# The Triton Trib

Volume XLVII Number 4



**April**, 2016

### PRESIDENT'S MESSAGE

### Howdy Tritons;

Winter is almost over, (Saturday I had to scrape the ice off my windshield). We had a wonderful Anniversary Party. Kudos to Ed Littel for organizing the food and the team of Pam, Jan and Harriette for running the raffle. The social event of the year was The Holiday Party organized by your Board of Directors (thanks to Ron Levin). Dive of the year was Lake Geneva, run by Jim Hynan and Triton of the year was Ron Levin. Congratulations to al!!

Open water classes are in full swing at district 214 and we have Open Water classes scheduled for June 1 through June 29. On the class side Saturday May 7th we will be having a Emergency First Responder class. On Saturday June 4th we will have a Dan DEMP Class. Sign up early so we can order books and supplies.

#### **BOARD OF DIRECTORS**

President – Mike Leibovitz

Vice-President - Ron Levin

Secretary - Joan Chibe

Treasurer - Lea Hotton

First Director - Scott Reimer

Second Director - Brian Clarke

#### **COMMITTEE CHAIRS**

Audit - Diana Skiba

By Laws & Rules – Gary Duszak

Entertainment – Dave Vemmer

Equipment & Safety – S. Leibovitz

Events - Pam Romund

Membership - Adolph Habich

Merchandise - Brian Clarke

Nominating –Margy Levenberg

Publicity/Web Site –Adolph Habich / Milt Levenberg

Director of Training - Rich Schak

Editor of the Trib - Pam Romund

Illinois Council Delegates – Chuck & Margo Miller

**DAN SPONSOR #29362** 

Happy Diving
Mike Leibovitz, President
WA9EVF@comcast.net
773-465-0981

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# MEMBERSHIP REPORT April, 2016

I have made up a new roster, members please let me know if you want me to e-mail a copy to you.

Our current membership stands at:

63 full members 1 Associate

Total Membership 64

Adolph Habich - Membership Committee.

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## UPDATE YOUR ROSTERS

Moving or updating your email or phone? Be sure to let us know so that we can keep our records up to date. Thanks!

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### **WANTED TICS**

Many thanks to everyone who has stepped up to run an event this year. However we still have need for a few more to complete the remainder of our calendar.

May 15 – long Grove Chocolate Festival August 21– Charter Dive – Milwaukee or Chicago, TIC Choice There are more opportunities on the next page, look it over and let me know.

Contact Pam Romund promund@gmail.com ,thanks!

	2016 TRITON	EVENTS CALENDAR
April, 2016		
Saturday, 4/23	Chamber Dive – LGH	Steve Leibovitz Email: <a href="mailto:kb9caw@gmail.com">kb9caw@gmail.com</a> Mobile: 847-833-5379
Tuesday, 4/26	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
		May, 2016
Tuesday, 5/10	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmailcom
Sunday,. 5/15	Visit to Chinatown	TIC NEEDED
Sunday, 5/22	Long Grove Chocolate Festival	Joan Chibe joanchibe@comcast.net
Tuesday, 5/24	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Sunday, 5/29	Memorial Day Bike, Walk and Eat!	Milt & Margy Levenberg 847-680-1223 (Margy home) 847-858-1271 (Milt cell phone)
June, 2016		
Saturday, 6/4	Dive & Picnic – Crystal Lake	Brian Clarke and Joe Leibovitz
S & S, 6/11-12	Training Wknd – Pearl	Board of Education
Tuesday, 6/28	Business Meeting Open House	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
S-F, 6/26-7/1	San Diego Dive Trip	Event Has Been Canceled
July, 2016		
Saturday, 7/9	Charter Dive – TIC Pick Chicago or Milwaukee	TIC NEEDED
Tuesday. 7/12	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmailcom
Sunday, 7/17	Arlington Park Racing	TIC NEEDED
Tuesday, 7/26	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Saturday, 7/30	Chicago Skye Game	TIC NEEDED
	P	August, 2016
Saturday, 8/6	Howard/Etherton day	Board of Education
Saturday, 8/21	Charter Dive – TIC Pick Chicago or Milwaukee	TIC NEEDED
Tuesday, 8/23	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Saturday, 8/27	Mini Golf Outing	TIC NEEDED
September, 2016		
Saturday, 9/10	Moped Tour of Oak Park	TIC NEEDED
Saturday, 9/17	Charter Dive – TIC Pick Chicago or Milwaukee	TIC NEEDED
Sunday, 9/25	Lk Michigan Cruise	TIC NEEDED
Tuesday, 9/27	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016

Join in the fun, we have our calendar for 2016. See what you might like to run. Contact Pam Romund

### **ELECTION RESULTS**

We are happy to announce the results of the 2016 Elections conducted at the March Business Meeting.:

President: Mike Leibovitz Secretary: Joan Chibe Director: Brian Clarke

Many thanks to all who volunteered to run for an office, we appreciate your willingness to step forward and

be of service to the club.

Triton Nominating Committee for 2016 Margy Levenberg (Chair), Brian Clarke, Harriette Leibovitz

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CHECK YOUR CALENDAR - THIS
YEAR'S BIKE RIDE IS SUNDAY!!!!!!
MEMORIAL DAY BIKE
RIDE

ON SUNDAY, MAY 29, 2015

# MEET AT MILT & MARGY'S HOUSE AT 10 AM FOR DONUTS

Join the Tritons for a bicycle ride, walk, or just lots of food.

Bring your bicycle or feet, \$5, and a dish to share.

We will take a short drive to access the Des Plaines River Trail, a great, crushed-gravel bike and hike trail.

Address, phone, & directions for Milt and Margy Levenberg's house: 31057 Prairie Ridge Road, Libertyville (really it's Green Oaks)

847-680-1223 (Margy at home) 847-858-1271 (Milt on cell phone)

### I-294 North to I-94 North to Route 137 (turn left/west on Buckley Road)

to O'Plaine Road (turn right/north) to Guerin Road (turn left/west) to Prairie Ridge Road (turn right/north). Veer left on the circle to 31057 on the left. Park only on the left side of the street.

http://wizardcraft.net/map-to-levenberg.html

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## **HYPERBARIC CHAMBER DIVE**

# "DIVE DRY"

# GIVEN BY OUR FAVORITE HYPERBARIC TECHNICIAN: DAN MAZZONLINI JR., RRT-ACCS

Where: Advocate Lutheran General Hospital

775 Dempster St, Park Ridge, IL 60068

When: Saturday April 23, 2014, 9:00am to 11:30am

Cost: \$20

Get Educated and Saturated!!!

Limited to an absolute maximum of 13 divers. Must be a certified diver and you must bring your C-card. The chamber will be pressurized to an

equivalent maximum depth of 130 ft. We will plan to go out and eat afterwards. If you have not been on

one of these, please consider coming, you can safely experience narcosis and get to talk funny too!

riarcosis and get to talk furnity too!

We will meet at 9am in room 1064. Take the B elevators to the 10th floor.

Steve Leibovitz Email: <a href="mailto:kb9caw@gmail.com">kb9caw@gmail.com</a> Mobile: <a href="mailto:847-833-5379">847-833-5379</a>

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Experience Historic Downtown Long Grove's Chocolate Festival Fun for the kids and the kid in you.

Delight in chocolate treats, sample amazing foods and you can stop in the shops and buy items such as wine, candy, popcorn, and jams & jellies.

We will meet at 1 PM in Long Grove (location TBD). The food tickets are sold in groups of 5 and are cash only. There is an ATM near the

shops. Admission to the fest is \$5, Children 12 and under free. After we fill up on chocolate, we will eat a late lunch at a local restaurant (TBD).

TIC: Joan Chibe joanchibe@comcast.net



# DIVE THE WILLY AND DREDGE SUNDAY, July 9, 2016 1:00 PM AT JERRY'S DOCK IN MILWAUKEE



THE "WILLIE" IS THE MOST POPULAR SHIPWRECK IN THE AREA. SHE IS LAYING ON HER STARBOARD SIDE AT A DEPTH OF 45 to 110FT. THIS STEEL CARGO SHIP IS 258FT LONG AND SANK IN 1954.

THE DREDGE #6 OR #906 IS ANOTHER POPULAR AND UNIQUE SHIPWRECK. SHE LIES AT A DEPTH OF 30 to 70FT. SHE IS 120FT LONG AND SANK IN 1956. SHE IS LAYING UPSIDE DOWN ON HER STRUCTURE AND YOU CAN SWIM EASILY BENEATH THE DECK.

We have booked A&J dive Charters out of Milwaukee. We have the 1:00pm Afternoon dive for

6. This is a fast boat that accommodates 6 divers, leaving from the same dock as the Lender. I have chosen the Prinz Wilhelm and the Dredge, however this is flexible and open for discussion. Fee is \$90.00 per person

BYO air tanks. Their website is: ajdivecharters.com, check it out there is information on all the shipwrecks in the Milwaukee area. Their boat, the Sarah Jane is a 35 ft. Owens Concorde. She was built in 1971 but don't let her age fool you, she has been re-powered with twin 454 Mercruiser engines and has a top speed of 35 MPH make her one of the fastest Scuba charter boats in the Milwaukee area.

This dive is filling up fast. If you did not already sign up, please email or call me.\$90.00 Will hold your spot. Please bring your checks to the meeting.

Steve 847-833-5379 <u>kb9caw@gmail.com</u> ><{{{{°> < {\{{{}^0}} > { < {}^0}}}}}>

Many thanks to Pete Kloga for sending this on. (c)2016 McClatchy Washington Bureau Visit the McClatchy Washington Bureau at <a href="https://www.mcclatchydc.com">www.mcclatchydc.com</a> Distributed by Tribune Content Agency, LLC.

# OFF THE OUTER BANKS, A PUSH TO PRESERVE WORLD WAR II SHIPWRECKS

WASHINGTON -- In 1942, 13-year-old Jean Revels lost her father, Captain Anders Johanson, to a torpedo attack from a German U-Boat. "My dad went down with the ship and saved all his men," Revels, now 87, recalled from her home in Charleston, S.C.

Johanson was captain of the SS Dixie Arrow, an American oil tanker sunk off the coast of Cape Hatteras, N.C., on March 26, 1942. Ninety other ships met similar fates off Cape Hatteras, turning the area into the "Graveyard of the Atlantic" and the only American World War II battlefield. "It's a burial ground, their tomb, to honor where their last moments living were," said Dale Revels, Jean's son and Captain Johanson's grandson.

Preserving this submerged military graveyard is the goal of a proposal from the National Oceanic and Atmospheric Administration to expand the already existing Monitor National Marine Sanctuary, which protects the site where the Civil War battleship USS Monitor went down, to include the World War II shipwrecks. But that idea, first raised in 2014, has met determined opposition from North Carolina officials and residents who fear further regulation of the waters will cut into livelihoods dependent on tourism and fishing.

Continued Next Page

"Our concern is not for today but for tomorrow," said Warren Judge, a member of the Dare County Board of Commissioners, which has gone on record against the proposal. "Our experience has been that within 40 to 50 years we will be prohibited to use the sanctuary and so we are concerned for our future generations' access to use the resource."

Tane Casserley, a marine archaeologist and the research coordinator for the Monitor sanctuary, says the concerns are misplaced. People will still be allowed to dive and fish in the expanded sanctuary, he said. What they won't be able to do is take artifacts off the ships or otherwise damage them.

It was Jean Revels' discovery in 1998 that the bell of the Dixie Arrow was hanging as a trophy in a Cape Hatteras dive shop that gave rise to the proposal for a sanctuary. She was appalled at what she felt was the equivalent of grave robbing and began a letter-writing campaign to protect the final resting place of Merchant Marine vessels.

NOAA finally proposed the expansion in June 2014. "We need to protect this as a battlefield and a monument for the fallen sailors of the war," Casserley said. Under current federal law, only about six of the 91 wrecks are protected, he said.'

David Alberg, the superintendent for the Monitor sanctuary, says a final proposal is in the works, now that the public comment period, which closed March 18, has ended. The final plan, he pledged, will take in public concerns expressed in those comments and gathered during five hearings -- four in North Carolina and one in Washington.

The final proposal "is about working together to honor this history, in so doing showcasing the heritage, and appreciation of the role North Carolina played in World War II," Alberg said. "Not many Americans know about it," he added, "and it needs to be honored."

Author Ed Offley, who has written two books about the role of German U-Boats in World War II and the Battle of Atlantic, thinks the government is going in the right direction to expand the sanctuary. "Most of these ships are grave sites," Offley said.

But residents who make their living from the sea are less interested in the dead than in preserving their livelihoods. "I don't trust NOAA, I don't trust the government, as they will do whatever they want with or without permission," said Mike Warren, owner and operator of Hatteras Blue Fishing Charters in Hatteras, N.C. He said others who make their livelihoods from the sea -- tackle shops, restaurants workers, fishermen, charter boat captains and more -- share his concern. "When they get their hands on something, more things always come," he said, referring to federal officials and regulations.

Jim Bunch, a Kill Devil Hills, N.C., resident who represents recreational diving on the Monitor Advisory Council, is not against expanding the Monitor sanctuary "as long as NOAA follows through with what they are planning to do. "But he also understands others' trepidations. "The fishing industry has had a rough past, so they are less trustful," he said.

Alberg pledged that the opposition's "totally reasonable concern" will be taken into account. "NOAA is aware of the concern from the fisherman and local citizens as their livelihoods are mainly from the Outer Banks," Alberg said. "We are aware of it, we are being sensitive about it."

The Cape Hatteras sanctuary isn't the first to face opposition. When NOAA proposed the Thunder Bay sanctuary in Lake Huron in Michigan in 1991, it met local opposition -- the nearby city of Alpena in 1997 even voted in a referendum to oppose the sanctuary. But the

For the Revels family, the establishment of a Cape Hatteras sanctuary would end a years-long search for recognition of a nearly forgotten chapter in U.S. history. "My grandfather went down with the ship," said Dale Revels. "The crew managed to escape, but all of the officers went down with the ship, and there really isn't a memorial for them. "NOAA is just trying to preserve a historical graveyard like Gettysburg or Normandy, to preserve the historic efforts of these men."



# TRITON ANNIVERSARY PARTY Saturday, April 9. 2016 The Continental Restaurant

Our annual Anniversary Party was held this year on Saturday, April 9<sup>th</sup>. Forty-three Tritons and guests attended the festivities at the Continental Restaurant for our 59<sup>th</sup> Anniversary Celebration.

The evening began with appetizers and a chance to peruse the tables full of raffle prizes. Many thanks to all who brought items for the raffle. We raised over \$440 for the club

The outgoing Board was thanked for their service and the new Board was presented. Big winners of the night were:

Social Event of the Year – The Holiday Party, TICs: Board of Directors (Ron Levin in charg Dive Event of the Year – Lake Geneva Dive, TIC: Jim Hynan Triton of the Year – Ron Levin

Thank you to all who came on out to join in on the party.

Ed Littel and Mike Leibovitz

### THANK YOU!

To all of the membership of the Tritons, a heartfelt thank you for awarding The Triton of the Year award to me. I was completely overcome with emotion and perhaps did not convey how appreciative I felt for receiving this award Saturday evening. I will do my best to live up to this great honor in the coming year and will cherish the plaque forever. Thank you again:

Ron Levin

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### POLICING DIVERS WHO HARASS MARINE LIFE

Last year Mark Scott of Diving Vietnam, a dive center, lost his SSI credentials when Adam Hanlon, editor of Wetpixel, complained to the SSI diver training agency after a video of Scott harassing an octopus was posted on-line. However, Scuba Schools of America apparently took no action against their CEO, Rusty Berry, when the same complaint was made about a video showing him molesting sea hares and octopus in a similar way.

Times are changing, and attitudes to wildlife are changing with them. Four dive marshals are set to become Malaysia's first underwater enforcers. Based at Semporna and operating around Sipadan, they are to ensure visiting divers do not damage or destroy the coral environment of Malaysia's only oceanic island, nor harass the marine life. Of the twelve designated dive sites around the island, three (Barracuda Point, Drop Off and South Point) are starting to get stressed even though only 120 divers per day are allowed to buy permits at \$10.00 (US). The four will act as undersea police officers.

Meanwhile, in Mexico, local biologists are worried about the effect tourist divers might be having on the bull sharks of the Yucatan's Riviera Maya region. Luis Lombardo Cifuentes, director of Saving Our Sharks, says they have noticed the bulls displaying a fearful behavior this year and are asking divers and tourists to refrain from using noise-generating instruments, such as scuba rattles and air horns, under water. Bull shark diving with organized shark feeds is a popular tourist activity in the waters around Cancun, Playa del Carmen, and Cozumel.

# DARK CHOCOLATE: IT DOESN'T JUST TASTE GOOD, IT'S GOOD FOR YOUR DIVING

Belgians make great chocolate, so it's fitting that a group of Belgian researchers wanted to see if it had a beneficial effect on divers as a pre-dive snack. It's theorized that chocolate benefits cardiovascular health because the cocoa bean is rich in a plant nutrient called flavonoids, which help protect plants from environmental toxins and repair damage.

When humans eat flavonoid-rich foods, we also benefit from this "antioxidant" power because it helps the body's cells resist damage caused by free radicals, which are formed by normal body processes (like breathing) and environmental

toxins (like cigarette smoke). If your body doesn't have enough oxidants to balance out the free radicals, it can cause plaque to form on the artery walls.

The Belgian researchers were specifically looking at dark chocolate, and its post-dive effect on the endothelium, the inner lining of blood vessels, which helps regulate blood coagulation. The polyphenols in dark chocolate can improve cardiovascular health by stimulating nitrous oxide, which stimulates blood dilation, and thus lowers blood pressure. For divers, nitrous oxide hinders bubble formation, which means dark chocolate may help with off-gassing and the prevention of decompression sickness.

The researchers divided 42 male scuba divers into a control group and a chocolate group. Each group went down to 108 feet in a diving pool, warmed to 91degrees, for 20 minutes; 90 minutes before their dive, the chocolate group ate 30 grams of dark chocolate (86 percent cocoa). The control group had a significant decrease in blood-flow dilation after the dive, while the chocolate group had an increase. Nitrous oxide levels stayed the same in the control group, while it increased in the chocolate group.

The researchers concluded that eating dark chocolate before the dive prevented post-dive dysfunction of the endothelium because the antioxidants in chocolate probably scavenge free radicals and, therefore, reduce diving-induced oxidative stress. "A small intake of dark chocolate rich in polyphenols as part of nutrition reduces arterial hypertension and promotes nitrous oxide formation," they summarized.

For the best dose, they recommend eating 38 to 125 grams of dark chocolate a day, which you can stuff in your carry-on as you head off to your next dive trip.

"The Effect of Pre-Dive Ingestion of Dark Chocolate on Endothelial Function After a Scuba Dive," by S. Theunissen, C. Balestra, A. Boutros, D. De Bels, F. Guerrero and P. Germonpré, Diving and Hyperbaric Medicine, Volume 45, No. 1, pages 4-9.

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### **SELF-AWARE MANTAS WAVE AT THEMSELVES**

Mantas may be much smarter than anyone might think, unless you're a diver who has observed them interacting with each other at a cleaning station.

This was revealed by an experiment by scientists from the University of South Florida, who observed two giant oceanic manta rays reacting to their own reflections. The specimens were exposed to a mirror at the Atlantis Aquarium, Bahamas, in March 2012 over 16-days. Two of the winged elasmobranchs were observed waving at themselves in mirrors and behaving in ways that hint at self-awareness. The mantas didn't interact with their reflected image as if it were another manta ray, and this behavior was not observed when the mirrors were removed or replaced with a blank white board.

Instead, they appeared to carry out what's known as 'contingency checking' — watching the mirror as they moved their fins and blew bubbles, checking to see if the reflection matched their own actions.

The mirror self-recognition test is a common test of higher intelligence and self-awareness, and only a small number of animals can do it, including teenage girls who do it more than they need to!

# A big *Tritton THANK YOU!*

The following businesses support our organization and we thank them for the generosity. The next time you stop in mention you are a Triton & personally thank them for their support.

### **BELOW H20**

554 S. Route 59 Naperville, IL 60540 630-820-2531

### CHICAGOLAND SCUBA

463a South Rand Road Lake Zurich, IL 60047 847-540-7211

### **DJ'S SCUBA LOCKER**

9301 W. Ogden Ave. Brookfield, IL 60513 708-442-4388

### HAIGH QUARRY

2738 E 2000 North Road Kankakee, IL 60901 815-939-7797

### PIRATE'S COVE DIVING

1103 West Oklahoma Avenue Milwaukee, WI 53215 414-482-1430

### TOUCAN DIVE CENTER

756 Frontage Road Lake Villa, IL 60046 847-356-7826

### **BERRY DIVE CENTER**

3402 N. Milwaukee Northbrook, IL 847-358-3848

### **DD DIVE SHOP**

1039 Waukegan Road Glenview, IL 60025 847-657-3483

### **ENTERPRISE MARINE**

420 Michael Court Des Plaines, IL 60016 847-640-8113

### PEARL LAKE RESORT

Highway 251 South Beloit, IL 61080 815-389-1479

### **SCUBA EMPORIUM**

16336 S. 104th Avenue Orland Park, IL 60467 708-226-1614

### **UNDERSEAS SCUBA CENTER**

611 N. Addison Avenue Villa Park, IL 60181 630-833-8383

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### THINK YOU CAN HOLD YOUR BREATH?

With the longest breath-hold in history, Spanish national Aleix Segura has beaten all comers on the 2nd March with a new Guinness World Record for static apnea with oxygen of 24 minutes and 3 seconds. (Static apnea is when the participant lies face-down at the surface on a single breath.) The new record was made, with a high level of health insurance and wide media coverage, during the 17th Mediterranean Diving in Cornellà, Barcelona, in an indoor heated swimming pool.

## **VASCO DA GAMA'S 500-YEAR-OLD WRECK FOUND.**

Divers in Oman believe they have discovered the remains of the 500-year-old wreck of the Esmeralda, one of the vessels in a fleet commanded by Vasco da Gama. The Portuguese ship was lost in 1503 enroute to India. Artifacts so far recovered include the ship's bell and part of a navigational tool called an astrolabe. Divers also discovered a rare silver coin called an Indio; only one other exists. The team of divers working on the wreck site said it's the sort of thing you only read about in a Hollywood story.



# The Tritons

**FOUNDED IN 1957** 

P. O. Box 1025 Des Plaines, IL 60017 April, 2016

**7riton** DIVE LINE: 847-394-0975

www. The Tritons.com

**DAN Sponsor -# 29362** 

# The Tritons

See you Tuesday, April 26, 2016 at 7:30 PM

# Giuseppe's

1062 Lee St Des Plaines, IL (847) 824-4230

The restaurant is situated on Lee Street, north of Algonquin and south of Northwest Highway