



PRESIDENT'S MESSAGE

Hello Tritons

On behalf of myself and all of your Board of Directors, I would like to wish you and your families a happy and blessed holiday season.

Be sure to check out this issue of the Trib for all of the great events we have planned for next year. Your continued participation in club events is what makes us the best we can be. Also, we are starting to prepare for our upcoming elections. If you would like to add to what makes us such a great club, please consider running for one of the Board positions. Our nominating committee (Margy Levenberg is the chair) will be meeting soon to start putting together a slate of candidates. If you would like to be considered for a Board position, please contact any Board member and we will pass your name on to the committee.

Have a safe and joyous holiday and a Happy New Year.

BOARD OF DIRECTORS

President – Randy Skiba
Vice-President – Mike Leibovitz
Secretary – Pam Romund
Treasurer – Ed Littel
First Director – Dave O'Malley
Second Director – Tricia Shields

COMMITTEE CHAIRS

Audit – Diana Skiba
By Laws & Rules – Gary Duszak
Entertainment – Dave Vemmer
Equipment & Safety – S. Leibovitz
Events – Jon Kitts
Membership – Adolph Habich
Merchandise – Pam Romund
Nominating – Margy Levenberg
Publicity/Web Site –Mike Leibovitz
Director of Training – Rich Schak
Editor of the Trib – Pam Romund
Illinois Council Delegates – Chuck & Margo Miller

DAN SPONSOR #29362

Good diving to all,
Randy

MEMBERSHIP REPORT December, 2011

Just a reminder your dues are now payable. If you haven't already done so make that check out today, thanks!

Our current membership is:
72 full members
TOTAL 72 members

Adolph Habich - Membership Committee

NEW EVENTS CHAIR NEEDED

As we reported in last month's issue congratulations to Jon Kitts and Chris Janus, they are engaged to be married. Well, sad to say, we will be have to say good-bye to the couple as Jon is being transferred with this company to Ft. Worth, Texas. This is a great opportunity for Jon and Chris and we wish them nothing but the best.

However, with Jon's departure we are in need of a new Events Chair. Anyone interested in this position please contact Randy or a member of the Board. Have questions on exactly what is involved you may contact a member of the Board or Jon for more information.

The Events Chair and committee are the ones to develop an Events calendar each year. It is a mix of old favorites and some new, we hope fun, events. The chair keeps track of the events, who is running what event and makes the decision to cancel if there is little interest in an event. Check with the Board for more information.

TRITON 2011 EVENTS CALENDAR

December, 2011		
	Happy Holidays!	See you in 2012!
January, 2012		
Tuesday, 1/10	Triton Trib Deadline	Pam Romund 847-698-5490,promund@kraftfoods.com
Tuesday, 1/24	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Saturday, 1/28	Community Service – Ronald McDonald House	Pam Romund 847-698-5490,promund@kraftfoods.com
February, 2012		
Tuesday, 2/14	Triton Trib Deadline	Pam Romund 847-698-5490,promund@kraftfoods.com
F,S, S 2/17-20	Our World Underwater Consumer Dive Show	Stephens Convention Center, Rosemont, IL www.ourworldunderwater.com for info and tickets
Saturday, 2/18	OWU Dinner	Chuck and Margo Miller
Saturday, 2/25	Wolves Hockey Game	Adolph Habich (AHabich@aol.com)
Tuesday, 2/28	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
March, 2012		
Saturday, 3/4	Wine Tasting – Cooper's Hawk - Arlington Heights	Pam Romund 847-698-5490,promund@kraftfoods.com New Venue!
Tuesday, 3/13	Triton Trib Deadline	Pam Romund 847-698-5490,promund@kraftfoods.com
Saturday, 3/24	Whirly Ball -Vernon Hills	Jon Kitts (jon13@voyager.net)
Tuesday, 3/27	Business Meeting – General Elections	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
April, 2012		
Tuesday, 4/10	Triton Trib Deadline	Pam Romund 847-698-5490,promund@kraftfoods.com
Saturday, 4/22	Anniversary Party The 55 th Anniversary!	Judi Stephens 847-296-6421
Tuesday, 4/24	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Sunday, 4/29	Rush Arena Football Allstate Arena Rosemont	TIC Needed
May, 2012		
Saturday, 5/4	Dinner & Show - The Leader of the Pack	Pam Romund 847-698-5490,promund@kraftfoods.com
Tuesday, 5/8	Triton Trib Deadline	Pam Romund 847-698-5490,promund@kraftfoods.com
Tuesday, 5/22	Business Meeting	Giuseppe's Restaurant - 7:30 PM 1062 Lee St, Des Plaines, Illinois, 60016
Saturday, 5/26	Season Opener – Haigh Quarry, Kankakee, IL	TIC Needed
Sunday, 5/27	Memorial Day Bike, Walk & Eat! (Chez Levenberg)	Margy and Milt Levenberg margyspec@comcast.net or milspec@comcast.net

There are quite a few events that still need a Triton in Charge (TIC), look it over and see what you would like to TIC!

The Events Committee, Jon Kitts, Chair
Adolph Habich, Pam Romund, Dave Vemmer, Rosanna Vemmer with thanks to Chris Janas

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WTTW PLEDGE NIGHT REPORT

Sunday, December 4

Six motley Tritons travelled to Channel 11 headquarters on the north side to man the headphones and take donations for Channel 11 on Sunday nite, Dec 4th. The phones rang early and often through Andrea Bocelli and Human Nature Does Motown. By my tally, we collected \$8,670 for WTTW through pledge donations, with John "Dukes" Daviduke the apparent winner with \$2,400.

A good time was had by all, let's do it again next year

Jim Hynan



Photo Courtesy of Dave O'Malley

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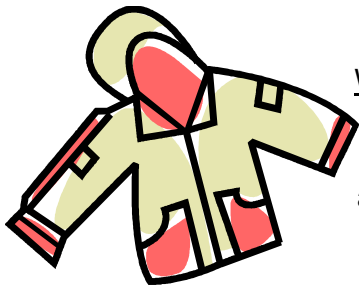
COAT DRIVE

When: Ongoing

Bring any Gently Used/New Coats, hats, gloves, scarves and mittens – **WHATEVER** you have to donate to homeless veterans to the Triton Meetings and we will get them to the appropriate people for distribution.

Many thanks!!! Chris Demski – 630-698-9410

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WARM WATER TRIP SEPTEMBER 15-22, 2012 SEA OF CORTEZ

Our spring warm water trip will not be a spring trip as usual but it will be an unusual trip. I have booked all 20 spots on the Rocio Del Mar, a liveaboard, departing from Puerto Peñasco, Mexico. Here is the information regarding the costs for this trip.



- Dates:** September 15-22, 2012
- Dive Vessel:** Rocio Del Mar (a liveaboard with 4 dives/day, 2 night dives during the week, and meals)
- Port of Departure:** Puerto, Peñasco, MX
- Cost:** \$2295.00/diver
- Marine Park Fee:** \$25.00/diver
- Shuttle Cost from Phoenix:** \$100.00/person roundtrip
- Optional Nitrox Fee:** \$100.00 for the week
- Not Included:** Transportation to Phoenix and gratuities for the crew.
- Water Temps in September: 80-85°!!!**

The first deposit of \$575.00 is due when

you sign up. The second deposit of \$575.00 will be due March 1, 2012 and the final payment will be due June 1, 2012. If you are interested, please contact me to make payment arrangements. All deposits must be made by check to Global Access, Inc and that future and final payments can be made by check, credit card or PayPal. I have a limited number of brochures from the dive operator if you would like to see more plus there is a web site for the operator.

Space is limited so please let me know as soon as possible if you would like to join us. As of this writing there are 15 who have reserved their spots on board. I have a total of 20 spots reserved (the entire boat) but any that remain unsold by January 14, 2012 will be turned back to Rocio Del Mar for them to sell. Don't be left out, sign up now!!

Randy Skiba
Global Access, Inc.
(847) 312-9208 my cellphone if you would like to discuss this trip
r_skiba@comast.net for email questions



The value of any freebies generated by the group will be shared on a proportional basis by all participants after the completion of the trip in the form of a rebate. This event is being run by Global Access, Inc., a profit based travel agency, Randy Skiba, Owner.

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PLANNING AHEAD

Our club is going to celebrate our **55th Anniversary in 2012**, what a milestone! So what could make the occasion extra special? How about a way to share and remember all the pleasant moments, fun times and great people? If every member shares one story / pictures, with the rest of the group we can make a nice CD or DVD. Don't keep all these experiences just in your memory, share with your fellow Tritons. Send your input to: LAlonso@stepan.com Deadline February 15, 2012.

Thank you, Lourdes Alanso

Many thanks to Mike Leibovitz: in getting the latest updates for the CPR class I put this together. Anyone who was certified before April 2010 would probably have not seen this. I excerpted this from the responder. I put the link at the bottom.

AHA CPR CHANGES

New Guideline	Old Guideline	Rational for Change
No look, listen, and feel for breathing.	"Look, listen and feel" for breathing before administering rescue breaths and chest compressions.	Minimize the delay in providing chest compressions.
Begin CPR by providing 30 chest compressions, then open the airway and give two breaths. If you suspect possible drowning, begin with CPR with rescue breaths before chest compressions.	Give two rescue breaths prior to giving 30 chest compressions.	Existing oxygen in the lungs and in the circulatory system is sufficient to provide the immediate benefits provided by chest compressions.
Compress adult chest to a depth of at least five centimetres/two inches.	Compression depth of 4-5 centimetres/1.5-2 inches for adults.	Emphasis is on providing good quality chest compressions with sufficient depth to provide adequate circulation.
Compression depth for children and infants is one third the diameter of the chest. This corresponds to approximately five centimetres/two inches for children and 4 centimetres/1.5 inches for infants.	Administer chest compressions at one third to one half of the diameter of the chest for child and infant CPR.	Emphasis is on providing quality compressions of an adequate depth.
Give compressions at a rate of at least 100 per minute.	Give compression at a rate of approximately 100 per minute.	Emphasis is on good quality chest compressions at a rate to provide adequate circulation.
To minimize interruptions in chest compressions, if there is more than one rescuer present, continue CPR while the AED is switched on and the pads are being placed on the patient.	No reference to continuing chest compressions while preparing the AED.	Emphasis is on reducing the number and duration of pauses during chest compressions.
For infants (less than one year of age) use of an AED with pediatric dose attenuation (reducer) is recommended. An AED without a dose attenuator may be used if a pediatric one is not available.	AED use for infants (less than one year of age) was not recommended.	Use of AED on infants has shown to be effective.
Reduced emphasis on barriers when providing CPR. Although still recommended, treatment should not be delayed if barriers are not available.	Emphasized use of barriers.	Research has shown that chance of disease transmission is very rare when providing CPR.

From: <http://www.emergencyfirstresponse.com/newsletter/02169006/default.html#guidelines>

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COOKING FOR RONALD MCDONALD HOUSE

Did you know there are 383 children's hospitals in the US and 76% are supported by one or more of the Ronald McDonald Houses. Many families travel far from home to get treatment for their seriously ill or injured children. Often, it can be a long time to be away from home or to divide a family. And, for children facing a serious medical crisis, nothing seems scarier than not having their mom and dad close by for love and support.

The Ronald McDonald House program provides a "home-away-from-home" for families so they can stay close by their hospitalized child at little or no cost. The Houses are built on the simple idea that nothing else should matter when a family is focused on healing their child – not where they can afford to stay, where they will get their next meal or where they will lay their head at night to rest.

The very first event of the New Year will be a community service event, why not start your year off with a good cause? We will be cooking dinner for the residents and staff of the Ronald McDonald House in Hines IL (just behind Loyola Hospital at First Avenue and Roosevelt Road). We will provide the food, do the cooking, allowing them to eat a wonderful home-cooked meal instead of grabbing things on the run as they head back and forth to the hospitals in the area.

You don't need to be a fantastic cook to join in on the fun. We will have a menu put together, recipes to follow, and plenty of work for all. The cost of the Event is \$5.00 which will be used to purchase the materials for the dinner. Anything remaining will be used to buy items to help fill their pantry.

Date: Saturday, January 28, 2012, 1:00 PM to approximately 5:00 PM

Cost: \$5.00

Place: Ronald McDonald House – Hines, IL

(Behind Loyola Medical Center 1st Avenue & Roosevelt Road)

TIC: Pam Romund 847-698-5490, Cell 847-414-4347, promund@kraftfoods.com

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TRITON HOLIDAY PARTY

Saturday, December 3, 2011

It was a great night – 39 Tritons and guests gathered at Moretti's Restaurant in Mt. Prospect. The room was wonderfully decorated with Holiday cheer that included two large TV screens that ran pictures of a fire roaring in a fireplace- we later switched for a bit to a coral reef but all thought that the fireplace was more fitting for the occasion.

The food was very good and lots of it– no one went away hungry. Folks especially raved about the chicken fingers, a big hit as was the fettuccine, Italian beef, chicken limone and more. Very popular with all was the serve yourself sundae bar – chocolate or vanilla ice cream, caramel or chocolate sauce, jimmies, pistachios, and more to top it and then the final flourish of whipped cream.

We collected a big pile of Toys for Tots for all ages, infants to teenagers. Thanks to Don Morrill for volunteering to take them down to the Marine's collection point in the city.

Many thanks to all who contributed prizes for the door prize raffle: Glenn & Patsy Beall, Chris Demski, WTTW, Haigh Quarry and a special thanks to Randy and Diana Skiba who donated the grand prize, a \$50 general merchandise certificate. Without all their support it would have been a very limited drawing.

We wish you all the very best of the Holiday Season and a Healthy and Safe New Year.

Your Triton Board of Directors

Randy Skiba, Mike Leibovitz, Ed Littel, Pam Romund, Dave O'Malley, Tricia Shields



COMMUNITY SERVICE - FEED THE HOMELESS VETS



On the Sunday after Thanksgiving (11/27) we gathered in Lombard in a small warehouse and joined in with a few other volunteers to make some sandwiches for the homeless veterans. We thought we would be making 1200 sandwiches but we actually made 1700!!

On the Saturday another group had put all the bags together (850 bags). They contained a salty snack (chips), a sweet snack (cookies) and a juice box placed into paper lunch bags. The sandwiches would be added on Sunday.

We set up an assembly line – first the bread, then two folks spreading mayo on the bread, next person placed a piece of cheese on the one piece of the bread, the next person the meat (we did both ham and turkey), then lettuce and finally the second piece of bread. Two of the sandwiches were then placed in a plastic bag and the sandwich bag was then placed into the paper bag and these were then stacked in baskets for ease of handling.

Once we were told we had enough we then cleaned up the area and loaded up the truck – all the baskets with the sandwiches, hot coffee and cups, some clothes – pants, shirts, hats, a couple of coats. It is truly something to experience. If you are looking to spend some time helping others they can use the help, especially on Sunday. If you are interested please send Jim or Virginia Proffitt a note: jrpoffitt1077@sbcglobal.net.

After making all those sandwiches we all felt a bit hungry ourselves so we went over to the Pyramid Club Restaurant in Addison, a very large sports bar, to eat and watch the Bears play (don't ask about the game). Thanks to all who came out, those that brought coats, hats or gloves these were put to good use. It was a wonderful way to spend a Sunday, I just wish the Bear's game had a better outcome.

TIC: Chris Demski

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DIVING EMERGENCY MANAGEMENT PROVIDER TRAINING

We began this course with a CPR refresher on Tuesday, December 6. The class was held at Temple Menorah (thanks to Sam Polonetsky for arranging) so everyone chuckled when we walked in and saw the two CPR practice dummies sporting yamakas. But things became very serious once instructor Mike Leibovitz got the class underway. We all took turns getting to practice on the dummies, which was great fun watching the others do it but hard work once it was your turn. Everyone passed and we were ready for the next step.

We all met again at ITT in Mt. Prospect (thanks to Rich Schak for arranging the space) on Saturday, December 17. All six from the CPR course were there to undergo DEMP training as well as the two dummies, and this time a female friend joined the group. This course consists of Oxygen First Aid for Scuba Diving Injuries, First Aid for Hazardous Marine Life Injuries and Automated External Defibrillators (AEDs) for Scuba Diving

We used the dummies for practicing the AED as well as our O₂ skills - one among the group (the Secretary) admitted she hadn't been on her knees so much since she attended a Catholic grade school. We then turned to each other to practice our first aid techniques and proceeded to bandage, splint and sling various appendages.

This was an excellent and thorough course, running through various scenarios you might encounter on a dive boat or at the beach. This training is also valuable at your place of business and at home, especially if you have little kids around or elderly parents. Think about doing some sort of advanced training, you will know what to do if there is an emergency.

JOIN THE TRITONS
FOR
WOLVES HOCKEY



7:00 P.M. FEBRUARY 25 2012

TIC ADOLPH HABICH

MORE INFORMATION TO COME

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WINE TASTING AND DINNER
NEW VENUE: COOPER'S HAWK
ARLINGTON HEIGHTS, IL
SATURDAY, MARCH 4



It has been a while since we have gathered to taste some of the fruits of the vine. What a great way to lighten up the winter doldrums! We will be tasting eight wines – 3 reds, 3 whites, 1 sparkling and one dessert. We will be given the backgrounds on the wines, a little about the various types, tastes, pairings and more. Don't feel you are a wine connoisseur? Not a problem that is the beauty of the tasting. You can taste quite a few wines and determine what it is you like.

After we conclude the wine tasting we will adjourn to their restaurant for perhaps more wine and something to eat. Cooper's Hawk has a varied menu from burgers and sandwiches, salads, fish, steak and other fantastic choices. The cost of the dinner is not included in the price of the wine tasting.

I don't have the pricing for the tasting as yet since the Arlington Heights location isn't open for business as yet. But I would guess it will be in the \$10.00 or under range. I will have all the details at the January business meeting.

TIC: Pam Romund promund@krafffoods.com or Home: 847-698-5490, Cell 847-414-4347

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

2950 Ogden Avenue
Aurora IL 60504
630-820-2531

CHICAGOLAND SCUBA

732 S. Rand Road
Lake Zurich, IL 60047
847-540-7211

DJ'S SCUBA LOCKER

7840 W. Ogden, Suite #9
Lyons, IL 60534
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 SYSTEMS

3919 Oakton
Skokie, IL 60076
847-674-0222

TOUCAN DIVE CENTER

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

BERRY DIVE CENTER

3042 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

SEA LION DIVE CENTER

422 Springsouth Road
Schaumburg, IL 60193
630-289-1680

UNDERSEAS SCUBA CENTER

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

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NEW YEAR'S EVE BOWLING!

Looking for something fun to do on New Year's Eve and not all that expensive – how about Bowling with your fellow Tritons. A bunch of us did this last year, had a fun time and decided we would do it again. Here are the details:

NEW YEAR'S EVE at the Brunswick Zone At Deer Park
21080 North Rand Road Lake Zurich, IL 60047 847-438-5585
9:30pm - 1am

Cost \$99.99 (\$16.67 per person), 6 per lane

3 1/2 hr bowling (Includes shoe rental and Brunzoni pizza buffet from 9:30 to 11:30 PM, serving a variety of pizzas, breadsticks, salad & soda

If you are interested in attending please contact David Gross at scuba144@juno.com





The Tritons

FOUNDED IN 1957

P. O. Box 1025
Des Plaines, IL 60017-1025

December, 2011

Triton DIVE LINE: 847-394-0975

www.TheTritons.com

DAN Sponsor -# 29362

The Tritons

There will be no meeting in December.

Happy Holidays to All!

See you January 24, 2012 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