

The Triton Trib



LXVIII Volume 1

January 2026

PRESIDENT'S MESSAGE

Hello Fellow Tritons,

This month there is a great article reprinted from *Alert Diver* magazine in this month's issue. Many thanks to Mike Leibovitz for getting DAN's permission to reprint. The article notes the differences in giving lifesaving aid to men and to women. Be sure to read it!!

Check out the Events Calendar on the next page to see what might be of interest and make your plans. Contact a member of the Events Committee with any questions.

With this month's Trib are the ballots for Events of the Year and Triton of the Year. Give some thought to the past year, talk to other members, they may have an idea or three.

We are enjoying our new home - North Branch, 4520 W. Lake Ave. Glenview, IL 60025. If you haven't yet made it to a meeting come and check it out. We have a room all to ourselves and North Branch has great food!

BOARD OF DIRECTORS

President – Brian Clarke
Vice-President – Scott Reimer
Secretary – Rose Cammarata
Treasurer – Jim Hyman
First Director - Dennis Stephens
Second Director – Steve Leibovitz

COMMITTEE CHAIRS

Audit – Diana Skiba
By Laws & Rules – Gary Duszak
Equipment & Safety – P. Romund
Events – Pam Romund
Membership – Adolph Habich
Merchandise – Brian Clarke
Nominating – Margy Levenberg
Web Site – Milt Leenberg
Editor of the Trib – Pam Romund

DAN SPONSOR #29362

Hope to see you at the meeting,
Brian Clarke
President

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MEMBERSHIP REPORT

January, 2026

Currently we have 46 members and 0 associates.

Anyone needing a roster please let me know, I will get one out to you.

Adolph Habich
Membership Chair

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BUSINESS MEETING TUESDAY

January 27, 2026, 7:30 pm

Our January 27, 2026 meeting will be held in person and over ZOOM. We will be **meeting at North Branch, 4520 W. Lake, Glenview, IL 60025**. This is located just east of the corner of Euclid/Lake and Milwaukee. Come on out early and join us for dinner.

To join the Zoom Meeting

<https://us02web.zoom.us/j/88063880581?pwd=Z1Z6Ni82WVRhaytzUUFWjFKSjRoZz09>

Meeting ID: 880 6388 0581 Password: 999424

One tap mobile +13126266799,,88063880581#,,0#,999424# US (Chicago)

Find your local number: <https://us02web.zoom.us/u/kdXTsyuWb3>

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2026 TRITON EVENTS CALENDAR

JANUARY, 2026

Sat, 1/24 *	Pizza Get Together	Ron Levin 630-202-6252 snappyron@sbsglobal.net
Tue, 1/27	Business Meeting	North Branch, 4520 W. Lake Ave. Glenview, IL 60025

FEBRUARY, 2026

Tue, 1/10	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmail.com
Sun, 2/15	Lunar New Year Dinner	Jim Hynan 312-402-1506 Jhynan74@gmail.com
Tue, 2/24	Business Meeting	North Branch, 4520 W. Lake Ave. Glenview, IL 60025

MARCH, 2026

Sat & Sun 3/6 & 7	Ghost Ships Festival	Manitowoc, WI
Tue, 3/10	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmail.com
Sat, 3/21	Wine Tasting	Scott Reimer streimer1@comcast.net 847-561-2272
Tue, 3/24	Business Meeting	North Branch, 4520 W. Lake Ave. Glenview, IL 60025

APRIL, 2026

Sat, 4/11	Anniversary Party Continental Restaurant Buffalo Grove	Board of Directors
Tue, 4/14	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmail.com
Wed-Wed, 4/22-29	St. Croix, US Virgin Islands	Randy Skiba rskiba13@comcast.net
Tue 4/28	Business Meeting	North Branch, 4520 W. Lake Ave. Glenview, IL 60025

MAY, 2026

Sun 5/3	Cheney Mansion Tour Oak Park, IL	NEEDS TIC
Tue 5/12	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmail.com
Sun 5/24	Bike Ride Walk & Eat Chez Levenberg	Milt & Margey Levenberg
Tue 5/26	Business Meeting	North Branch, 4520 W. Lake Ave. Glenview, IL 60025

JUNE, 2026

Tue 6/9	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmail.com
Sat 6/13	Season Opener	NEEDS TIC
Tue 6/23	Business Meeting	North Branch, 4520 W. Lake Ave. Glenview, IL 60025
Sun 6/28	Charter Dive	NEEDS TIC

JULY, 2026

Sun 7/12	Johnson Wax Building Tour, Racine, WI	NEEDS TIC
Tue 7/14	Triton Trib Deadline	Pam Romund 773-791-3142, promund@gmail.com
Sat 7/25	Charter Dive	NEEDS TIC
Tue 7/28	Business Meeting	North Branch, 4520 W. Lake Ave. Glenview, IL 60025

***Denotes Date Change**

TICs needed to run events in 2026. Please contact the Events Committee

Events - Pam Romund, Chris Demski, Adolph Habich, Scott Reimer.

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TRITON JANUARY PIZZA PARTY

The annual Triton "Kick of the New Year" Pizza Party will once again be held at the Lou Malnati's in Schaumburg. They have been very good about giving us a private area.

This year, once again we will meet at Lou Malnati's in Schaumburg. I have an area reserved for us, same as last year. It is always great to get together to kick off the new year with lots of good food, drinks and great Triton fellowship!

I need to get a head count so please respond to my email and let me know if you are attending and how many. Family are always welcome.



Our reservation is for 6:30 PM Saturday January 24th, 2026.

Lou Malnati's
1 S. Roselle RD.
Schaumburg, IL 60193
847/985-1525

[The Best Pizza Restaurant in Schaumburg, IL | Lou Malnati's](#)

Let's have a big turnout and make it bigger and better than last year

TIC: Ron Leviin
Cell: 630-202-6252
Email: snappyron@sbcglobal.net

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**LUNAR NEW YEAR CELEBRATION
THE YEAR OF THE HORSE
SUNDAY FEBRUARY 15, 2026
6:00 PM
WONTON GOURMET
1405 ELMHURST RD
DES PLAINES**

Let's make this the second New Year's celebration of 2026. We have been to this restaurant before for the same occasion, the atmosphere and the food are quite good. We would like to see a good number of Tritons and their guests at another vintage Triton Food event (I never miss one). It is nearby, on the east side of Elmhurst Rd/Rt 83. North of Oakton and south of Algonquin. Pay the restaurant directly that nite.

Sign up early and often

Jim Hynan
312 – 402 – 1506
Jhynan74@gmail.com

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WINE TASTING

SATURDAY MARCH 21, 2026

4:00 PM



Cost is \$19.00 (for non-Cooper's Hawk wine club members)

Time: 4:00 PM – 5:00 PM

Dinner at the Restaurant afterwards (not included in the WineTasting cost)

Location:

[**Arlington Heights, IL | Cooper's Hawk**](#)

798 W Algonquin Road

Arlington Heights, IL 60005

847-981-0900

Please contact me with any questions.

TIC: Scott Reimer; streimer1@comcast.net; mobile: 847-561-2272.

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From Mike Leibovitz: In the Fourth Quarter 2025 Alert Diver Magazine there was an article "When Anatomy Affects Aid" It addresses: Despite the clear benefits of bystander intervention, research highlights a troubling disparity: Women are significantly less likely to receive CPR and defibrillation and are less likely to survive out-of-hospital cardiac arrest. Some studies indicate that this inequity in bystander intervention can be as large as 14%. I have been teaching CPR as a PADI and DAN instructor since the started adding them to their syllabus. I was taught as an instructor I should only teach what the syllabus gives me. I will add this to my classes.

Don't be surprised if my practice dummy Andy wears a bra next time!

Reprinted with DAN's permission. Article by Shannon Hunt, November 10,2025

WHEN ANATOMY AFFECTS AID

Cardiac arrest is a leading cause of death across the world, particularly in out-of-hospital settings, where timely recognition and response are critical to survival.

First aid courses, such as DAN's Diving First Aid, emphasize the importance of high-quality CPR and the early use of an automated external defibrillator (AED). Both interventions significantly improve outcomes. The more laypeople are trained in CPR and AED usage worldwide, the more likely it is that people will survive as a result of bystander intervention.

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Despite the clear benefits of bystander intervention, research highlights a troubling disparity: Women are significantly less likely to receive CPR and defibrillation and are less likely to survive out-of-hospital cardiac arrest. Some studies indicate that this inequity in bystander intervention can be as large as 14%.

With this knowledge, researchers set out to understand the disparity. Three recurring themes appeared in their surveys and analysis: sexualization of breasts, worry about injuring a “weak” or “fragile” individual, and a lack of recognition of the more subtle cardiac arrest symptoms.

The sexualization of breasts creates hesitation among bystanders, especially since CPR requires hand placement in the center of the chest, and AED pads must be applied to the bare skin of the torso and chest. This discomfort, rooted in societal norms and fear of being accused of inappropriate behavior, is enough to prevent bystanders from taking lifesaving actions.

The perception that women, or those perceived as having female anatomy, are weak or fragile also leads to a reluctance to provide chest compressions, as bystanders report being worried about harming the individual.

While sudden collapse and chest pain are recognized as classic signs of cardiac arrest, this presentation is more typical for men. Women often experience more subtle symptoms such as shortness of breath, fatigue, or nausea. These subtle symptoms can delay recognition of a cardiac emergency, resulting in lower rates of intervention and survival.

Understanding the rationale behind these differences in bystander response rates for individuals with and without breasts is only the first step towards a solution. Empowering bystanders to act without hesitation starts in the classroom. By incorporating manikins with breasts, addressing the impacts of CPR, and including the training needed for early recognition of subtle symptoms, we can normalize responding to people with breasts and reduce this disparity.

Instructors should emphasize the following key information in first aid courses:

- Good Samaritan laws exist in many areas to protect individuals who assist in good faith and equally, regardless of the victim’s anatomy.
- Bras and binders may obstruct proper AED pad placement. It is acceptable and often necessary to move or remove clothing that prevents complete skin contact with the AED pad in the correct location.
- Trauma shears can cut through wetsuits, clothing, and underwire bras to gain access to the chest.
- It may be medically necessary to gently adjust breast tissue to correctly place AED pads.
- High-quality compressions may break ribs in any individual regardless of their anatomy. Compressions are necessary to circulate blood during a cardiac arrest.
- Symptoms can differ between men and women. While men often experience well-known signs such as collapse and chest pain, women may exhibit more subtle indicators such as shortness of breath, nausea, and unusual fatigue.

Hands-on practice is also a critical part of first aid training, as it builds muscle memory, reduces hesitation, and prepares responders for real-life situations. Most first aid courses, however, use only flat-chested manikins, which creates an unrealistic and incomplete learning experience.

Responders may need to perform CPR or apply AEDs on individuals with a wide range of body types, and not teaching these differences during training is a disservice to providers. If students never train on manikins with breasts, then encountering breast tissue in a real emergency can feel unfamiliar and increase the likelihood of hesitation and discomfort.

Manikins with breasts are now widely available on the market and incorporating them in training helps to normalize providing care to all bodies and reduce the social and psychological barriers that contribute to bystander inaction.

Continued next page

Improving survival rates from cardiac arrest requires more than just increasing the number of providers; it also requires improving training to be more realistic and inclusive. We must recognize that hesitation rooted in anatomy, perception, and discomfort can cost lives.

By embracing diverse training tools and addressing outdated assumptions in training, we can ensure that bystanders assist all individuals in cardiac arrest, not just those without breasts. © Alert Diver – Q4 2025

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A BIG Triton

THANK YOU!

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

BELOW H2O 554 S. Route 59 Naperville, IL 60540 630-820-2531	DJ'S SCUBA LOCKER 9301 W. Ogden Ave. Brookfield, IL 60513 708-442-43883
DIVE RIGHT IN SCUBA 24222 W. Lockport St. Plainfield, IL 60544 815-617-8400	DIVE RIGHT IN SCUBA 16336 S. 104th Avenue Orland Park, IL 60467 708-226-1614785
ELMER'S WATER SPORTS 1310 Oakton St. Evanston, IL 60202 847-475-7946	HAIGH QUARRY 2738 E 2000 North Road Kankakee, IL 60901 815-939-7797
JERRY'S SILO MARINAS 1103 West Oklahoma Avenue Milwaukee, WI 53215 414-588-9612	PEARL LAKE RESORT Highway 251 South Beloit, IL 61080 815-389-1479
SCUBA SENSATIONS 2475 W. Pratt Blvd Chicago, IL 60645 312-404-7785	SCUBA U 7113 W. 79 th St. Burbank, IL 60459 708-599-2630
UNDERWATER SAFARIS 2950 N. Lincoln Ave. Chicago, IL 60657 773-348-3999	UNDERSEAS SCUBA CENTER 611 N. Addison Avenue Villa Park, IL 60181 630-833-8383

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The Tritons

FOUNDED IN 1957
P. O. Box 1260
Des Plaines, IL 60017
January, 2026

www.TheTritons.com WI

DAN Sponsor -# 29362

The Tritons

Our next meeting will be held Tuesday,

January 27, 2026 at 7:30 PM

IS IN PERSON!!

North Branch

4520 W. Lake Avenue, Glenview, IL 60025
Located just east of the corner of Milwaukee Ave. and
Euclid/Lake on the north side of the street.