arm hurt the entire time we were out. When we got back to land I took some pills and they masked the problem.

The Second Day. We did the "Duane." Strong surface current, strong current on the way down and also on the wreck itself. What was I thinking? Just the pull to the buoy over stressed my arm. The long pull down was even worse. As I was doing this my thoughts were that I must be crazy- but I was committed (or rather I should be committed for doing this in my condition). I got to the deck and for three minutes I relaxed and caught my breath. Since I was the first one to jump in I was waiting for Vinny. (Does this sound familiar?) Nobody was behind me coming down the line, so off I went to do my dive. Twenty minutes on the wreck with a 31 minute total dive. On the way back to the up line there's Vinny, starting his dive. Same day, same ocean. Just like normal for the two of us.

(Continued on page 2)

AQUANEWS

THE OFFICIAL PUBLICATION
OF THE ROCKLAND
AQUANAUTS ORGANIZATION.
WRITTEN CONTRIBUTIONS &
PHOTOGRAPHS ARE ALWAYS
WELCOMED & ENCOURAGED.
SUBMIT MATERIALS FOR
PUBLICATION BY THE 19TH OF
THE MONTH

CONTRIBUTING EDITORS

PETER BEIN
ALLAN BLOCK
MELISSA BOGEN
MAX ESTROFF
PAUL GALEAZZI, JR
STEVE IMPROTE
LES PARKER

NEWSLETTER COORDINATOR

PAUL A. GALEAZZI

CHANGE OF ADDRESS

TO CHANGE MAILING
ADDRESS, PHONE NUMBER
OR E-MAIL, PLEASE NOTIFY:
INFO@ROCKLANDAQUANAUTS.ORG

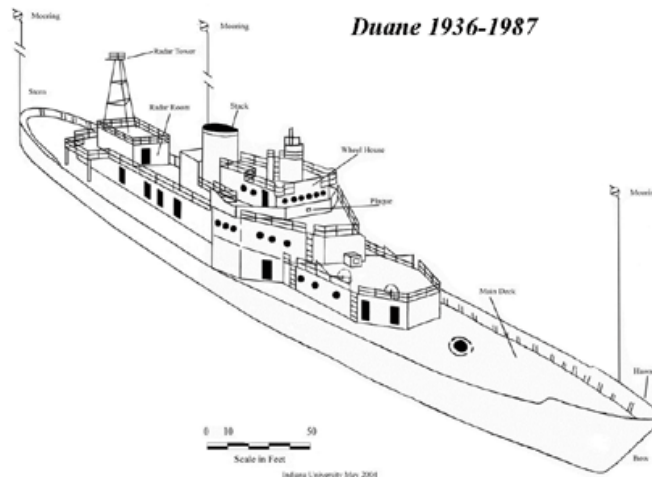
The Duane was great. More of the main deck flooring inside the super structure has been removed making it easier to go below decks, where it is completely dark. I did not do this, this dive. Fish life was abundant, both inside the superstructure and around the wreck.

Back on board the boat, my arm was in a lot of discomfort. The pain was intense. Coming up I had switched to my 50/50 mix at 50 feet. I was on this mix for almost ten minutes. I knew I was not bent, but I was done diving. Vinny blew off his second dive. Back on shore, some more pills. These past two days the weather and sea conditions were perfect.

The Third Day. Winds blowing out of the East at 20-25 MPH. Seas running 4-6 feet. Next few days, the same forecast. Vinny said, "I don't need to get beat up. I don't need to do this." We got into the truck and decided the week was over and started home within three hours.

The ride home was very hard for me. A lot of discomfort and pain. I had been and was dealing with a pinched nerve. It would be almost two months of this before the Doctor gave me a single cortisone shot in my neck-shoulder area. It relieved all of the pain the numbness and the electrical surges that I had been dealing with.

Now it's the end of June, I have been lifting weights again, strengthening my arms and shoulders and feel right about diving again.



Rockland Aquanauts Organization Inc.
Mission Statement:

To provide, promote, and advance environmental protection, care, and voluntary clean-up of waterways by any and all lawful means; to promote the importance and care in every manner possible by environmental awareness and otherwise; to purchase, print, publish, and circulate literature to promote the importance and care of the waterways and the work of the Corporation. To perform all acts the Corporation may deem appropriate or advisable in such operation; to establish, provide, and voluntary clean-up waterways, to encourage, support and subsidize the cleaning and protection from pollution.

SCUBA LIMERICS

By Captain Lada

- Upon the green ocean we're sailing,
Our diving seems far beyond failing,
But soon you realize
The Atlantic's surprise
As you're vomiting over the railing!
- That wetsuits have a habit of shrinking,
Is the consensus of all divers' thinking.
Some think it crass
To blame their fat ass
Or their gut, from all the beer drinking!
- The stain on my wetsuit you see,
Comes from a great need to pee.
There's nothing to it
Al lot of us do it
But drysuits are still urine free!
- Underwater photographers are seeking,
To take some pictures worth keeping,
But escaping bubbles
Indicate troubles
As the watch their new cameras leaking!
- That northern waters are cold,
Is a story I've often been told,
Just notice me wheezing
Cause my ass- it is freezing
And the dive's only ten minutes old!
- There was an old diver named Sy,
Who thought a new drysuit to try,
When out of the dark
Appeared a big shark
Sy's drysuit is no longer dry.
- My drysuit is as warm as can be,
I was comfy in the chill of the sea,
But my happiness ended
When the bladder distended
Oh God, how I wish I could pee!
- When diving in low visibility,
Beware the apparent tranquility,
For a sea urchin's spine
In the right place and time
Can permanently alter fertility!
- The first stage delivers the air
To the second with pressure to spare,
But it doesn't help
When under the kelp
Your gauge shows you ran out of air!
- After a long northern drought,
I'm starting my dive way down south.
When I start to sink
Much water I drink-
The snorkel is still in my mouth!
- A compass is always your friend,
On its guidance you can always depend.
I heard someone say
With the boat far away,
"I must check it before I ascend!"
- Dive tables are a thing of the past,
Computers make diving a blast.
We applaud this mass movement
As a diving improvement,
As long as the batteries last!
- Equalizing is often a strain,
You must do it again and again,
You can use all your might
But if you don't do it right
Your ears will remind you with pain!
- Some divers have an aversion
Dealing with deaths on submersion,
When analyzed why
A few divers die
It's from a cranial/rectal inversion!

Ocean for 22 hours

BY CAROLYN SCOFIELD WPTV NewsChannel 5

PALM CITY — Patrick Scartozzi has what he calls a "death photo."

It's the picture Fort Lauderdale Fire Rescue uses in case something happens to the lieutenant.

It's the picture his friends showed WPTV NewsChannel 5 and other media outlets Friday night when Scartozzi was reported missing after a dive in the Atlantic Ocean.

Scartozzi still has a "death photo," but he doesn't need it. After 22 hours in the Atlantic Ocean, this diver and firefighter is very much alive.

Scartozzi, 43, who lives in Palm City, went out with a friend to dive Friday. The two were spearfishing about seven miles off the coast of Jensen Beach.

Scartozzi thought this would be a quick trip under the water, but he spent the next 22 hours floating in the Atlantic Ocean.

He said he went under the water for 10 minutes. He resurfaced and noticed his friend turning the boat south to alert two fishing boats in the area. The current carried Scartozzi north, quickly away from the boat.

After a few hours in the water, Scartozzi knew his friend couldn't find him. He saw U.S. Coast Guard helicopters flying overhead and tried to get the pilot's attention.

At one point, Scartozzi shot his spear gun into his scooter, thinking the flash would catch the eye of rescuers overhead. The gun instead kicked back and broke his hand, causing it to bleed in the process. Scartozzi was then alone in the ocean. The sun was setting and he was bleeding.

"I pretty much got into position where I began a slow kick to shore," says Scartozzi, who began diving at age 16 and once worked as a commercial fisherman. "And just got into position on my back and pretty much kicked towards shore all night."

Scartozzi's fins kicked up plankton and left a glowing green trail in the dark ocean. He felt a fish bump his leg - and he had other visitors.

"I had the porpoises at like I'd say about 3 a.m.," he said. "I could hear the porpoises show up about 3 or 4 in the morning. You could hear them doing their little squeaking, and they hung out with me for about an hour."

At daybreak, Scartozzi spotted the condominiums on Hutchinson Island. He turned his burned face away from the sun, towards shore and kept kicking.

Around 9 a.m., a Coast Guard helicopter again flew overhead. This time it made a quick U-turn.

Rescuers dropped a bucket down to Scartozzi and brought him to safety.

He was treated for dehydration at St. Mary's Medical Center and also underwent two surgeries for his broken hand. His face is peeling from the sunburn.



THINGS THAT DIVERS SHOULD KNOW

Some Observations of Corals

By Lada Simek

Let me pose three questions or situations about corals that you may have observed but probably not questioned:

Why do corals come in different colors?

Why are the polyps on all sides of a coral colony the same size and health? (You would think that the polyps on the up current side of the colony would catch more food and be bigger or healthier).

How come you never see two colonies of different corals grow into each other?

The answer to the first question is simple. There is more than one type of “chlorophyll”-algae come in red, blue and green. It is the type of zooxanthellea that the host favors that give the polyps their color pigment.

Answer to the second question: The entire coral colony is coated with a slimy membrane called a **coenosarc**. If a lucky polyp manages to snag and digest a planktonic creature, that nitrogen (think protein!) is passed through the coenosarc and shared by the entire colony, no matter where the polyps are. In fact, the coenosarc is sticky enough to be fishing on its own and any catch is passed to the nearest polyp.

For the answer to the third question, consider a piece of white, dead coral from a beach. Where the polyps used to be is a radial arrangement of sections, much like that of an orange, called mesenteries. These hold filaments called **mesenterial filaments**, which are extendable to any food the polyp catches, pull it down into the gut and secrete digestive enzymes. These filaments can also be extended outside of the polyp, as much as four inches. If another species of coral threatens, the mesenterial filaments are waved about like spears or swords and the more aggressive coral stops the invading competitor. There is an actual pecking order among the corals. Here is a list, with the most dominant and aggressive on top:

- Large flower coral
- Tan brain coral
- Large cactus coral
- Boulder coral
- Elkhorn coral
- Sunray lettuce leaf coral

Approved Hessian Lake Dives 2008

Saturday June 7th 9:00 am

Sunday July 13th 9:00 am

Saturday August 9th 9:00 am

Sunday Sept. 7th 10:00 am

Saturday Sept. 27th 10:00 am

Sunday Oct. 12th 10:00 am

Saturday Oct. 25th 10:00 am

BBQ Help Needed

We have BBQs after every Hessian Lake dive, but next year, we don't want the chef tasks to fall on the same people all the time, so we are asking for your help. If you plan on coming to the Hessian Lake dives, please consider offering to set up, cook, or break down the BBQ gear.

Setting up might mean you set up before diving, get out of the water first, or forego diving that day. **Cooking** means you cook for everyone who shows up, not just yourself & your friends.

Breaking down the BBQ gear means you stay until everyone has eaten and the grill is cool enough to put into your car to store until the next dive.

You don't have to be a Board Member to help. Everyone can pitch in. Any expenses, like buying food, are reimbursable. So please look at the dive dates and let us know when you can help out.

Thank you

ANNUAL MEMBERSHIP FEES ARE DUE

Rockland Aquanauts Organization
2008 Dues

I guess it is that time of the year again, Membership Dues are due. Last year all our members received much more than they gave out to the Organization. As usual you will be receiving a tax donation for the first \$25.00. All members who attended the Annual Dinner not only received money off their own dinner but they also received money off their guests dinner. Everyone whom attended also received prizes, some worth many times the cost of their Dues. Don't forget the Annual Picnic as well as all the BBQ lunch's after the Lake Dives.

So please send in your \$42 dues early to;

Rockland Aquanauts Organization
c/o
Paul Galeazzi Jr.
4 Greensward Drive.
Valley Cottage New York 10989

Skip The Sunscreen While Diving : It can damage and even kill coral reefs, says a study in the journal *Environmental Health Perspectives*. Italian marine biologists have linked four UV-blocking chemicals in sunscreens to coral bleaching because they cause viral infections in the symbiotic algae that live inside reef-building coral. The viruses replicate until their algae hosts explode, infecting neighboring coral. The researchers estimate that 5,000 tons of sunscreen wash off people in oceans annually, and that up to 10 percent of coral reefs are threatened by sunscreen-induced bleaching.

Don't Forget to Visit EmbroidMe for your Rockland Aquanauts Apparel

**EmbroidMe-Nanuet**

Phone: 845-627-7711 Fax: 845-627-7707

E-Mail: nanuet@embroidme.com

Website: www.embroidme-nanuet.com

27 N. Middletown Road — Nanuet, NY 10954



**Rockland Aquanauts
Post Office Box 387
New City, NY
10956**

July 2008

On the Road With Max, Diving Limericks, Hessian Lake 2008 Schedule, Membership Dues

****July Meeting To Be Announced****