



## PRESIDENT'S MESSAGE

Greeting Tritons,

I hope the summer is treating you well. There is still time to get in some summer diving as well as other upcoming Triton events. Speaking of events: The Dive the Willie and Dredge has been postponed due to high waves. See Steve Leibovitz about rescheduling. On August 6th there will be our annual Marshall Howard / Jim Etherton day at Pearl Lake and I hope you will come and join us. You can dive, (optional) and picnic with other Tritons. It is always a fun time. This past weekend the Tritons certified two new divers from our last class.

There is one piece of business I need to bring up. When requesting a reimbursement from our treasurer for an event you are running you must present a receipt for the expense. There is an exception for deposits for boat charters where the check needs to be mailed in ahead of time. As you collect money for events remember you must deposit it with the Treasurer so we can write you a check for the event.

### 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**

All payment collected must go through the treasurer for disbursement. If you put an expense on your charge card, get a receipt to the treasurer and we will try to get you a reimbursement ASAP so you can pay it in the current bill cycle.

That is the wrap up for now. Happy Diving.

Michael Leibovitz, Pres.

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## MEMBERSHIP REPORT

July, 2016

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

We welcome a new associate member  
Wiley Edmondson  
2318 Blackberry  
Geneva IL. 60134  
Phone [630-262-8035](tel:630-262-8035)  
E-Mail [wwescuba@live.com](mailto:wwescuba@live.com)

Our current membership stands at:

63 full members 3 Associates

Total Membership 66

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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# 2016 TRITON EVENTS CALENDAR

## July, 2016

Tuesday, 7/26	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Saturday, 7/30	Chicago Skye Game	<b>CANCELED – NO TIC</b>

## August, 2016

Saturday, 8/6	Howard/Etherton Day	Board of Education
Tuesday, 8/9	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@gmail.com">promund@gmail.com</a>
Saturday, 8/13	Arlington Park Racing	Dave O'Malley & Renee Tobias
Saturday, 8/21	Charter Dive/Milwaukee Willy	Steve Leibovitz 847-833-5379 <a href="mailto:kb9caw@gmail.com">kb9caw@gmail.com</a> Reinstall Plaque on Willy
Tuesday, 8/23	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Saturday, 8/27	Mini Golf Outing	Joan Chibe

## September, 2016

Saturday, 9/10	Moped Tour of Oak Park	<b>TIC NEEDED</b>
Tuesday, 9/13	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@gmail.com">promund@gmail.com</a>
Saturday, 9/17	Charter Dive – TIC Pick Chicago or Milwaukee	<b>TIC NEEDED</b>
Sunday, 9/25	Lk Michigan Cruise	<b>TIC NEEDED</b>
Tuesday, 9/27	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016

## October, 2016

Saturday, 10/1	Lake Geneva Dive	Jim Hynan <jhynan74@gmail.com>
Tuesday, 10/11	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@gmail.com">promund@gmail.com</a>
Saturday, 10/15	Wine Tasting	Mary VanHouten
Saturday, 10/22	Haunted House Visit	Pam Romund <a href="mailto:promund@gmail.com">promund@gmail.com</a>
Tuesday, 10/25	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016

## November, 2016

Saturday, 11/5	Cooking for Vets	<b>TIC NEEDED</b>
Tuesday, 11/8	Triton Trib Deadline	Pam Romund 773-791-3142, <a href="mailto:promund@gmail.com">promund@gmail.com</a>
Saturday, 11/19	Distillery Tour Evanston	<b>TIC NEEDED</b>
Tuesday, 11/22	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016

## December, 2016

Saturday, 12/3	Holiday Party	Board of Education
Sunday, 12/11	View the Holiday Lights Morton Arboretum	<b>TIC NEEDED</b>
Wednesday, 12/31	New Year's Eve Bowling	<b>TIC NEEDED</b>

We still have need for a few more TICs to complete the remainder of our calendar.  
Contact Pam Romund [promund@gmail.com](mailto:promund@gmail.com) ,thanks!

# **TRITON BIKE, WALK AND EAT!**

## **Sunday May 29, 2016**

Fun at the Levenberg's Bike, Walk, and Eat involved perfect weather. There was no rain, but only because Margy and Milt made sure the garage was clean. There were 20 bikers out of 36 total with 6 walkers and lots of eaters. By biking from the Levenberg house to Independence Grove Forest Preserve and on to the Des Plaines River Trail, everyone had the chance to pick the optimum distance for riding. Dave Gross was an overachiever for distance since he got lost with one of the non-Triton guests at the bike ride and went that extra mile- or more! Happily everyone got back for the main event, eating. From the donuts at 10 AM to the last attendee who arrived at about 5 PM, we had about a third of the group going strong until 8 PM. It was a great party.

TIC: Milt & Margy Levenberg

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34TH RUNNING OF THE ARLINGTON MILLION  
AUGUST 13

Featuring the Million Party Zone  
ARLINGTONPARK.COM | 2016 RACING SEASON



What better way to enjoy a summer day than horse racing at Arlington Park. This is one of the biggest racing events of the racing season. The park open at 11:00 AM with the first race starting at 12:15 PM. The cost of the event will be \$44.00 for a reserved seating section B or H in the grandstand. Parking is additional so car-pooling is recommended. We will pick a nice place to eat after the racing.

This event is co-hosted by Renee Tobias and Dave O'Malley. You can contact Dave at [djo2362@msn.com](mailto:djo2362@msn.com) or 847.724.6878

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## **PEARL LAKE DIVE & PICNIC**

### **Saturday, July 16**

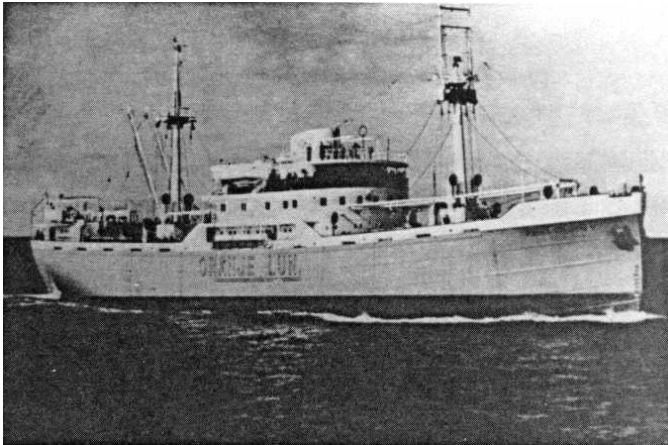
Inic: conjunction with training being conducted at Pearl members were invited to come on out and dive. There were eleven in attendance for the perfect summer day – blue skies, big fluffy clouds, nice breeze and moderate temperatures. We grilled Italian sausage and hot dogs and loads of other picnic fixins. Even once the training was done for the day we all just hung around and enjoyed the fabulous weather, a great day to be at the lake. On August 6 will be there again for Howard/Etherton Day, join us!

TIC: Pam Romund

# **DIVE THE WILLY**

## **Saturday, August 21, 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.

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 We are going to reinstall the plaque on the wreck so we may have to make both dives on the Willy.

BYO air tanks. Their website is: [ajdivecharters.com](http://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 [kb9caw@gmail.com](mailto:kb9caw@gmail.com)

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## **DEEP VEIN THROMBOSIS AND DECOMPRESSION SICKNESS**

Risks to us traveling divers don't end with the last dive. To avoid a case of DCS when flying home from a dive trip, we're careful to wait at least 24 hours after our last dive before boarding a plane.

And after we are on the plane for the long ride home, it's deep vein thrombosis we need to worry about. In fact, over the years, Undercurrent has reported two cases of divers dying from DVT on a long flight home (it's thought to be prevented by periodically rising from your seat and walking the aisle).

It is commonly believed that all pressurized flights maintain a cabin pressure equivalent to somewhere between 7000 and 10,000 feet, although often an air-craft might take some time after take-off to achieve that pressurization, depending on the rate of climb.

P. Buzzacott from the University of Western Australia and A. Mollerlokken from the Norwegian University of Science and Technology have begun a project to determine if cabin decompression might favor the formation of vascular bubbles — deep vein thrombosis — in commercial air travelers.

Cabin pressure was monitored and analyzed in 30 commercial flights. The greatest pressure differentials between model tissues and cabin were estimated for half-time compartments ranging from 20 to 120 minutes. The time to decompress ranged from 11 to 47 minutes. It was found that the drop in cabin pressure was commensurate with that found to cause bubbles in man. The median overall rate of decompression found during this study was five times that prescribed for U.S. Navy saturation divers, meaning that it was more hazardous to take a lengthy commercial flight. So can aviation-related deep vein thrombosis be a form of decompression sickness? Research continues.

## **SEASICK SUSCEPTIBLE?**

According to the Centers for Disease Control, just about everyone experiences some level of seasickness if waters get rough enough for long enough. Some unfortunate folks seem to be susceptible to seasickness 100 percent of the time, regardless of the motion of the ocean.

The rest of us are somewhere in-between. Experience on the ocean does help. People, like the crew of dive boats, get “sea legs” that help “old salts” fend off the symptoms of seasickness. If you’re one of the unlucky 100 percent who get sick every time you go out on the water, you can blame your parents. Some experts believe the tendency to get motion sickness is genetic.

The symptoms of seasickness, also called motion sickness, include dizziness, sweating, nausea, vomiting and a general feeling of discomfort or illness. Seasickness can strike suddenly or progress from simply not feeling well. Seasickness is set-off when motions disturb fluid movement in the portion of the inner ear that affects balance and equilibrium. The effect is exaggerated when the brain receives conflicting messages from eye, muscle and joint sensors. Once the motion stops, symptoms disappear.

Before you book a dive trip, check weather conditions. Strong winds, and the waves and they cause, make for a very unpleasant and potentially seasick day of diving. It is also a good idea to determine the size and type of your dive boat. Little boats tend to bounce and sway more in wavy conditions. Some boats are more stable than others.

Be careful what you eat and drink before venturing out onto a moving ocean. Greasy foods are notorious for causing seasickness. Drinking alcoholic beverages the night before can also be a problem - especially if you are hung over the day of the dive. Caffeine also makes some folks more susceptible to seasickness. Make sure you are well hydrated and rested.

Consider taking non-prescription anti-seasick medication. Consult with your doctor or pharmacist and inquire about the “patch” (applied to the skin area behind the ear at least eight hours before exposure, helping prevent motion sickness for up to three days). It is recommended that you try any seasickness medication before your day of diving to determine how it affects you. Some medications can make you sleepy or your mouth unpleasantly dry.

If one medication (Dramamine, Bonine, Marazine, or Meclizine) seems to work better for you than the others, stick with it. The placebo effect is very strong with seasickness. Taking a pill just before a getting on the boat usually is too late to help fend off being sick. Most medications work better if you take them the night before and then early in the day you dive. Some alternative remedies are promoted as being helpful in relieving or preventing motion sickness. For mild symptoms try ginger (ginger capsules are available at many drug stores), peppermint or dry crackers.

Traditional Chinese medicine includes acupressure on the inside of the wrist as a way to suppress the nausea associated with motion sickness. You can buy pressure bands like Sea-Band and Acuband at your local pharmacy. More sophisticated battery-operated bands, like Reliefband which delivers an electrical pulse instead of pressure, are also available. The success of the pressure bands mostly is anecdotal.

Anxiety contributes to seasickness; try to relax. Those who are frightened by the ocean and the movement of the boat, or anxious about diving, are more likely to become seasick.

It is a good idea to assemble your dive gear and slip into the bottom part of your wetsuit before the boat leaves the dock. Bending over and trying to focus on putting together your gear in the waves can make your condition worse. If you feel sick in-between dives, ask a mate or divemaster for help switching your scuba gear to a full tank of air.

Stay on the lower deck close to the stern, where the boat is more stable, and focus on the horizon. Don’t go into confined spaces. Some folks find that lying down with their eyes closed helps. Others find it more comfortable to remain standing holding onto a ladder or other object. Looking at a close object like a dive computer or reading can bring on seasickness. Staying cool helps; try sitting in a breezy location out of direct sunlight. Sometimes ice on the back of the neck helps a person who is feeling queasy.

If you need to throw up, do it. You’ll feel better almost immediately. Postponing the inevitable only prolongs the pain. Go to the lee (downwind) side of the boat. Don’t be embarrassed; you won’t be (Cont →)

the first or last person who has gotten seasick on a dive boat. Don't use the boat's head (toilet) or trash can. Doing so makes it very unpleasant for the next person using the head or sitting next to the trash.

Once you are at the dive site, descend quickly. Don't bounce around on the surface. I have seen many divers get seasick waiting on the surface of the water prior to and after a dive. Some divers have gotten seasick underwater focusing on moving objects, like sea fans, during their dives. If you do get sick underwater, don't remove your regulator or rush to the surface. Regulators can accommodate a seasick diver. A rapid ascent can harm you more than getting sick into your scuba regulator. Finally, if you get seasick to the point it may affect your ability to safely dive – skip the dive.

To learn more tips about helping to avoid seasickness see: [http://www.padi.com/blog/2015/07/31/simple-tips-for-preventing-seasickness-divers-alert-network/?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=acquisition](http://www.padi.com/blog/2015/07/31/simple-tips-for-preventing-seasickness-divers-alert-network/?utm_source=facebook&utm_medium=social&utm_campaign=acquisition)

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\* 1932 Packard Twin Six Coupe Roadster \*



## **GENEVA CONCOURS D'ELEGANCE CLASSIC CAR SHOW 2016**

**East State Street (Rt. 38) and 3rd Street by the Court House Cannons.**

Classic Car enthusiasts will gather together Sunday, August 28rd in Geneva, Illinois to view a beautiful collection of antique, classic and modern automobiles. Participants from all over the country will display their automobiles on Third Street, hoping to be awarded one of the coveted "Benz" trophies.

Featured at this year's event are the classic automobiles from BMW, the Twin Six Packard's and the Shelby Mustang's. This is the 100th Anniversary of the BMW Motor Works. There will be over 175 invited cars plus over 100 other types of classic cars, sports cars and a few muscle cars. In total, there will be hundreds of some of the rarest automobiles on earth. Third Street, once a part of the Lincoln Highway, is the heart of Geneva's charming downtown shopping district lined with shops, restaurants, parks and historical buildings. This Concours is open to the public at no cost, making this a wonderful family event. The Geneva Concours d'Elegance is your only opportunity in the area to view this fantastic collection of award-winning, unique and rare automobiles. **Celebrate with us on Sunday August 28, 2016 from 10:00am to 4:00pm.**

We will meet at 1:00pm by the cannons at the Court House on 3rd Street. The Show is mainly on South 3 3rd street with about four cross streets. It is a fairly easy walk and should not take any more than 1 to 2 hours. We will go to a local restaurant after the show for a meal and drinks. I will publish the location later. I have been going to this event for years and have seen incredible automobiles. Don't miss this event.

Dave O'Malley  
847 724-6878 or [djo2362@msn.com](mailto:djo2362@msn.com)

# A big *Triton* 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

## **SCUBA SENSATIONS**

2475 W. Pratt Blvd  
Chicago, IL 60645  
312-404-7785

## **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

## **TOUCAN DIVE CENTER**

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

## **UNDERSEAS SCUBA CENTER**

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

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## ***BITE BACK AT THE LIONFISH INVASION.***

Whole Foods has 26 Florida stores now selling fresh lionfish in its seafood departments. That might take a bite out of the population of invasive species hurting Florida's offshore reefs. It's an economically priced fish, which has 18 venomous spines, but is safe to eat once the spines have been removed. Mild-tasting, it's become a major restaurant item on many Caribbean islands, the one fish that can be eaten without worrying about reducing reef fish population...and now it has been spotted invading the eastern Mediterranean, expect it soon in Greek and Turkish recipes!



# *The Tritons*

FOUNDED IN 1957

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

*Triton* DIVE LINE: 847-394-0975

*www. The Tritons.com*

*DAN Sponsor -# 29362*

# *The Tritons*

**See you Tuesday, July 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